



Department of Public Safety
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JOHN W. LUIPPOLD
Chief of Police

Rape Aggression Defense Systems Training for Women ONLY

R.A.D. is an internationally taught, realistic, hands-on self defense class specifically designed for women.

The class is free of charge sponsored by the UMMS Department of Public Safety.

The program teaches and emphasizes awareness, avoidance and physical defense with the tools we possess with us at all times! (hands, feet, elbows, knees, *head*, etc.)

All ages, sizes and physical capabilities are welcome - 14, 15, 16; parental waiver will be needed (13 and under is too young for this class.)

Casual exercise clothing and aerobic type of sneaker preferred. Manuals are provided as are water and light snacks.

**Training schedule consists of 16 hours
(4 classes – 4 hours each - 4 weeks)
held at the UMMS – University Campus
Weeknights from 6p-10p**

**Completion of all 4 classes is required to graduate.
Course dates to be determined.**

If you would like to be notified of upcoming classes, please send your name including the school you are attending or department employed by to: <mailto:PoliceDepartment@umassmed.edu>