



Self-Defense Class for WOMEN

Could you effectively defend yourself if attacked?



The Rape Aggression Defense (R.A.D.) 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 October 3rd, 5th, 10th & 12th 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 OR **RAD@CSUCI.EDU**

