

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

# **R.A.D. Basic Self Defense for Women**

SPRING 2022

**\*FREE** to everyone



All sessions are held at the UNH Hamel Rec Center

Saturday March 26th 10:00 am-4:00 pm Classroom 239

Sunday March 27th 10:00 am-4:00 pm Classroom 239

*The curriculum is 9 hours long, with an optional 3 additional hours on March 27<sup>th</sup> for simulation training.*



**Purpose of the training:** The **R**ape **A**ggression **D**efense 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](mailto:Callum.Cochran@unh.edu).