

## **Rape Aggression Defense Program**

**\*\*\* Next Class TBA \*\*\***



### **Could you effectively defend yourself if attacked?**

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 R.A.D. system 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 CSU Channel Islands Police Department will be offering its next RAD class (TBA) for students, staff, and faculty of CSUCI. The class will be held on the Channel Islands campus. This is a 12 hour class (4 hours each day), and it is free of charge to everyone on campus. Class size is limited so sign up now by calling the University Police Department at (805) 437-8444. A waiting list is also being established so if you miss this class others will be offered in the near future.

### **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 would like to reserve your spot, please contact the University Police Dispatch Center at (805) 437-8444, or email Officer Dan Russ [dan.russ@csuci.edu](mailto:dan.russ@csuci.edu)