



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:** Monday, Tuesday, Wednesday (3 night session)
• March 21, 22, & 23, 2011
- 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:** Edison State College Department of Public Safety and FGCU
University Police

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

OR download from www.edison.edu/lee/ce