Rape Aggression Defense Systems, (R.A.D.), is a system of self-defense specifically designed for WOMEN. The course combines awareness, avoidance, and risk reduction techniques to provide the student with one of the most comprehensive programs of its kind. R.A.D. is not a “martial arts” program, but is a program proven to be highly effective, easy to learn, and prepares an individual for mental and physical self-defense.

R.A.D. is a self-defense program that:
♦ Has established standards of acceptability for female self-defense programs.
♦ Offers no-nonsense, practical techniques.
♦ Provides static, fluid, and dynamic hands-on training.
♦ Provides students with a comprehensive reference manual.
♦ Has a FREE lifetime return and practice policy.

CSU, Chico Police Department Mission Statement:
“providing a safe environment for our campus community through proactive, progressive, and professional law enforcement services”

California State University, Chico
POLICE DEPARTMENT
Chico, CA  95929-0133
(530) 898-5555

www.csuchico.edu/up
With over 8,000 certified instructors and over 275,000 trained participants, R.A.D. Systems is the country’s largest and fastest-growing self-defense program for women. The R.A.D. Systems’ curriculum is taught at over 350 colleges and universities across the United States and Canada. R.A.D. is the only self-defense program ever to be endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA).

**R.A.D. OBJECTIVE:**

“To develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked.”

This training is for **women only**. The course is physically active; therefore, a statement of general physical fitness and a liability waiver must be filled out and signed before participation in the class. If you are unsure of your fitness level, please consult your personal physician before enrolling in the course.

To learn more about R.A.D., please visit the R.A.D. website at [www.rad-systems.com](http://www.rad-systems.com) or contact one of our certified instructors listed below:

- Corinne Beck, Detective
crbeck@csuchico.edu
- Eric Partika, Detective
epartika@csuchico.edu
- David Bird, Police Officer
dbird@csuchico.edu
- Lesley Curry, Parking Officer
lcurry1@csuchico.edu