



The UCSC Police Department in partnership with the UCSC Dean of Students Office, invites the UCSC Community to participate in this dynamic training opportunity for women taught by Certified Instructors.



# SAT & SUN

# MAY 16 & 17, 2015

Registration is free for students. To register, visit:  
[police.ucsc.edu](http://police.ucsc.edu) or [deanofstudents.ucsc.edu](http://deanofstudents.ucsc.edu)

12 PM - 6 PM

UCSC Police Department Multi-Purpose Room

# WOMEN'S SELF DEFENSE

## — 2-DAY TRAINING —

Course is 2 days, and you must attend both days.  
You will need to bring a photo ID.  
Student manuals will be provided and are yours to keep.  
Please wear comfortable gym attire.

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System 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 are taught by nationally certified R.A.D. Instructors and provide each student with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth, and is the key to our free lifetime return and practice policy for R.A.D. graduates.

For more information, please contact: [geharper@ucsc.edu](mailto:geharper@ucsc.edu) or [ctgolz@ucsc.edu](mailto:ctgolz@ucsc.edu)