

Free Women's Self-Defense Classes

No martial arts experience is needed. These classes teach basic and advanced practical techniques for women to defend themselves. 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 teach the internationally recognized program for self-defense. Rape Aggression Defense Systems (R.A.D). For more information: [The R.A.D. Systems of Self Defense \(rad-systems.com\)](https://www.rad-systems.com)

Saturdays, November 2, 9 & 16 2024

Co-Instructors: Officer Monika Forest with 19 years of teaching women's self-defense classes & Elaine Armstrong with 9 years of teaching

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

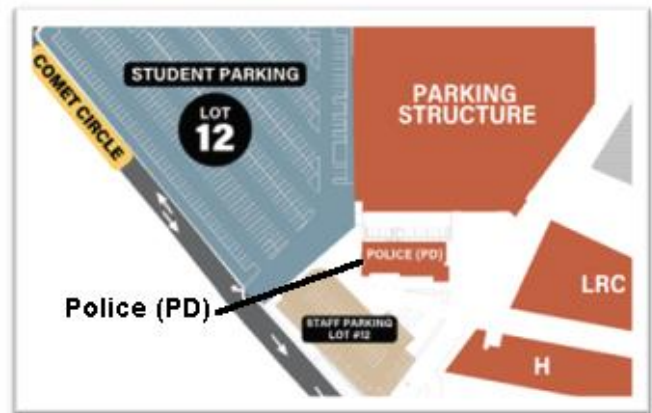
All classes held at the San Marcos Palomar College Police Department Building (PD)
<https://www.palomar.edu/police/>



Palomar College
1140 West Mission Road
San Marcos, CA 92069

**FREE Parking in
Student Parking Lot 12
for RAD participants on the days
of our class sessions.**

<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 hard plastic punching bags and our Century "Bob" punching dummy. Bring a water bottle and snacks for break time. <https://www.palomar.edu/police/campus-assists-and-programs/rape-aggression-defense-classes-r-a-d/>

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 Campus Police Department Office)