



To develop and enhance the options of self defense, so they may become viable considerations to the woman who is attacked

RAD Self Defense Training

When: Friday March 29, 2019 from 9am – 5pm

Location: Lakeshore Athletics Studio A

Class size: Maximum 20 students

Cost: Free

What is R.A.D?

Rape Aggression Defense means “defense against abduction.” Any force or threat against a woman’s will, that restricts her freedom of movement or desire to leave, we consider rape aggression.

Information:

- RAD Systems is the only self defense program ever endorsed by IACLEA (International Association of Campus Law Enforcement Administrators)
- Lifetime Return & Practice Policy
- Largest women’s self defense training network in North America

What to expect: Students must complete all 8 hours of course and will receive training and education on:

- Risk reduction and identification
- Principles of striking, vulnerable locations, stances and exercise of various strikes
- Developing a Personal Plan of Action

What to bring: running shoes and comfortable clothing (you will be active).

For more information or to register, please email:

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