

The UNH Campus Recreation Department and the UNH Police Department are pleased to offer

R.A.D. Basic Self Defense for Women

SPRING 2020

***FREE** to everyone



All sessions are held at the UNH Hamel Rec Center

Saturday	April 18th	12:00 pm-4:00 pm	Classroom 239/Studio 1
Sunday	April 19th	12:00 pm-4:00 pm	Classroom 239/Studio 1
Saturday	April 25th	12:00 pm-4:00 pm	Studio 1



The curriculum is 8 hours long so attendance is required at the April 18th and 19th sessions. April 25th is an optional day of additional training but you must attend the sessions on 18th and 19th to participate on the 25th. If you already attended this class (at UNH or elsewhere) feel free to come to any session for extra practice.

Purpose of the training: The Rape Aggression Defense Basic Personal Defense System is a national program of realistic self-defense tactics and techniques taught for **women only**. The goal of R.A.D. is to provide realistic self-defense options to women, regardless of their level of physical conditioning. R.A.D. is not a martial arts program, nor does it require students to be athletes in training to succeed. The R.A.D. system will provide students with the knowledge to make an educated decision about personal defense. For more information about R.A.D., check out the web site at <http://rad-systems.com>.

Course content: This class will have both presentations about personal safety and physical training.

Register ON LINE [UNH REC SPORTS](#)

If you have any questions, contact **Officer Callum Cochran** at UNH PD at 862-1427 or Callum.Cochran@unh.edu.