
RADE TACTICS Martial Arts & Women's Self-Defense

Posted by Joe Walker - 2008/07/23 00:02

Hi Everybody!

I just wanted to update everyone regarding our Women's Self-Defense classes. My wife Angel & I just finished our 6th week and are beginning to see an increase in interest and enrollment (via website, fliers, calls, walk-in's, etc.). Not only that, but we are seeing a HUGE improvement in our students since we started 6-weeks ago! We teach a basic 8-week, 2-days/week, 2 hrs/nite program that focuses on proper body positioning, footwork, blocking/parrying, striking, and defense against common grabbing assaults. We do lots of blocking & striking drills and the women have a lot of fun. The first half of the class is an aerobic workout and then the last half slows down a little (good for cool down). We have women ranging in age from 17 yrs old to 50+ in our program.

In a nut shell, the program is scheduled as follows. Any woman can join at anytime---there's no set registration or overall start time:

- Women's Basic Self-Defense (Stand-up --- 8-weeks)
- Women's Intermediate Self-Defense (Ground Fighting/Escape --- 8-weeks)
- Women's Advanced Self-Defense (Armed Assailants --- 8-weeks)
- Women's Expert Self-Defense (Instructor Training --- *Conditional*)

Here's the thing...I've talked to my wife and we've agreed to offer our programs to all Ottawa County Sheriff's Dep's/Employees and their immediate families ABSOLUTELY FREE! Again, this is a "women only" class. The normal cost of the program is \$35 for the first 2-months (or Basic Program) and then \$35/month after that. You can come as often or as little as you like (ie: once a week vs. twice a week). Our definition of "immediate family" would be spouse (or significant other) and kids. There is an age requirement of 13 yrs & up, but if you have small children, I am currently working on a program tentatively called KIDZ TACTICS that we hope to introduce here in the next few months. For more information:

Visit www.radetactics.com and www.radetactics.com/rade_blog
or send E-mail to angel@radetactics.com

RADE TACTICS Martial Arts & Women's Self-Defense
Hudsonville Christian Elementary School Gym
3435 Oak St. Hudsonville, MI 49426
Monday & Wednesday Nites 7pm - 9pm

Re:RADE TACTICS Martial Arts & Women's Self-Defense

Posted by Joe Walker - 2008/10/17 12:32

OCTOBER '08 UPDATE:

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