

The RAD program provides a four week period of instruction for girls and women that want to learn to defend themselves in the event of an attack.

The R.A.D. program covers the basics of stances, yelling, movement, blocking, striking and kicking. These tactics are instructed methodically at first, becoming progressively more intense as the skills are acquired.

All RAD courses are taught by certified instructors. The RAD system of physical defense is currently being taught at many colleges and universities. The growing, widespread acceptance of this system is primarily due to the ease, simplicity and effectiveness of tactics, research, and unique teaching methodology.

No prior knowledge of self defense is needed to attend this course. All classes are free of charge.

For women ages 14 and older.

Where :

Ayer/Shirley Middle School
1 Hospital RD, Shirley MA 01464

Dates :

Tuesday- November 13, 2012
Tuesday- November 20, 2012
Tuesday- November 27, 2012
Tuesday-December 4, 2012

Time:

06:00pm-09:00pm

RAD SIGN UP FORM

If interested please provide the following information (tear off) and return to:

**Shirley Police Department
11 Keady Way, Shirley MA 01464
978-425-2612**

Name _____

Age Bracket (Check one)

14 - 18 ___ **19 - 40** ___ **40 - 60** ___

60 + ___

Address _____

City _____ **State** _____ **Zip** _____

Phone Number _____

Students will be accepted on a first come first serve basis, as course may fill up.

R.A.D.

RAPE

AGGRESSION

**DEFENSE
SYSTEMS**

Rape Aggression Defense Training



Shirley Police Department Mission Statement

It is the mission of the Shirley Police Department to enhance the quality of life throughout the Town of Shirley by reducing crime through prevention and enforcement and therefore creating a sense of security in the community and eliminating the fear of crime. We shall enforce all laws in a fair, courteous, and professional manner placing the highest priority on rights and feelings of the victim. We shall strive to resolve conflicts and promote a safe environment through police and citizen interaction with our emphasis being on integrity, fairness, and truthfulness. Our broad philosophy must embrace a wholehearted determination to protect and support individual rights while at times providing for the security of persons and property in our community.

RAD: Rape Aggression DEFENSE

Can you defend yourself?



**Please use sign up sheet on
the inside of this form**