Penn Medicine

PRINCETON HEALTH COMMUNITY WELLNESS

RAD Basic Physical Defense Instructor Certification

March 22, 23, 24 - 2027

8 am start time

Location: Princeton Health Hamilton Area YMCA
1315 Whitehorse-Merceville Road, Hamilton, NJ 08619

Course Number
2703223189I

R.A.D. RAPE AGGRESSION DEFENSE SYSTEMS

Rape Aggression Defense Systems is the largest women's physical self-defense network in the country today. R.A.D. Systems courses are taught over 1,500 colleges, universities, and other community organizations throughout the United States, Canada, and abroad. R.A.D. is also the only self-defense program ever endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA). This intense 3-day, 30-hour Instructor Certification Program is a cost effective way to obtain your own self-defense Instructors(s) and offer this program to the women in your community. This course is the most comprehensive program of its kind – and now your agency can utilize the basic tailored format as a part of your overall crime prevention and/or education package. Upon successful completion of the program, participants in this RAD Instructor's Course will be certified to teach the R.A.D. Systems of Basic Physical Defense for Women. Our Instructor Certification Program is dynamic, but one does not need prior self-defense training to successfully complete the program. The course is taught in a relaxed environment that is conducive to learning our tested instructional techniques, tactics, and unique insights into the problem of violence against women. Our program includes physical defense workouts for technique development and includes exercises that are designed to empower the women in your community to practice what they have learned about confrontational situations. From awareness and risk reduction, to physical skills development this program covers it ALL!!

ENROLL ONLINE BY SCANNING THE QR CODE OR MAIL THE FORM TO:
Penn Medicine Princeton Health Community Wellness
731 Alexander Road, Suite 103 Princeton NJ 08540

TUITION: $650.00
Registration includes all program materials, an instructor's curriculum, and certificate.

Enrollment is limited. Payment is due before the start of the program. If you need to pay by PO or other method, reach out to Debbie Millar at the contact info below. Once registration is received, you receive additional information prior to the start of the class. Deadline to register is March 15, 2027.

CONTACT FOR QUESTIONS:
Debbie Millar, RN
609.897.8982
deborah.millar@pennmedicine.upenn.edu

NAME:_____ COMPANY:_____

ADDRESS:_____ MALE / FEMALE *(Please circle)*

PHONE:_____ EMAIL:_____