

R.A.D. Self Defense Classes for Women

Spring 2017



Date: April 11th, 13th, 18th and 20th

Time: 4:00pm-6:30pm

Location: Life Sports Center

Sign-up online using the link below:

<http://www.albright.edu/resources/security/RAD-registration.html>

What is R.A.D.?

R.A.D. classes are offered at no charge to college students, faculty and staff. The Rape Aggression Defense (RAD) 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.

R.A.D. is not a martial arts program. Our courses are taught by certified R.A.D. instructors and provide you with a workbook/reference manual. This manual outlines the entire physical defense program for reference and continuous personal growth. The R.A.D. System of Physical Defense is currently being taught at many colleges and universities. The growing, widespread acceptance of this system is primarily due to the ease, simplicity and effectiveness of our tactics, solid research and unique teaching methodology.

The R.A.D. Systems 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.

Visit the official R.A.D. website: <http://www.rad-systems.com/>

Albright R.A.D. website: <http://www.albright.edu/resources/security/sec-rad.html>