



The R.A.D. 12 Hour Basic Defense course will be held February 27, 29 and March 5, 7, 2012 from 6:00pm till 9:00pm

Lexington Police Department
111 Maiden lane
Lexington, SC 29072

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. The course will be taught by nationally certified R.A.D. Instructors and provide each student with a workbook/reference manual. This is a free course provided by the Lexington Police Department.



Class size is limited to 10 women, for class availability and questions please contact Pfc. Ryan Whitlock at (803)359-6022 or the Lexington Police Department at (803)359-6260.