



INTRODUCTION TO RAPE AGGRESSION DEFENSE (RAD)

Empowering Women Through Self-Defense

As part of Zonta International's 16 Days of Activism Against Gender Violence, Zonta Club of Medford is proud to offer an introductory class of RAD for women.

The first step of empowerment is *education*. This class will teach components of the RAD Systems (no physical exercises) based on risk strategies for personal safety: **Risk Avoidance, Risk Reduction, Risk Awareness, and Risk Recognition.**

The RAD Systems objective: to develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked. They challenge society to evolve into an existence where *violence is not acceptable in daily life*.



Date: Sunday, December 8, 2013
Time: 3-6 pm
Place: Hyatt Place, Medford Square
Cost: \$25 (\$20 for Zonta members)
(minimum of 12 people required to run class)

Taught by Certified RAD Systems Instructor Julie Kaufmann

Who can attend: any woman, age 16+, who wants to learn more about protecting herself. Girls under 18 must have parental consent.

For more information or registration: www.jkdance.com and click on RAD Systems, or contact Julie at RAD@jkdance.com, 781-306-0642

Zonta International is an organization of professionals working together to advance the status of women world-wide through service and advocacy. One of the goals of the 16 Days of Activism campaign is to *strengthen local work around violence against women*.

