

# The SDCCD Police Department presents!

## RAPE AGGRESSION DEFENSE CLASSES

### CITY COLLEGE GYM

October 17, 2009 8:00am – 3:00pm

October 24, 2009 8:00am – 3:00pm

2-Sessions(must participate in both)

1480 Park Boulevard, City College Gym

This is a 12-hour program that begins with awareness, prevention, risk reduction, and avoidance, while progressing on to the basics of hands on defense training.

**No-nonsense, practical techniques of defense.**

- Provides static, fluid, and dynamic hands on training.
- Provides students with comprehensive manual.
- Has a LIFETIME return.
- It's FREE for SDCC faculty, staff & students.

**PRE-REGISTER BY October 14, 2009 AT ANY SDCCD CAMPUS POLICE OFFICE. THE PROGRAM IS OPEN TO ALL INTERESTED FEMALES (Staff, Faculty, Students and Public). Number of participants is limited.**

#### **Program Schedule:**

Session 1: Introduction and hands on training

Session 2: Students hands on training

Students will participate in 100% full contact "Simulated Assault" scenarios



#### **R.A.D. OBJECTIVE:**

To develop and enhance the options of self-defense so they may become viable considerations to the woman who is attacked.

For additional information contact  
Officer Terry Hiett  
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388-3461