Self-Defense Class

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 28th, March 2nd, March 7th and March 9th 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 OR RAD@CSUCI.EDU