



## **WOMEN'S SELF-DEFENSE TRAINING RAPE AGGRESSION DEFENSE (RAD) SYSTEM**

For 2016, Sangrock Black Belt World Tae Kwon-Do has two additional classes scheduled - one 9-hour Rape Aggression Defense (RAD) class and one 3-hour Women's Self-Defense (WSD) class. Below is the information you will need to register.

Location for the 9-hour class: Sangrock Black Belt World Charlotte  
11301 Golf links Dr, suite 102  
Charlotte, NC 28277

Location for the 3-hour class: Sangrock Black Belt World (The Shops at Wesley Chapel)  
5937 Weddington Road, Wesley Chapel, NC 28104  
(Note: the school is located behind the McDonalds at the Shops at Wesley Chapel Shopping Center. Some GPS's will direct you a couple blocks before or after the shopping center.)

Cost: For the 9-hour RAD class, \$60 for the 1st woman in the family and \$30 for each additional woman.  
For the 3-hour WSD classes, \$30 for the 1st woman in the family & \$15 for each additional woman.

Dates: The 9-hour RAD class will be held on two consecutive Saturdays, July 16 and 23, noon to 4:30.  
The 3-hour WSD class will be held on Saturday June 18, noon to 3pm

The RAD class is excellent for all women, but if you have girls going to college in the Fall, the RAD class should be considered essential. Please make checks out to "Monica Singh." Write either RAD or WSD on the "for" line. The Registration Form and the Parental Consent Form (for students 17 and younger) for RAD and WSD classes are on the Sangrock Website (<http://sangrock.com/women-self-defense/>).

.Mail the forms along with the check to: Lynn Gorski, 12443 Maytell Court, Charlotte, NC 28277. E-mail Lynn Gorski at [selfdefense@sprynet.com](mailto:selfdefense@sprynet.com) with any questions.

Bring water and snacks. It is common for mothers and daughters to attend together. Feel free to share this opportunity with family and friends.

The RAD class is taught by Lynn Gorski, a certified instructor for the RAD System of Women's Self-Defense throughout the United States and Canada. Lynn holds a 4<sup>th</sup> Dan Black Belt from Sangrock Black Belt World in Charlotte, NC. The WSD classes are taught by Lynn and Master Patrick O'Donnell, the Head of the Tae Kwon Do School at the Charlotte location. Master O, as we call him, is a 4<sup>th</sup> Dan Black Belt also – soon to be testing for his 5<sup>th</sup> Dan.