



PRESS RELEASE

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FOR IMMEDIATE RELEASE

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Dayton Daily News (Kettering "Neighbor" Section)
Kettering-Oakwood Times

Enroll for Women's Self-Defense Class

Kettering- The Kettering Police Department is offering an exciting opportunity to learn self defense techniques. Rape Aggression Defense Training (R.A.D.) is a comprehensive nationally recognized course for women. It begins with awareness, prevention and risk reduction and progresses onto the basics of hands on defense training. The R.A.D. system is an easy to learn program that teaches women defensive concepts and techniques against various types of assault using proven self defense/martial arts tactics.

The course is taught by male and female members of the police department. Male officers don a padded suit to assist students in applying the techniques.

The course is excellent for all ages, however, young ladies 11-14 years of age must be accompanied by a parent/adult and those 15-17 years of age must have parental consent

The class size is limited to 20 students. The cost is only \$20.00 for the four week course. For additional family members, the cost is only \$10.00 per person. The next session begins Tuesday, March 1, 2011 and meets every Tuesday evening through March 22. The class time is 6:00 p.m. until 9:00 p.m. The first class will meet at the Kettering Police Department, and the remaining classes will be held at the Kettering Adult School (Barnes) Gymnasium at 3700 Far Hills Avenue.

The course fees are applied toward materials used in the class, and for gifts awarded upon completion. Please contact Sgt. Holly Murchland at (937) 296-2410 for registration.

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