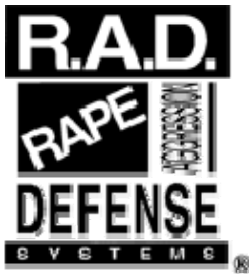


LEBANON, NH POLICE R.A.D. PROGRAM



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 Instructional Objective:

"To develop and enhance the options of self defense, so they may become viable considerations to the woman who is attacked."



A typical Lebanon Police R.A.D. class consists of four, three hour classes. The first session is classroom oriented in nature and used as a building block for the program. The second and third sessions are hands-on, practical instruction in physical tactics to use if attacked. The last session is a simulation where participants use the tactics on a person wearing a "red suit" so the person can fully practice what she has learned.

Common Questions:

- Do you need any prior experience to attend this class?
- Do I need to be in top physical shape to participate?

Answer:

No. This program is designed for the average woman with no previous experience or background in physical skills training.

In the Year 2008, the Lebanon Police Department taught three R.A.D. classes in the Lebanon area with 30 women attending. We believe R.A.D. is a valuable experience to train women in tactics to help protect themselves. If you are interested in a class for yourself or a group, please contact one of our instructors:

Lieutenant Scott Rathburn - Scott.Rathburn@Lebcity.com

Corporal Gerald Brown – Gerald.Brown@Lebcity.com