



California State University, Chico

UNIVERSITY POLICE



Women's Basic Physical Defense Course

Finally, a self-defense program for women that:

- **Has set the standard for female self-defense programs.**
- **Offers no-nonsense, practical techniques of defense.**
- **Offers advanced self-defense courses that build upon the Basic Physical Defense System.**
- **Provides static, fluid, and dynamic hands-on training.**
- **Provides students with a comprehensive reference manual.**
- **Certifies instructors from the community.**
- **Has a FREE lifetime return-and-practice policy.**



R.A.D. is a system of self-defense, designed specifically for women. It combines an extensive program of risk reduction and awareness techniques, with basic physical defense techniques, making it one of the most comprehensive workshops of its kind. The workshop is taught by CSU, Chico Police Department personnel who are certified instructors, and is the only women's self-defense program ever to be endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA).

It is a twelve-hour workshop that ends with "simulated assault scenarios", which allow the student to utilize her newly learned skills in a safe training environment, monitored by the instructors.

R.A.D. is offered at no charge to CSU, Chico students, faculty, and staff.

Participants MUST be able to attend all three sessions!

Workshop Dates: Wednesday, March 5th through Friday, March 7th, 2008

Times: 6 – 10pm (Wednesday), 6 – 10pm (Thursday), 1 – 5pm (Friday)

Location: Yolo Hall #109

Parking is available at the Nettleton Stadium Lot.

Wear comfortable clothing and bring water!

Please call (530) 898-6512 or e-mail Detective Beck (crbeck@csuchico.edu) to reserve a spot or for more information. Please provide your name, e-mail address and a contact number.