



Rape Aggression Defense Class

Can you defend yourself?

When: April 14, 16, 22, & 24, 2026. 6-9pm every night

Where: First evening at PWCSO (Court house)
9311 Lee Ave, Manassas, VA 20110.

Rape Aggression Defense (R.A.D.) is a program of realistic self-defense tactics and techniques for women, *12 years of age and up*. The R.A.D. system is a comprehensive, **women-only** course that begins with awareness, prevention, risk reduction and risk avoidance, and progresses on the basics of hands-on defense training. R.A.D. is not a Martial Arts program! It is instructed by nationally certified R.A.D Instructors & certified Deputies of the Prince William County Sheriff's Office. Each Session is broken down to four, 3-hour sessions. A student handbook is provided for each participant.

Best of all, this class is FREE.

This class requires a commitment to attend every night in the enrolled session.



To register send a request to 1st. Sgt. N. Kephart at

nkephart@pwcgov.org or call 703-792-6070 if you have any questions.

