Send an e-mail to initiate your registration to kirk.martin@ucdenver.edu
For more information: Kirk Martin at 303.356.3188 (m) or 303.724.0739 (o)

The Rape Aggression Defense System for women is a program of realistic, self-defense tactics and techniques. It is a comprehensive course for women, which begins with awareness, prevention, risk reduction and avoidance, then progresses to the basics of hands-on defense training. R.A.D. is not a martial arts program. Our courses are taught by nationally certified R.A.D. instructors and provide you with a workbook/reference manual. This manual outlines the entire physical defense program for reference and continuous personal growth. The growing, widespread acceptance of this system is primarily due to the ease, simplicity and effectiveness of our tactics, solid research, and unique teaching methodology.

The R.A.D. Systems is dedicated to teaching women defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self-defense tactics. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

Registration will open 30 days prior to the first day of class.

Cost: $25

*Open to public if space allows