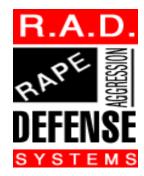
R.A.D. Basic Self Defense for Women

SPRING 2022

*FREE to everyone



All session are held at the UNH Hamel Rec Center

SaturdayMarch 26th10:00 am-4:00 pmClassroom 239SundayMarch 27th10:00 am-4:00 pmClassroom 239

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



Purpose of the training: The <u>R</u>ape <u>Aggression D</u>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 <u>http://rad-systems.com</u>.

<u>Course content</u>: 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.