



The UCSC Police Department invites the UCSC Community to participate in this dynamic training opportunity for women, taught by Certified Instructors.

## UC Santa Cruz R.A.D. FOR WOMEN— BASIC PHYSICAL DEFENSE

### WHEN AND WHERE:

Saturday and Sunday  
January 27<sup>th</sup> and 28<sup>th</sup>, 2018

10 AM to 4 PM (both days) at the UCSC Police Department

**HOW TO REGISTER:** To register, visit the UC Santa Cruz Police Department (on the UCSC campus) to complete the registration form and pay a \$10 refundable deposit (**cash only**). Your \$10 will be returned to you upon completion of **both days** of the training. If you do not attend the training or complete both days, your \$10 deposit will **not** be returned to you and instead, be used towards materials for future classes.

Please register by January 20<sup>th</sup>, 2018.

**IMPORTANT INFORMATION:** The course is two days long and you must attend both days. Student manuals and lunch will be provided. Please wear comfortable gym attire!

**WHAT IS R.A.D.?** 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. R.A.D. courses are taught by nationally certified R.A.D. Instructors. Students are provided 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 Officer Ravinder Bal at [rdbal@ucsc.edu](mailto:rdbal@ucsc.edu)

