



# R.A.D.

## RAPE AGGRESSION DEFENSE

### CLASSES AVAILABLE NOW



R.A.D. (Rape Aggression Defense) is a **FREE** 12-hour comprehensive women's self-defense course that starts with awareness, prevention, risk reduction and avoidance, and progresses to the basics of hands-on defense training. R.A.D. is taught in three 4-hour blocks. The program begins with a classroom discussion of risk reduction, defensive strategies and the basic principles of self-defense. Students are then introduced to hands-on defense training. The techniques are based on simple gross motor skills and are developed to the point that they become instinctual through repetition. Practice, practice, and more practice! During the final session, students will participate in simulated assault scenarios involving full contact with R.A.D. instructors who wear state-of-the-art protective gear specifically designed for this training. Women will be able to utilize their skills in a safe training environment monitored by instructors.



R.A.D. is a **FREE** class for women only, ages 13 and up. To register for RAD, send your name, e-mail address you would like your confirmation/reminders sent to, a daytime contact phone number and which month you would like to register for to [rad@acso.us](mailto:rad@acso.us) or call (352) 374-1800.

All classes are held from **5:30 to 9:30 p.m.** in **Room S-29** on Santa Fe College's main campus located at **3000 NW 83rd Street**, Gainesville, Florida.

We are currently scheduling for the **Spring 2024** semester.

- **January 30<sup>th</sup>, 31<sup>st</sup>, and February 1<sup>st</sup>**
- **March 19<sup>th</sup>, 20<sup>th</sup>, and 21<sup>st</sup>**
- **April 23<sup>rd</sup>, 24<sup>th</sup>, and 25<sup>th</sup>**
- **May 14<sup>th</sup>, 15<sup>th</sup>, and 16<sup>th</sup>**

This is a 12-hour program and attendance is required on all three nights. However, if you are returning to practice, you do not need to attend Night One.

Don't delay, contact [rad@acso.us](mailto:rad@acso.us) for more information or to register for this free class.

For more information or for our full class schedule, visit ACSO's website at <https://acso.us>.

