



# Free R.A.D. Self Defense Program for Women & Teens

- Taught by a R.A.D. and Martial Art Certified Female Instructor with over 25 years experience
- Learn to identify sexual predators. 1 in 4 women will experience date rape. Increase your awareness and learn risk reduction.
  - Learn and apply 10 principles of self defense
- Be empowered to make a plan of action to defend yourself no matter your physical condition or age (13 to 80 years)
- Provides 9 hours of instruction and practice, R.A.D. manual and Lifetime Free Return & Practice Certificate

## 2014 Program Schedule

- January 16<sup>th</sup> - 18<sup>th</sup>
- \* June 19<sup>th</sup> - 21<sup>st</sup>
- August 14<sup>th</sup> - 16<sup>th</sup>

Class meets three consecutive days: Thursday and Friday evening 6:00-8:00 p.m. & Saturday 10:00 a.m.-3:30 p.m.

\* June program is a good time for a teen class before going back to school.



Sponsored free of charge by the  
Women's Ministry Team

\*Registration and Parental consent  
required (13 -17) years of age  
Refreshments and lunch provided

Lexington Park Baptist Church  
46855 South Shangri-La Drive  
Lexington Park, MD 20653  
301.862.2552

[office@LPBOnline.org](mailto:office@LPBOnline.org)  
[www.lpbconline.org](http://www.lpbconline.org)

*Keeping Yourself Safe-  
R.A.D. Systems*