



R.A.D. Women



Lehi Legacy Center
123 N Center St.
801-768-7124

LEHI LEGACY CENTER R.A.D. WOMEN

*The National Standard in Self Defense
Education™ since 1989*

The Rape Aggression Defense (R.A.D.) System is a program of realistic self-defense tactics and techniques for women only. It is a comprehensive course that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defense training and ending with a dynamic simulation giving the student an opportunity to practice their skills. This course is taught by nationally certified R.A.D. Instructors and provides 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.

March
17th (6-9pm)
19th (6-9pm)
21st (5:30-9:30pm)



×QUICK FACTS

- WhatR.A.D. Women (Self Defense Program)
- WhereLehi Legacy Center (123 N Center St.)
- WhoWomen 13 yrs. of age and older. Anyone under 18 will need parental permission before signing up for the class.
- DatesMarch 17th, 2014 (6-9pm)
March 19th, 2014 (6-9pm)
March 21st, 2014 (5:30-9:30pm)
- Fee\$31
- Clothing.....Comfortable workout clothes, with athletic shoes (no open-toed footwear please)

REGISTRATION

Legacy Center Registration Office Mon-Fri from 8am-6pm
OR www.lehi-ut.gov

INFORMATION

For more information call the Legacy Center 801-768-7124 or 801-766-5800



www.lehi-ut.gov/legacycenter

