R.A.D. Women's Self 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.
- Uses certified instructors from the campus police department.
- 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).

R.A.D. 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.

Location: Yolo Hall #146 (431 Warner Street), Chico State campus

Dates: April 22-25, 2019* (Monday through Thursday nights)

Times: 6:00 PM to 9:00 PM each night

- R.A.D. is offered at no cost to participants.
- *Participants must be able to attend ALL four nights.
- Wear athletic-style clothing and bring lots of water!
- Parking is available in the Stadium Lot, which is located at the end of College Drive (turn west onto College Drive from Warner Street). Parking is pay-to-park. Virtual parking permits are available through the Passport App, or paper permits can be purchased from the permit dispenser in the Stadium Lot.
- Visit www.csuchico.edu/up/parking for more information.

To RSVP: Please e-mail Lieutenant Corinne Beck at crbeck@csuchico.edu to sign up or for more information. Provide your name, e-mail address, and a contact number.