



Rape Aggression Defense Basic Self Defense Training

Presented by:

The SDCCD Police Department

City College: October 22nd & 29th 2016

North City Center: December 3rd & 10th 2016

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:

Angie Kasinak @ akasinak@sdccd.edu

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



Resisting Aggression with Defense Basic Self Defense Training

Presented by:

The SDCCD Police Department

City College: November 5th & 12th 2016

Participants will have the opportunity to raise their awareness of aggressive behavior, recognize how aggressive behavior impacts their lives, learn steps to avoid aggressive behavior, consider how they can be part of reducing aggression and violence, and practice hands-on self-defense skills to resist and escape aggressive behavior directed towards them. These program is designed to empower participants to make safer choices when confronted with aggressive behavior.

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