R.A.D. Self Defense for Women

2018 Schedule

March 10 & 11, 2018
June 23 & 24, 2018
September 22 & 23, 2018

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 appreciated the mix of casual/serious instruction. Great experience, I learned a lot.

The balance between the teachers is perfect, great crew. I feel prepared.

Amazing class! Highly recommend this to anyone who can take it. All of the instructors went above and beyond to answer all of the questions and ensure we were comfortable before moving forward. Thank you!

Cost: $25*

*Scholarships available.
*Open to public if space allows

For more information: Kirk Martin at 303.724.3633

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