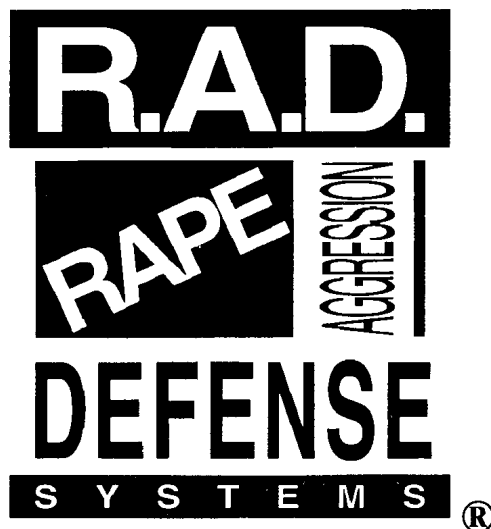


CALIFORNIA STATE UNIVERSITY, FRESNO  
UNIVERSITY POLICE DEPARTMENT



## WOMEN'S SELF DEFENSE

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

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