The Rape Aggression Defense System is a program of realistic, self-defense tactics and techniques. It is a comprehensive course for women that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defense training. The R.A.D. system is dedicated to teaching women defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self-defense tactics. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

**Course Details**
- 12 hour Basic Physical Defense class
- Open to the general public
- Must be at least 12 years old
- $15 materials fee
- No prior experience necessary
- Enrollment limited to women

**Upcoming Class**
- **Day 1:** Friday, April 27
  - 6-9 p.m., SG 130
- **Day 2:** Saturday, April 28
  - 1-4 p.m., SG 134
- **Day 3:** Sunday, April 29
  - 9 a.m.-4 p.m., SG 134

**Included in the Course**
- The ‘risks’ of personal safety
- Risk reduction strategies
- Basic principles of defense
- Offensive and defensive postures
- Defensive techniques
- Realistic simulation training