

# Free Women's Self-Defense Classes

## Open to the public!

The Palomar College Police Department offers a nationally recognized self-defense program called the Rape Aggression Defense System (RAD). No martial arts experience is needed. RAD is a training course designed to maximize the physical defensive abilities of women. Unlike other self-defense programs, RAD teaches basic, practical techniques that require no special fitness level or equipment. The goal of the program is to enhance the options for self-defense, so these options become viable for a woman who is attacked. Included in the RAD classes are a component of Sexual Assault Prevention and Awareness.

Please check your schedule and plan to attend both sessions. You will be given a free manual on the last day of class. **We will be teaching the Basic, Advanced, Keychain and self-defense against Weapons R.A.D. classes.**

### Friday, November 17 & Saturday, November 18, 2023

Instructors: Officer Monika Forest & Elaine Armstrong

Both sessions meet from **11:00 AM – 3:00 PM**

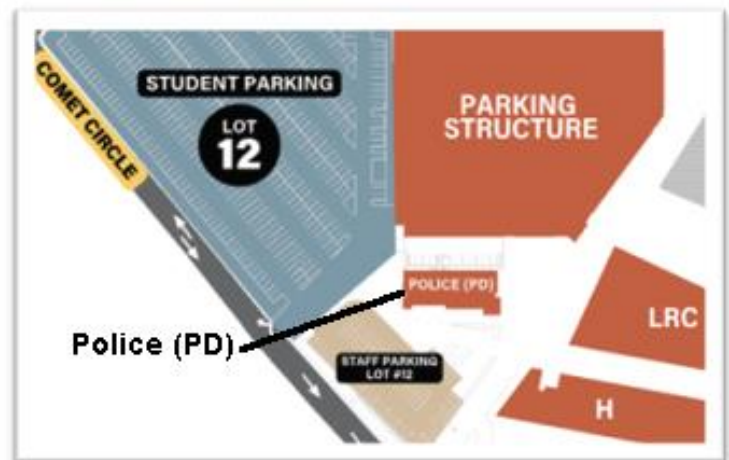
Classes held at the San Marcos Palomar College Police Department Building (PD)

<https://www.palomar.edu/police/>



Palomar College  
1140 West Mission Road  
San Marcos, CA 92069

**FREE Parking in Student Parking Lot 12  
for RAD participants.**



<https://www.palomar.edu/about/San-Marcos-Campus/#buildings-and-parking-lots>

These free classes are open to the public. Ages 14 and up. For women only.

Please wear comfortable/loose fitting clothing (work-out clothes) and **athletic shoes** to class. (No open toed footwear.) If you choose to work-out, please DO NOT wear any jewelry. And as a courtesy to other students, please do not wear perfumes or strong scented lotions. A water bottle and snacks for break time is also a good idea.

**Registration:** The number of participants in these classes is limited and registration will be on a first-come, first-served basis. Please sign-up early to ensure a place in the class. Officer Monika Forest will accept walk-ins if space is available.

Please email Officer Monika Forest to register for this RAD class at [mforest@palomar.edu](mailto:mforest@palomar.edu) or call (760) 744-1150 x2289