

# **FRAD BASIC SELF DEFENSE INSTRUCTOR CERTIFICATION**

Participants may be certified to teach the R.A.D. System of Basic Physical Defense for Women.

**This intense, 3 day, 30 hour Instructor Program** is a cost effective way to obtain your own Self -Defense Instructor(s), and offer this structured, time tested, proactive program to the women in your community.

This is the most comprehensive program of its kind, and now your agency can utilize its basic, tailored format as an addition to your crime prevention / community policing offering. The course is taught in a relaxed environment that is conducive to learning tested instructional technique, proven tactics and unique insight about the problem of violence against women. Our program includes physical defense workouts for technique development and an evening exercise that is designed to simulate confrontational circumstances. From awareness and risk reduction to dynamic impact training, this program covers all the basics! Registration includes a 150+ page Instructor Curriculum with Participant Manual to copy. Upon successful completion of the program an Instructor Certificate and copy authorization letter will be given.

**Tuition for the program is \$450.00 Checks only!**

**To enroll:**

E-mail student name(s) frfpublicsafetyconsultantsllc@gmail.com

Send this completed form to or fax

**FRF Public Safety**

**Consultants LLC**

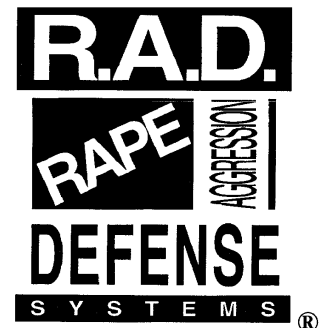
**Fran Fox Instructor Trainer**

**665 Center Street Unit 105**

**Ludlow, MA 01056**

**(413) 687-4915 phone**

**(413) 610- 1539 Fax**



Make checks payable to:  
FRF Public Safety Consultants  
LLC

Enrollment is limited, so act now! Payment is due before the start of the program.

When your registration is received, you will be e-mailed additional information 7 to 10 days prior to the start of the class. A 50 / 50 ratio of women to men must be achieved; no more than 10 male participants allowed, women will be given priority.

**This registration form holds a spot for you! Sorry no purchase orders will be accepted.**

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Cellular

Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

E-Mail: \_\_\_\_\_@\_\_\_\_\_

Please  if Police Officer: Yes: \_\_\_\_\_ No: \_\_\_\_\_

Please  your gender: Female: \_\_\_\_\_ Male: \_\_\_\_\_

Please  IACLEA: \_\_\_\_\_ Member No. \_\_\_\_\_

**Hosted by the  
Worcester State University**

**Worcester, MA.**

**March 14-16 2022**

**Program Instructor Trainer:**

**Fran Fox**

**Deadline to register for this class is February 21 2022**

Payment is due by the registration deadline. Cancellations are subject to a 30% processing charge from the intended full tuition. Refunds will not be permitted for cancellations made within ten days of the program start. If a program is canceled, a full refund of tuition will be given. Thank-you!

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**Office Use Only:**    **Date Received:** \_\_\_\_\_ **Check No. :** \_\_\_\_\_ **Amount:** \_\_\_\_\_