

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

R.A.D. Basic Self Defense for Women

Instructor(s): Police Officers, Graduate & International Students, Faculty / Staff

Location: UNH Hamel Recreation Center classroom and studio space

***FREE** to everyone

Spring 2019 Class dates/times/locations:

Saturday March 23 12:00 pm-4:00 pm Demo Kitchen Rm 239

Sunday March 24 12:00 pm-4:00 pm Demo Kitchen Rm 239

Saturday March 30 12:00 pm-4:00 pm Demo Kitchen Rm 239

**NOTE: Attendance is required at the March 23rd and 24th sessions. March 30th is optional. If you already attended this class (at UNH or elsewhere) feel free to come to any session for extra practice.*



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 presentations about personal safety and physical training.

Register ON LINE: Register through [Campus Rec Programs](#)

Call Campus Recreation at 862-2031 or **Detective Kitsis** at UNH PD at 862-1427 or Mary.Kitsis@unh.edu for more information.