



R.A.D.



WOMEN'S SELF-DEFENSE

ENROLL NOW IN THE HIGHLY ACCLAIMED
NATIONALLY RECOGNIZED SELF-DEFENSE PROGRAM THAT HAS RECEIVED
THE STATE OF MARYLAND GOVERNOR'S
CERTIFICATE OF MERIT

Date: March 22— April 28, 2010
classes run for six weeks

Class Time: Monday and Wednesday
12 to 1 pm or 5:30 to 6:30 pm

What is RAD:

RAD is a hands-on course designed to emphasize confidence and self discipline while developing and enhancing options of self-defense.

The course will teach basic self-defense techniques and emphasize common sense approaches to safety on campus. Classes are taught by certified Instructors from University Police and URecFit .

Class Registration

Classes are **FREE** to URecFit Members and those Eligible for URecfit Membership.

To Register call 410/706-PLAY or send an email to William (Archie) Griffin at wgriffin@umaryland.edu

Classes are hosted by HS HSL Health Science & Human Services Library in Room LL02 (601 West Lombard Street)



“Woman must not depend on the protection of man but must be taught to defend herself.”

Susan B. Anthony 1871