

Free Women's Self-Defense Classes

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. 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 all three Saturday 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.

Saturday, April 20, 27 & Saturday, May 4, 2024

Co-Instructors: Officer Monika Forest with 19 years of teaching R.A.D classes
& Elaine Armstrong with 9 years of teaching R.A.D. classes

All 3 sessions meet from **10:00 AM – 2:00 PM**

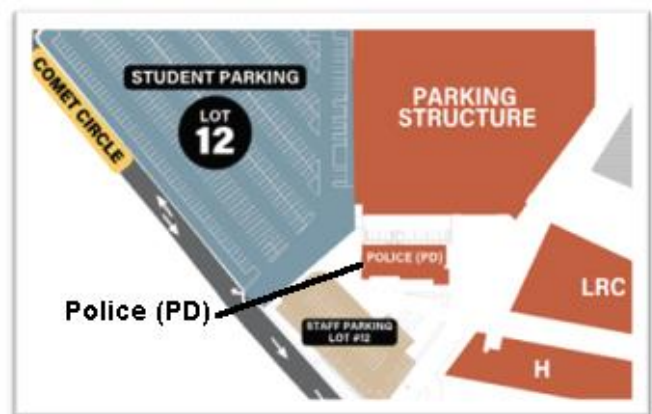
All classes held at the San Marcos Palomar College Police Department Building (PD)

<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.

Optional: You are welcome to bring weightlifting gloves to protect your knuckles and hands while striking the punching bags and our Century "Bob" punching dummy. Bring a water bottle and snacks for break time.

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 these RAD classes at mforest@palomar.edu
Or call (760) 744-1150 x2289 (Palomar College Police Department Office)