



## Center for Professional Development

### **R.A.D. Rape Aggression Defense System Physical Defense Classes**

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. It is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a Martial Arts program.

Our courses will be taught by nationally certified R.A.D. The program is designed for the average woman with no previous experience or background in physical skills training. Since there is a physical component (striking, blocking and kicking) each participant signs a waiver. Classes are limited to 12 students per instructor.

**Dates:** Tuesday, Wednesday and Thursday

- November 3, 4, 5
- January 26, 27, 28

**Time:** 6 – 9pm

**Cost:** \$20 for Current Edison Students, Faculty, and Staff  
\$30 for Others

**Location:** Edison State College, Fort Myers Campus, room to be announced

**Instructors:** Rick Parfitt, Edison State College Public Safety and Security Manager  
Det. Sgt. Cindy Gray of the FGCU Police Department

**[Advance registration and payment to the Cont. Ed. Office is required](#)**

**Seats are limited, so register today!**

**For registration form and information, call 239-489-9235**

**email [celee@edison.edu](mailto:celee@edison.edu)**

**OR download from [www.edison.edu/lee/ce](http://www.edison.edu/lee/ce)**