## The R.A.D. Systems of Self Defense

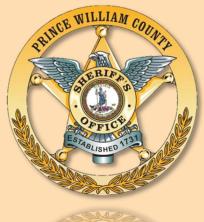
The Prince William County Sheriff's Office is proud to announce the implementation of the R.A.D. Systems of Self Defense. The R.A.D. system teaches women basic self-defense techniques.

The Prince William **County Sheriff's Office** values our community and recognizes the safety benefits the



our citizens. Instructors provide the education necessary for women to defend themselves against potential attackers. Classes consist of lecture, discussion, self-defense techniques and role-playing for women and young girls ages 12 and up.







## **Prince William County Sheriff's Office**

9311 Lee Avenue Manassas, VA 20110 Phone: 703-792-6070 Fax: 703-792-7485 Website:

www.pwcva.gov/department/sheriffs-office

## **Sheriff Glendell Hill**

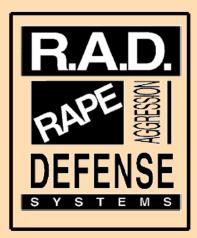






Can you defend yourself?

## Women's **Self Defense Education**



Phone: 703-792-6070