

Learn Women's Self-Defense

Earn 1 unit credit in Fall 2008!

WHAT: PE 289 – RAD Training

WHEN: October 4, 11, 18, 25; 9:00 AM to 5:00 PM

WHERE: Forbes Complex; West Gym, Room 126

About R.A.D. Women's Self-Defense Training

NO!!!



The national standard in self-defense instructor certification, **Rape Aggression Defense** systems is internationally recognized for programming quality and organizational commitment to excellence. R.A.D. Systems balances the needs of women to acquire self defense education in a 12 hour format, with the life long commitment required for physical skill mastery. How? By providing short term training opportunities in a progressive building block format, and combining each with R.A.D.'s trademark Lifetime Return and Practice Policy! Only a unified, extensive network can provide this service, honored nationwide and throughout Canada. While other programs struggle to keep pace, R.A.D. Instructors share life saving information with confidence, knowing that their lessons will be continuously reinforced for a lifetime!

Why R.A.D.?

- It is the largest network of its kind, with over 3000 instructors actively teaching at colleges and universities. Over 400,000 women have taken R.A.D. since 1989.
- It is the only existing program with a **free lifetime return and practice policy**, honored throughout both the United States and Canada.
- It has developed specialized simulation techniques and equipment for use by certified R.A.D. instructors.
- It is the only self-defense program ever endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA).

Humboldt State University is proud to offer RAD as a 1-unit course

To register,

Call 826-5555 or email hsupd@humboldt.edu or krq1@humboldt.edu

Visit our page at http://studentaffairs.humboldt.edu/police/rad_training

