

## **RAPE AGGRESSION DEFENSE SYSTEMS**

### **FINALLY, A PHYSICAL DEFENSE PROGRAM FOR WOMEN!**

Has established the standard for female self-defense programs:



\*Offers no-nonsense, practical techniques of defense;

\*Researched the effects of "The Fight or Flight Syndrome";

\*Provides realistic and dynamic hands on training;

\*Provides students with a comprehensive Reference Manual;

\*Certifies Instructors from the community;

\*Has a litigation defense policy;

\*Offers state of the art programs at reasonable rates;

\*Every woman receives a lifetime membership policy which allows for lifetime free return and practice policy.

## ***Empowering Women Thru Education***



Women's Self-

Defense Institute

518-7 Old Post Road

#234

Edison, NJ 08817

Phone: 908.217.4502

E-mail: [wsgi@self-defense-mind-body-spirit.com](mailto:wsgi@self-defense-mind-body-spirit.com)

Websites: [www.self-defense-mind-body-spirit.com](http://www.self-defense-mind-body-spirit.com)

**Laws can't protect you.**

*Criminals break the law.*

**911 doesn't protect you.**

*A call to 911 means something terrible is already happening.*

**Who will protect you?**

*Ultimately that responsibility rests squarely upon your shoulders.*

**Women's Self-Defense  
Institute**

**Presents**

**Rape Aggression  
Defense  
(RAD) Training**

**2010 Calendar**

**4 Sessions  
Tuesday Evenings  
6:15pm—9:15pm**

**Women Only**

## What We Do

**Women's Self-Defense Institute** teaches women how to protect themselves through common sense, awareness and physical training.

Our **RAD (Rape Aggression Defense) Seminar** is an awareness and educational program which explores your options for protection and defense. Women learn how to incorporate safety habits into their daily routines over a 4 week period.



You have many options when dealing with issues of personal safety—most of which you may not be aware. **Women's Self-Defense Institute** helps you explore the many options available so you can make

an informed personal decision about the best tool and method of protection for you and your family.

Please visit us at [www.self-defense-mind-body-spirit.com](http://www.self-defense-mind-body-spirit.com) for valuable information and as a resource for safety products and training.

## Why You Need Us

In the real world, no law stands between you and an attacker. In the real world, statistics show there is a burglary every 15 seconds. One rape every 35 seconds. One murder every 34 seconds.



By the time 911 is called, a crime has often already been committed. You or a loved one are now a victim, left to deal with the police, the paperwork, and possibly the courts and lawyers.

Maybe the crime couldn't have been prevented, but as a re-

sponsible woman you owe it to yourself and your loved ones to become educated and prepared to protect yourself, and them, from acts of human aggression.

**Women's Self-Defense Institute** is here to help you find the resources and training you need to accomplish that.

## Upcoming RAD Class

Through **Women's Self-Defense Institute** you can tap into a network of like-minded women from whom you can learn and grow. Our **RAD Seminars** teach you how to become aware of your surroundings, secure your home and transform everyday household items into tools of defense.

## RAD Registration

Register For:	Time	Price
<input type="checkbox"/> RAD—January 5,12,19 & 26 2010	6:15—9:15pm	\$95.00
<input type="checkbox"/> RAD—February 2,9,16 & 23 2010	6:15—9:15pm	\$95.00
<input type="checkbox"/> RAD—March 2, 9, 16 & 23 2010	6:15—9:15pm	\$95.00
<input type="checkbox"/> RAD—April 6, 13, 20 & 27 2010	6:15—9:15pm	\$95.00
<input type="checkbox"/> RAD—May 4,11,18 & 25 2010	6:15—9:15pm	\$95.00
<input type="checkbox"/> RAD—June 8,15,22 & 29 2010	6:15—9:15pm	\$95.00
<input type="checkbox"/> RAD—September 7,14,21 & 28 2010	6:15—9:15pm	\$95.00
<input type="checkbox"/> RAD—October 5,12,19 & 26 2010	6:15—9:15pm	\$95.00

Subtotal: \_\_\_\_\_

Total: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

### Method of Payment

- Check—Make payable to Women's Self-Defense Institute
- Money Order—Make Payable to Women's Self-Defense Institute
- Pay Pal—[wsgi@self-defense-mind-body-spirit.com](mailto:wsgi@self-defense-mind-body-spirit.com)

Signature \_\_\_\_\_

**Training location (Edison, NJ) will be forwarded upon receipt of completed registration.**

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