



SELF-DEFENSE TRAINING

Resisting Aggression with Defense (R.A.D.) Basic Personal Defense System

- Learn basic and realistic self-defense tactics and techniques
- What do to when confronted with threats of violence and aggression

Fall 2022 Training

Monday, October 22

Monday, November 14

Monday, November 22

Monday, November 28

Monday, December 5

6:00 - 9:00PM in Hiebert Lounge

**must attend all classes to complete the course*



REGISTER AT bit.ly/bumc-rad-fall2022