

## ***Self Defense For Older Adults Instructor Certification***

Rape Aggression Defense Systems, Inc



Participants may be certified to teach the R.A.D. System of Self Defense for Older Adults. This 2 day, 20 hour Instructor Program is a cost effective way to obtain your own Self-Defense Instructor(s), and offer this consistently structured, proactive program to the older adults in your community. This is a most comprehensive program and the only one of its kind, and now your agency can utilize its basic, tailored format as an addition to your present crime prevention offering. This course is taught in a relaxed environment that is conducive to learning tested instructional techniques, proven tactics and unique insights about the problems unique to older adults. Our program also includes physical defense workouts for technique development, and educational components to assist with the development of defensive strategies. Registration includes a 200+ page Instructor Curriculum with Participant Manual to copy, Instructor Certificate and one year of The Instructor's Voice Newsletter. **Tuition for this program is \$300.00.** To enroll please complete the registration form below and mail or fax, with purchase order, check or credit card information to:

Bangor Police Department  
Catherine E. Rumsey, R.F.S. Staff Instructor  
240 Main St  
Bangor, ME 04401 Fax 207-945-6824  
Email [cathy.rumsey@bangormaine.gov](mailto:cathy.rumsey@bangormaine.gov)

Name: \_\_\_\_\_

Your Host:

Address: \_\_\_\_\_  
\_\_\_\_\_

**Tewksbury Police Department  
Tewksbury, MA**

**September 9 & 10, 2013**

Organization: \_\_\_\_\_

**Program Instructor:  
Catherine Rumsey  
RFS Staff Instructor**

Telephone: \_\_\_\_\_

Police Officer \_\_\_\_\_ Qualified Specialist \_\_\_\_\_

Basic Tuition: \$300

Tuition for IACLEA Members: \$240

***Tuition should be made payable to: City of Bangor***

A 10% discount is available to agencies that register three or more participants. However, all must attend. Payment is due on or before the start of class. Cancellations are subject to a 20% processing charge from the intended tuition. Refunds will not be permitted for cancellations made within one week of the program start. However, credit will be made toward another R.A.D. System Instructor's Program taught by Catherine Rumsey. If the program is cancelled, a full refund of tuition will be given. Male substitutions are not permitted for female registrants. Thank you.