



# R.A.D. Women

## 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.

**October**  
**6<sup>th</sup> (6-9pm)**  
**8<sup>th</sup> (6-9pm)**  
**10<sup>th</sup> (5:30-9:30pm)**



### ×QUICK FACTS

- What .....R.A.D. Women (Self Defense Program)
- Where .....Lehi Legacy Center (123 N Center St.)
- Who .....Women 13 yrs. of age and older. Anyone under 18 will need parental permission before signing up for the class.
- Dates .....October 6<sup>th</sup>, 2014 (6-9pm)  
October 8<sup>th</sup>, 2014 (6-9pm)  
October 10<sup>th</sup>, 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](http://www.lehi-ut.gov)

### INFORMATION

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



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



[www.lehi-ut.gov/legacycenter](http://www.lehi-ut.gov/legacycenter)

