

The UNH Campus Recreation Department and the UNH Police Department are pleased to offer

R.A.D. Basic Self Defense for Women

Instructor(s): UNH Police Department officers
Location: UNH Hamel Recreation Center classroom and studio space
***FREE** to all UNH Students, Faculty, and Staff (with current ID)

FALL 2016 Class days/dates/locations:

Sunday	November 6	12:00 pm-4:00 pm	Classroom/Studio 1
Sunday	November 13	12:00 pm-4:00 pm	Classroom/Studio 1
Sunday	November 20	12:00 pm-4:00 pm	Studio 1

**NOTE: Attendance at all three sessions is required. All classes take place in the UNH Hamel Recreation Center.*



Purpose of the training: The **Rape Aggression Defense Basic Personal Defense System** is a national program of realistic self-defense tactics and techniques taught for **women only**. The goal of R.A.D. is to provide realistic self-defense options to women, regardless of their level of physical conditioning. R.A.D. is not a martial arts program, nor does it require students to be athletes in training to succeed. The R.A.D. system will provide students with the knowledge to make an educated decision about personal defense. For more information about R.A.D., check out the web site at <http://rad-systems.com>.

Course content: This class will have both classroom and practical segments. Therefore, participants should be dressed comfortably and be prepared to move during each session.

Register ON LINE ONLY... <http://campusrec.unh.edu/program/womens-self-defense>

Filled on a first come, first served basis.

The class will be limited to 30 participants. Call Campus Recreation at 862-2031 or the UNH Police Department at 862-1427 for more information.