

## 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 R.A.D. program offers



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

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**Sheriff Glendell Hill**

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Can you defend  
yourself?

## Women's Self Defense Education



Phone: 703-792-6070