

News Release

Immediate

February 1, 2010

Dunbarton, New Hampshire

Local police join forces to provide R.A.D. self defense training for women.

The Dunbarton Police Department will be hosting a R.A.D. training (Rape, Aggression, Defense) program beginning on February 17. The program will involve R.A.D. instructors from a number of local agencies teaming up to provide this informative training. The nationally certified instructors are all police officers with local agencies. The agencies participating in providing the training include Bow, Dunbarton, Goffstown, Henniker, Merrimack County Sheriffs and Weare.

The Rape Aggression Defense system is a program that offers realistic tactics, techniques and training. This course which is specifically for women teaches awareness, prevention, risk reduction and avoidance. It also teaches the basics of hands on defense training but is not a martial arts program.

Officers hope to offer the training at several different locations throughout the year. The first of the programs will be hosted by the Dunbarton Police Department and will be held at the Dunbarton Community Center. The Community Center is located at the Dunbarton Elementary School at 20 Robert Rogers Road. The program will begin promptly at 6:00 P.M. and conclude at 9:00 P.M. on February 17, February 24 and March 3.

All participants will be provided with a work book reference manual. This manual outlines the entire program. Participants will be able to keep the manual so that they can use it as a continuous reference.

If you are interested in participating in the program please contact one of the police departments listed above or you may contact the course coordinator Officer Jacqueline Pelletier of the Dunbarton Police Department at 603-774-5500. Enrollment is on a first come basis.