

With the interest in R.A.D continuing to grow, we have planned for more classes in the New Year.

For those of you who are not familiar, the R.A.D. Program is a self-defense class specifically designed to help women protect themselves against abduction and sexual assault. All R.A.D. techniques are easy to learn and are designed for individuals who have no previous self-defense experience. The program requires a 12 hour time commitment for instruction. We ask that you attend all sessions to attain maximum benefits.

Our first offerings will be held in January, with two different course instruction options from which to choose:

Four (4) days, with three (3) hour sessions
January 19, 21, 26, & 29
6:00-9:00 p.m.

Three (3) days, with four (4) hour sessions
January 17, 24, & 31
1:00-5:00 p.m.

What you can expect from participating in the R.A.D. classes:

- 1) To learn the profile of a potential attacker, as well as various crime prevention strategies.
- 2) To learn and develop numerous techniques used to defend against an attacker and ways to escape when presented with a threat.
- 3) To apply the learned self-defense techniques through a dynamic simulation, in which the student will complete scenario based exercises to escape a simulated attack.

These classes are open to all female students, of any physical fitness level, and they are completely FREE. Please email RAD@cnu.edu and indicate which course you would like to attend. If you cannot attend either of these, but are interested in scheduling a course (and have at least 10 women), please email us; we will attempt to accommodate your group or organization.

Respectfully,
RAD Instructors