Self-defense (R.A.D.) training in Duvall

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Rape Aggression Defense (R.A.D.) training (four classes – must attend all four) starts in Duvall the week of July 20. The RAD system is a detailed and comprehensive course for women that begins with crime prevention, risk reduction and avoidance while progressing on to the basics of hands-on self defense. This program teaches defensive concepts and techniques against various types of assault, but utilizing easy, effective and proven self defense tactics.

The class is free and offered by the Duvall-Carnation Police Dept. Call Shelley Olson at (425) 788-1519.