



The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a Martial Arts program. Our courses are taught by nationally certified R.A.D. Instructors and provide each student with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth, and is the key to our *free lifetime return and practice policy* for R.A.D. graduates. \*The class is open to any woman who is 17 years of age or older. You do not have to be a resident of Carrollton to attend.\*

**May 15<sup>th</sup> and 16<sup>th</sup> (Saturday and Sunday) from 1 PM to 7 PM each day**

**Carrollton Police Department Training Room**

**2025 E. Jackson Rd. Carrollton, TX 75006**

**Cost for the program is \$5.00**

**Please email (preferred) or call to register for the class**

**Attendees of the class should dress comfortably. Sweatpants and workout pants/shorts are acceptable along with comfortable tennis shoes.**

If you would like to get more information on the RAD system you may visit their website: <http://www.rad-systems.com/faq.html>.



**Officers Duncan and Hartzell  
Carrollton Police Department  
2025 E. Jackson Rd.  
Carrollton, TX 75006**

**[Lauryl.Duncan@cityofcarrollton.com](mailto:Lauryl.Duncan@cityofcarrollton.com)**

**972-466-9122**