



JAMES M. O'DELL
Chief of Police

PRESS RELEASE

3600 Shroyer Road Kettering, Ohio 45429
(937) 296-2567 FAX (937) 296-3219

FOR IMMEDIATE RELEASE

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Contact: Judy Kohl, Kettering PD Officer Joe Ferrell, Kettering PD
(937) 296-3266, Option 5 (937) 296-3250

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

Enroll Now 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 system that teaches women defensive concepts and techniques against various types of assault using proven self-defense/martial arts tactics. The course is taught by female members of the police department. Male police officers don a padded suit to assist students in applying the techniques they have learned. This course is a great opportunity for women to learn an effective method of self-defense.

The class size is limited to 20 students. The cost is only \$20 for a four week course. For additional family members, the cost is only \$10 per person. The next class begins Tuesday, November 06, 2007, and meets *every* Tuesday evening through November 27, 2007. The times are from 6:00 p.m. until 9:00 p.m. The first class will be held at the Kettering Police Department, and the remaining classes will be held at the Kettering Adult School (Barnes) Gymnasium at 3700 Far Hills Avenue. This course is great for all ages, however, young ladies 11-14 years old must be accompanied by a parent/adult and those 15-18 years old must have parental consent. One of our oldest graduates was 82 years old! All participants completing the course will receive a gift and are welcome to return and practice the techniques for free.

The course fees are applied toward materials used in the class, and for the gifts awarded upon completion.

Please contact Judy Kohl at (937) 296-3266 for a registration packet.

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