In partnership with Titan Recreation and the CSUF Police Department, the Rape Aggression Defense program is being offered at the Student Recreation Center and will cover realistic self-defense tactics and techniques. R.A.D. Systems is a comprehensive, women-only course that promotes and teaches awareness, prevention, risk reduction and avoidance, and hands-on self-defense training. The courses are taught by nationally certified R.A.D. Instructors who are also CSUF Police Officers. For more information, please visit, http://police.fullerton.edu/rad/

Reservation Required—first come, first serve—CSUF student priority
TO REGISTER: visit CSUF Police Dept. (corner of State College Blvd. & Gym Dr.)

CLASS FEE: $25.00; payable by credit card only

- Wear comfortable workout clothing
- Wear TENNIS SHOES—no sandals or open-toed shoes
- Bring water
- Bring pen or pencil