

RAPE AGRESSION DEFENSE

The Rape Agression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D System is a comprehensive, women only course that begins with awareness, prevention, risk reduction, and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a martial arts program. Our courses are taught by nationally certified R.A.D. Instructors, and provide each student with a workbook / reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth, and is the key to our free lifetime return and practice policy for R.A.D. graduates.

RAPE AGRESSION DEFENSE PROGRAM

SEPTEMBER 18THTH 2009

AND

SEPTEMBER 19THTH 2009

9AM TO 4 PM BOTH DAYS

**Participants are required to attend both days.

STUDENT UNION THEATER

Please sign-up through the
Jean Nidetch Womens Center

For more information, please
call Officer Denise Murphy at 895-4745
or Officer Eileen Wells at 895-3668



Jean Nidetch
Women's Center

U N L V

To Educate, Support,
Motivate and Empower Lives

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