



## FOR IMMEDIATE RELEASE

April 12, 2013

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### **City Offers Free Rape and Aggression Defense Courses**

**New Braunfels, Texas** — The City of New Braunfels Police Department is offering eight upcoming sessions of the Rape and Aggression Defense (RAD) course which will include hands-on self-defense techniques, lectures, and discussion. Classes are taught by certified RAD instructors and offered free of charge at the New Braunfels Public Library, 700 East Common Street.

Students must be in good health and capable of participating in physical training with minor exertion, and be able to understand basic visual and verbal instruction. Participants must be female, at least 14 years old, and reside or work within the City of New Braunfels. Protective gear will be provided for the attendees to use. Enrollees must be able to commit to all four consecutive nights of the course.

“For the first time we are offering the course all the way through the summer to make it convenient for young ladies that are busy during the school year with other activities,” said Randy Bryan, NBPD Training Coordinator.

#### Remaining 2013 Course Dates:

- April 29<sup>th</sup> – May 2<sup>nd</sup> (6 – 9 p.m.)
- June 3<sup>rd</sup> – June 6<sup>th</sup> (6 – 9 p.m.)
- July 8<sup>th</sup> – July 11<sup>th</sup> (6 – 9 p.m.)
- July 29<sup>th</sup> – August 1<sup>st</sup> (6 – 9 p.m.)
- September 9<sup>th</sup> – 12<sup>th</sup> (7 – 10 p.m.)
- September 30<sup>th</sup> – October 3<sup>rd</sup> (7 – 10 p.m.)
- November 4<sup>th</sup> – November 7<sup>th</sup> (7 – 10 p.m.)
- December 2<sup>nd</sup> – 5<sup>th</sup> (7 – 10 p.m.)

Interested parties must complete a signed liability waiver and application prior to acceptance and class size is limited to twelve. For further information, or to obtain an application, please contact Officer Randy Bryan (Training Coordinator) with the New Braunfels Police Department at (830) 221-4127 or email [rbryan@nbtexas.org](mailto:rbryan@nbtexas.org).

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