



The Sudbury Police Department

75 Hudson Road

Sudbury, MA 01776



RAPE AGGRESSION DEFENSE SYSTEM

Women's Basic Physical Defense

Class size is limited to Sudbury Residents at no cost (over 16 years old)

Classes will be held at the Sudbury Police Station in the front training room

Wednesday September 3rd 6:00pm – 8:00pm

Wednesday September 10th 6:00pm – 8:00pm

Wednesday September 17th 6:00pm – 8:00pm

Wednesday September 24th 6:00pm – 9:00pm (Active simulation)

MUST ATTEND ALL CLASSES

This program includes educational components comprised of lecture, discussion and physical resistive strategies. RAD systems has its foundations in education, awareness and risk reduction. The course includes self-defense techniques suitable for women of all ages and abilities.

Please email: Manganok@sudbury.ma.us to register or with questions.

Class is limited to 20 participants

