



**Chevy Chase Village
Police Department**

presents

R.A.D.

Self Defense Training For Women

The course is a series of **6** classes to be held
at

**Chevy Chase Village Hall
5906 Connecticut Avenue**

on

**Thursday Evenings from 7:00 PM to 9:00 PM
March 14, 21, 28, April 4, 11, and 18
Taught by Village Police Chief John Nesky**

Register at 301-654-7300

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 whose primary focus is the realistic development of self defense options before and during situations of imminent or actual attacks. R.A.D is not a martial Arts program. Our courses are taught by nationally certified R.A.D. Instructors and provide each student with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth.

