The Rape Aggression Defense (RAD) System teaches women realistic self-defense tactics, concepts and techniques. This comprehensive course begins with AWARENESS, PREVENTION, RISK REDUCTION & AVOIDANCE, progressing to hands-on defense techniques and simulation. This class is taught by a nationally certified RAD instructor.

You will learn:

- Defense against the most common strikes
- Methods to disable your attacker by utilizing your strength
- Lifestyle awareness and empowerment to prevent attacks

This women-only course offers self-defense instruction that is easy to learn, easy to retain, and easy to employ during real confrontational situations. Class is open to girls and women age 16 and older.

DATE
Saturday & Sunday
October 24 & 25

TIME
8 am—4 pm

FEE
$99 single/$149 couple

LOCATION
Regional Manufacturing Technology Center
405 Hill Brady Rd
Battle Creek, MI

You must register prior to the start of class

SPACE IS LIMITED, SO REGISTER EARLY

FOR ADDITIONAL INFORMATION AND TO REGISTER, CONTACT:
269-965-4134 or ll-info@kellogg.edu

Payment is due at the time of registration. You can register by completing the form on the opposite side and mailing with payment to Lifelong Learning, 450 North Ave, Battle Creek, MI 49017 or FAX to 269-565-2129 or CALL 269-965-4134 to register by phone using a credit/debit card.