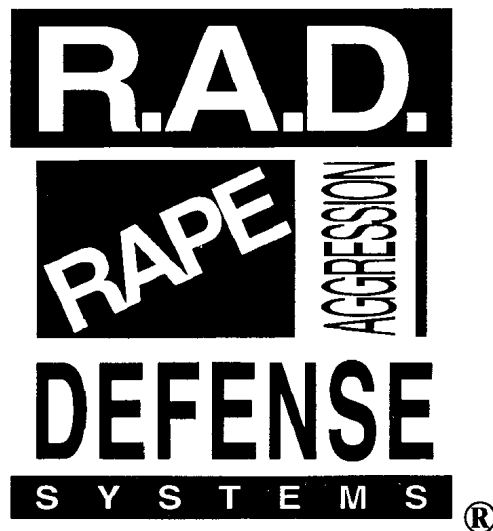


CALIFORNIA STATE UNIVERSITY, FRESNO
UNIVERSITY POLICE DEPARTMENT



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, December 2
6-9 p.m., SG 130

Day 2: Saturday, December 3
1-4 p.m., SG 134

Day 3: Sunday, December 4
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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