

R.A.D. Systems
23305 Hwy 16
Denham Springs, LA 70726

Dear R.A.D.,

I am writing to say thank you. Your intensive self-defense program is what enabled me to defend myself against an attacker without suffering any permanent or life-threatening injuries.

This past March, my mother and I took the RAD program in Newton, Massachusetts with Officer William Spaulding. While I knew everything I was learning in the class was important, I never thought I would actually have to use it.

During April vacation I went to Aruba with two of my best friends and one of their families. To ensure that we would have a safe trip, we discussed all of "the rules" with our families prior to leaving. For example, the few times that we weren't with my friend's parents, we knew we weren't allowed to put our drinks down, go to the bathroom alone, or lose track of each other.

On the second to last night of our trip, my two friends, my friend's sister, and I went on a local tour. The trip took us and other American tourists to a lighthouse to watch the sunset, and three restaurants to eat dinner and enjoy the nightlife. At our last stop, I went to the bathroom accompanied by one of my friends. Once we entered the stuffy, two-stalled bathroom, my friend told me she would wait for me outside the bathroom door. Having been in the same bathroom earlier, and thinking I was the only person in it; I felt comfortable enough to tell her that was OK. Suddenly, an Aruban man opened the stall door. Thinking that he worked at the establishment and was only trying to clean the restroom, I said, "excuse me", and shut the door. As I was getting ready to leave, he once again opened the stall door and punched me in the face.

I immediately started screaming and trying to push him out the door while he repeatedly struck me in the left eye. From my self-defense class, I remembered that I had to scream; not only to show the man that I was going to put up a fight, but to alert other patrons that I was in danger. I also learned that the most important thing was to fight back, and get myself into a safe environment. I continually pushed and kned him, even amidst the punches, until I was finally able to get out of the bathroom. I knew that I had to make a scene to get the help I needed. I ran out screaming, "I was attacked by someone in a blue shirt" to anyone that would listen.

While I wish that this event had never happened to me, I am thankful that it was me in that bathroom rather than one of my friends. The self-defense skills that I learned in class allowed me to escape with my life, and help authorities apprehend my attacker. Even though I followed all of the rules, and was as safe as possible, I was ultimately in the wrong place at the wrong time. I know that this could happen to anyone.

In hopes of helping other girls stay safe, my parents and I decided to start a foundation that will raise money and buy equipment for the RAD program. The foundation is called the Lily Konowitz Foundation for Women's Safety. Our goal is to raise money to purchase equipment and make these classes available in public

schools, giving anyone who is interested in learning self-defense the opportunity to do so. I appreciate all that the RAD program has done for me and believe that it is my time to help spread the word about the program, and help protect other innocent people.

Thank you,

A handwritten signature in black ink that reads "Lily Konowitz". The signature is written in a cursive style with a large, prominent 'L' and 'K'.

Lily Konowitz
36 Selwyn Road
Newton, MA 02461