

For immediate release – May 26, 2009

PRESS RELEASE



R.A.D. SYSTEMS DEFENSE CLASSES FOR WOMEN

This Spring/Summer the Watertown Police Department is offering R.A.D. Systems defense classes for women. This program is free and available to women who reside in Watertown over the age of 18. Enrollment for participants under 18 is permitted with a signed waiver from a parent.

The R.A.D. Systems offers a basic education of confrontation principles and personal defense. R.A.D. is designed to help women overcome the effects of sexual harassment and sexual violence by teaching assertiveness, risk awareness, risk reduction, risk recognition, risk avoidance and physical defense strategies.

Preparation through education and training is usually the best way to survive an assault situation. By attending a credible physical defense program a woman can substantially develop her options with regard to resistance.

The class meets two nights a week over a 2-week period from 5:30 PM to 8:30 PM.

Dates for the next R.A.D. course are June 15, 17, 22 and 24, 2009. Classes will be held at the Tufts Health Building at 705 Mt. Auburn Street. Students interested in taking this course must be able to commit to attending all four sessions.

Please contact [Detective Kathleen Campbell](#) at (617) 972-6545 to register. The deadline to register is June 12, 2009. *Class size is limited, and enrollment is on a first come, first serve basis.*

Watertown Police Department

Instructors: Sgt. John MacLellan, Detectives Kathleen Campbell and Dave MacNeil and Officers Tony Physic and Sheila Grady-Duguay

Address:

34 John 'Sonny' Whooley Way

Watertown, MA 02472

Phone: 617-972-6500

Email: kcampbell@police.watertown-ma.gov

The Watertown Police Department is proud to be part of the living national network of RAD instructors.



Next Scheduled Course:

June 15, 17, 22 and 24, 2009

5:30 PM – 8:30PM

@ Tufts Health Plan

705 Mt. Auburn St.

Contact Detective Campbell at 617-972-6545 or kcampbell@police.watertown-ma.gov for more information or to register now!

The [Rape Aggression Defense](#) Basic Personal Defense System is a national program of realistic self-defense tactics and techniques taught for women only. All courses are taught by nationally certified R.A.D. Instructors.

The goal of R.A.D. is to provide realistic self-defense options to women, regardless of their level of physical conditioning. Students at all levels of ability, age, experience, and strength will be provided with techniques and information that can be effectively used from the first day of class. R.A.D. is not a martial arts program, nor does it require students to be athletes in training to succeed.

The R.A.D. system will provide students with the knowledge to make an educated decision about personal defense. We provide information on physical and non-physical options, as well as insight into the attacker mindset.

Every student receives a manual for reference and practice. Once a student has completed a R.A.D. program, their signed manual becomes a ticket for free lifetime return and practice with any R.A.D. instructor in the US and Canada.

The widespread acceptance of the R.A.D. system is due to the ease, simplicity, and effectiveness of our tactics, solid research, legal defensibility, and unique teaching methodology. R.A.D. is the only self-defense program endorsed by the [International Association of Campus Law Enforcement Administrators](#) (IACLEA).

Why R.A.D.?



- R.A.D. is the largest network of its kind with over 7000 Instructors having received training in our systems to date. These Instructors teach at various colleges, universities, and municipal law enforcement agencies as well as various other community organizations internationally. R.A.D. has trained more than 300,000 women throughout the U.S. and Canada since the program began in 1989.
- R.A.D. is the only existing program with a free lifetime return and practice policy, honored throughout both the US and Canada.
- R.A.D. has developed specialized simulation techniques and equipment for use by certified R.A.D. instructors.
- R.A.D. is the only self defense program ever endorsed by the [International Association of Campus Law Enforcement Administrators](#) (IACLEA).
- Lawrence N. Nadeau, Director of Instructional Development and Founder.