



SELF-DEFENSE

BASIC TRAINING FOR WOMEN

RAPE AGGRESSION DEFENSE SYSTEMS

Class Schedule

Session 1

Tue. OCT 28

• 5:30-9:30 p.m.

Session 2

Tue. Nov 4

• 5:30-9:30 p.m.

Session 3

Thur. Nov 6

• 5:30-9:30 p.m.

Cost

\$30

for any attendees who have never participated in the R.A.D. Basic Self-Defense Course.

Location

Classes will be held at the **OSU Wes Watkins Center***.

*810 W. Hall Of Fame Ave
Stillwater, OK 74078

Parking: Lot **99, North** of the building. A map is available at parking.okstate.edu.

Enroll today by contacting:

SPO Cook
zwcook@okstate.edu

**Limited spaces are
available, so enroll today!**

What is R.A.D.?

The Rape Aggression Defense Systems is a program of realistic, self-defense tactics and techniques.

The R.A.D. system is a comprehensive course for women that begins with awareness, prevention, risk reduction and avoidance, and progresses on to the basics of hands-on self-defense training.

R.A.D. is not a martial arts program.

Courses are taught by certified R.A.D. instructors and consist of 12 hours of hands-on training. This is a no-nonsense, practical program that offers self-defense courses that build upon the Basic Physical Defense System. The Rape Aggression Defense System is the only program anywhere in the United States or Canada that offers a **LIFETIME** return and practice policy for free.

Important Information

- The course is open to women of all ages.
- You do not need to be affiliated with OSU to take part in this course, so please share this with friends, family, and the community.
- The course is **4** hours a night covered over **3** nights.
Attendance for the first 3 nights is required in order to be considered as having completed the course.
- You will cover:
 - Situational Awareness
 - Physical Self-Defense Techniques
 - Have the opportunity to use the techniques on an instructor
- There is no minimum age requirement to participate, but be mindful of the topics to be discussed and age appropriateness.
- Those participating who are under the age of 18 will require signed permission from a parent or legal guardian.



OSU Police Department

405-744-6523
104 USDA Building
224 N. Orchard St
police.okstate.edu



R.A.D.
Rape
Aggression
Defense
SYSTEMS