



# Rape Aggression Defense Basic Self Defense Training

**Presented by:**

**The SDCCD Police Department**

**LOCATION: Mesa College**

**DATE: APRIL 7 & 14, 2018**

**LOCATION: City College**

**DATE: APRIL 28 & May 5, 2018**

This is a free 12 hour program (must attend both sessions) and is offered to the SDCCD faculty, staff and students (**WOMEN ONLY**). The Rape Aggression Defense is a program of realistic self-defense tactics and techniques. The R.A.D. Systems is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands on defense training. Our courses are taught by nationally certified R.A.D. instructors.



**To Register Contact:**

**Linda Seamans (Mesa College)- [lseamans@sdccd.edu](mailto:lseamans@sdccd.edu)  
DeAnn Griffin (City College) - [dgriffin@sdccd.edu](mailto:dgriffin@sdccd.edu)**

**Classes will be held from  
8:00 A. M. - 3:30 P.M.**