



- **R.A.D. (Rape Aggression Defense) is a system of physical self-defense techniques and risk avoidance for women.**
- **R.A.D. balances the needs of women to acquire self-defense education in a relatively short period of time, by providing short term training opportunities in a progressive building block format.**
- **R.A.D. instruction is 12 hours long with the last 3 hours to be a voluntary simulation exercise.**
- **R.A.D. is a FREE course offered and instructed by members of the Tallahassee Police Department.**

2026 RAD Classes:

Class #1: January 27, 29 & February 3rd, 5th (5:30pm-8:30pm)

Class #2: April 7th, 9th (5:30pm-8:30pm) & 11th (9:00am -3:30pm)

Class #3: July 7th, 9th, 14th & 16th (5:30pm-8:30pm)

Class #4: September 15th, 17th (5:30pm-8:30pm) & 19th (9:00am -3:30pm)

Class #5: November 10th, 12th, 17th & 19th (5:30pm-8:30pm)

Location: 438 W. Brevard St, Lincoln Neighborhood Center

****You must attend all dates within each class session to complete the course.**

****Participants must be 12 years of age or older.**

To sign up for the course contact Lt. Maria Mercurio at maria.mercurio@talgov.com

Please provide your name, telephone number and the class you wish to attend. Spaces are limited so sign up early!

