



DUMFRIES, VIRGINIA

Virginia's Oldest Continuously Chartered Town
CHARTERED 1749 INCORPORATED 1961

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FOR IMMEDIATE RELEASE

March 6, 2023

PHYSICAL DEFENSE CLASSES FOR WOMEN RAPE AGGRESSION DEFENSE SYSTEM (RAD) BASIC PHYSICAL DEFENSE FOR WOMEN CLASSES NOW ENROLLING

What would you do if you faced a violent or other dangerous situation? Would you run? Would you comply with your attacker's demands? Would you defend yourself? Rape Aggression Defense (R.A.D.) is fundamental, hands-on training that teaches women how to protect themselves in the event of an attack. It combines classroom instruction on awareness, prevention, risk reduction, and avoidance along with basic hands-on defense tactics. Certified deputy RAD instructors teach the course. No two situations are the same, but you CAN develop a plan to help you survive an attack. After all, YOU are the one who is ultimately responsible for your personal safety.

BASIC PHYSICAL DEFENSE FOR WOMEN CLASSES NOW ENROLLING

The Rape Aggression Defense (R.A.D.) Basic Physical Defense Program for Women is a 12-hour course offered exclusively to women and young women. A variety of topics are covered, with an emphasis on the "4 Risks of Personal Safety", physical defense techniques, and responsibility in decision-making/ The techniques are practical self-defense tactics, easy to learn and use, make you more aware of awareness and avoidance strategies to reduce your risk of attack. For more information, visit the official RAD website.

Instructors of the PWCSO are excited to bring a RAD session to the Town of Dumfries residents. This session is scheduled to start on March 22, 2023. We are also meeting on March 25 (Saturday), March 28 and March 31 to conclude the session. We are meeting from 5-8 PM each night except for March 25, 2023. **On March 25, 2023, will meet from 10 AM- 1 PM.** Please check your schedules and make sure that you can attend **ALL four instructional nights**. Dress comfortably and wear tennis shoes and feel free to bring snacks and any non-alcoholic beverage to the facility. The class will take place at the Community Center located at 3800 Graham Park Rd. in the Town of Dumfries.

Register or additional information, email nkephart@pwcgov.org or events@dumfriesva.gov.

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