

**RAPE AGGRESSION DEFENSE SYSTEMS**  
**Basic Physical Defense Instructors Course**

**Your Host**  
**University of Southern Maine**  
**December 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup>**

Participants in the RAD Basic Physical Defense Instructor's Course will, upon successful completion of the program, be certified to teach the R.A.D. Systems Basic physical defense program. This intense 3 day, 30 hour, instructor program is a cost-effective way to obtain your own self-defense instructor(s) and offer this proactive program to the **women** in your community. This is the most comprehensive program of its kind and now your agency can utilize the basic tailored format, as an addition to your current crime prevention offerings.

Our instructors' program is dynamic in every way and guaranteed to challenge every participant. The course is taught in a relaxed environment that is conducive to learning our tested instructional techniques, proven tactics, and unique insight into the problem of violence against women. Our program includes physical defense workouts for technique development and an exercise that is designed to simulate confrontational situations.

From awareness and risk reduction to physical skill development, this program covers all the basics. **Tuition for this program is \$450** (\$350 for IACLEA members) and registration includes all program materials, a 200+ page Instructor Curriculum with participant manual to copy, Instructor Certificate, and a one-year of The Instructor's Voice E-Newsletter.

Rape Aggression Defense Systems courses are taught by over 7000 instructors in both the United States and Canada. R.A.D. Systems is the largest women's physical defense network in this country today.

To register for this program, complete the form below and return to:

Portland Police Department  
ATTN: Officer Coreena Behnke  
109 Middle St., Portland, ME 04101  
Phone: 207-874-8511  
Email: [coreenad@portlandmaine.gov](mailto:coreenad@portlandmaine.gov)

Registration deadline is November 12<sup>th</sup>, 2018 and payment is due before class begins. Class size is limited so please register soon. You will be sent more information upon receipt of registration.

**Checks should be made payable to: Amy St Laurent Foundation.**

**You can also pay online with a credit card at**

**<https://www.eventbrite.com/e/december-rad-instructors-course-usm-tickets-50069820180>**

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Name: \_\_\_\_\_ Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_  
Department: \_\_\_\_\_  
Organization: \_\_\_\_\_  
Police Officer \_\_\_\_\_ or Qualified Specialist \_\_\_\_\_

Basic Tuition: \$450

Tuition for IACLEA members: \$350 (proof of membership is required)

Checks should be made payable to: Amy St. Laurent Foundation

A 10% discount is available to non IACLEA agencies that register three or more participants. However, all must attend. Cancellations received within 10 days prior to the start of this class will be charged a \$100.00 fee. This fee will be reapplied towards tuition if you register for a course offered by IT Coreena Behnke, within 2 years. No shows, no refunds! Male substitutions not permitted for female registrants. If program is canceled for any reason a full refund of tuition will be made. Male applicants who are not in law enforcement will need to submit to a background check and submit letters of recommendation. Please call for details on this process.