



RAPE AGGRESSION DEFENSE CLASS



Self-Defense Course for Women

University of Richmond Police Department, in cooperation with the Reynolds Community College, Virginia State University and Richard Bland Police Departments are offering a RAD Class at University of Richmond for all faculty, staff, and students.

February 23, 2019

9:00am – 5:00pm (with a one-hour lunch break)

Location: Robins Center 245 & Milhiser Gym

Class Size is limited, so register early to secure a slot. Register at police.richmond.edu/forms/rad-sign-up.html. Once you are registered, you will receive an email about the registration fee and UR RAD FAQ sheet.

“What is RAD class?” Rape Aggression Defense System is one of the best women’s self-defense courses available. RAD is a program of realistic self-defense tactics and techniques. It is a comprehensive self-defense course for woman that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defensive training. Also, the training provides Simulation (optional). Simulation is when a certified RAD “Aggressor” acts-out real life scenarios and participants are able to defend themselves using the techniques they have learned in class. Simulation is 100% voluntary, and participants can choose to go through all of the scenarios, some, or none at all. RAD is designed for women of all skill levels and physical abilities. The techniques do not require women to have any special skills or abilities to be successful in the program.

Cost of the Course: \$10 holding fee returned after completion of course