



MARCH 2011 - Back by popular demand!!!

WOMEN'S SELF DEFENSE

MAKE YOUR PERSONAL SAFETY A PRIORITY!

The RAD System is a nationally-renowned comprehensive women's self defense program. It is specifically geared towards women, instructing them in how to use their unique physical power to their advantage. It is designed for women who are willing to consider defense as a viable option in situations where their life is in jeopardy.

The 12-hour program not only teaches blocks and strikes, but spends considerable time addressing the risks to personal safety. The whole package helps create the all-important defensive mind set.

RAD is for women of all ages. We encourage mother-daughter teams as well as individuals. It is highly recommended for teens and young women entering college.

Don't put this off any longer - it's too important! Become a RAD Woman now!

Ages: 13 and up

2-Day Course:

Sunday, March 13, 9am-4pm

Sunday, March 20, 9am-4pm

Cost: \$85

Location: Sterling Gym

15 Industrial Drive, Sterling, MA

For more info and to register call 978-422-7655



Certified Instructors: Mike & Sue Sonia

The Sonia's are a husband-and-wife team who also teach the radKIDS program for ages 5-12.

For more info on this and other programs check out:
sterlingmartialarts.com and sterlinggym.com