



Snoqualmie/North Bend Police Department



Women's Self Defense Course

When: Wednesday September 27th 6:00 – 9:00 pm
Thursday September 28th 6:00 – 9:00 pm
Wednesday October 4th 6:00 – 9:00 pm
Thursday October 5th 6:00 – 9:30 pm

This class is a total of twelve (12.5) hours, broken up over 4 classes. **You must attend all four sessions.**

Where: Cascade Covenant Church
13225 436th Ave SE
North Bend, WA 98045

Trainers: Instructor's Nigel Draveling, Dave Bond
Cost: \$30.00 (payable cash or check 1st day of class)

What to bring: Athletic attire is recommended. Sweat pants and cross training type shoes that provide lateral support are preferred. **NO JEWELRY PLEASE.**

This program is presented by the Snoqualmie Police Department and is taught using the nationally recognized RAPE AGGRESSION DEFENSE SYSTEM (RAD).

The RAD System is a detailed and comprehensive course for women beginning with crime prevention, risk reduction and avoidance while progressing on to the basics of hands on self-defense. This program is dedicated to teaching defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self defense tactics. This course is taught by certified instructors in the area of women's self defense.

Classes are for females over 16 years of age, living or working in the cities of North Bend or Snoqualmie. Space for this course is limited and sign-ups will be on a first come first served basis. If you are unable to attend this class and you're interested in being on a waiting/notification list for either Snoqualmie or North Bend classes, please respond to the email address below and include your physical address. To reserve a space or for questions please email:

Officer Draveling
ndraveling@ci.snoqualmie.wa.us

