EMPOWER YOURSELF

R.A.D.

Rape Aggression Defense Systems

Join the CSUPD and CSU Rec Center to learn self-defense tactics. In this two-part training course, participants will learn risk reduction strategies and basic principles of defense led by a certified R.A.D. instructor. Both sessions are required.

FRIDAY, JAN. 19, 1–5 P.M. AND SATURDAY, JAN. 20, 12:30–4:30 P.M.

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