R.A.D. Self Defense

2019 Schedule
February 23 & 24, 2019
June 22 & 23, 2019
September 21 & 22, 2019

REGISTRATION OPENS 30 DAYS BEFORE START OF CLASS

- You must be able to attend the full 16 hours of class.
- Classes will be held on the CU Anschutz Medical Campus.
- Space is limited and registration is by online payment only.

The Rape Aggression Defense System for Women is a program of realistic, self-defense tactics and techniques. The Department recognizes that for some people, personal empowerment and self-advocacy involves learning any number of personal protection strategies. There’s no experience needed to take a R.A.D. class, because the progressive building block format gives everyone the opportunity to learn the skills they want to learn — from how to be aware of your surroundings and who’s around you, to what to do if they’re attacked from behind to using proper form. **R.A.D. is not a martial arts program.**

FACT: Sexual assault is never the victim’s fault. Sexual assault is a violent attack on an individual, not a spontaneous crime of sexual passion.

**R.A.D. is another tool for your personal safety toolbox.**

Past participant feedback

- I enjoyed learning about myself and my strength.
- This [class] was informative, realistic and excellent.
- Very important skills and information every woman should know.

Registration will open 30 days prior to the first day of class. Watch for the emailed announcement.

For more information: Kirk Martin 303.724.3633

*Scholarships available. Open to the public if space allows.*