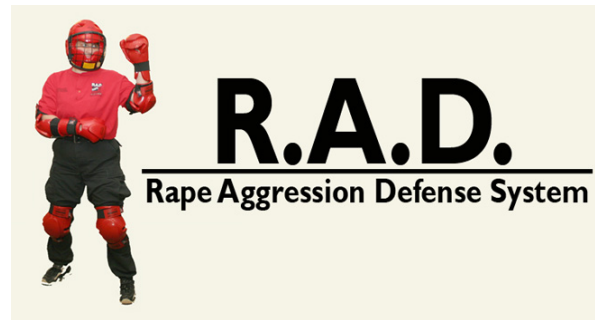


# Self-Defense Class



Could you effectively defend yourself if attacked?



R.A.D. (Rape Aggression Defense) is the largest women's self-defense training program in the country, being taught by more than 350 universities and municipal law enforcement departments nationwide.

The Rape Aggression Defense System is a program of realistic, self-defense tactics and techniques. The RAD system is a comprehensive course for women, which begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defense training.

The **CSU Channel Islands Police Department** will be offering R.A.D. classes throughout the year for students, staff, and faculty of CI. **The next class will be held on the Channel Islands campus on February 28<sup>th</sup>, March 2<sup>nd</sup>, March 7<sup>th</sup> and March 9<sup>th</sup> 2017 from 6:00pm to 9:00pm.** This is a 12-hour class (3 hours each day) and participants must attend all 4 sessions to complete the program. Class size is limited so sign up now at the CI Police Department located in Placer Hall. A \$20 fee will be collected at the time of registration, which will be fully refunded upon completion of the course. A waiting list is also being established.

## THE R.A.D. ADVANTAGE:

- \*Has established the standard for female self-defense programs
- \*Offers no-nonsense, practical techniques of defense
- \*Provides realistic and dynamic hands-on training
- \*Provides students with a comprehensive Reference Manual

If you have additional questions, please contact Rachel Huff at [Rachel.huff@csuci.edu](mailto:Rachel.huff@csuci.edu) OR **RAD@CSUCI.EDU**

