

# Self Defense & Personal Safety

Fall 2009



Reduce personal and community risk with these safety and self defense classes.

## What is The Personal Safety and Self Defense Program?

Personal Safety and Self Defense is a program utilizing the RAD self defense curriculum. RAD stands for Rape Aggression Defense classes. RAD is a nationally recognized personal safety and self defense organization which has been promoting increased safety measures and basic self defense techniques for all participants.

## What will This Program Teach Me?

All classes are taught by experienced, nationally certified RAD safety instructors. Participants will be able to better avoid and handle potentially harmful situations, identify and reduce risk for yourself and the community, and learn basic self defense tactics. Each participant will receive a workbook which outlines the entire Physical Defense Program that can be used for reference and continuous personal growth. Please wear comfortable, athletic clothing and closed toe athletic shoes.

## What is the Cost of the Program?

Prices of classes vary depending on class length; please see back for class descriptions and prices. Scholarships are available for individuals needing financial assistance. Please visit [wellbeing.wsu.edu](http://wellbeing.wsu.edu) for more information and scholarship applications.

## Group Contracts:

If you would like to schedule a Self Defense and Personal Safety program for your group please contact Brad Stewart at [bjstewart@wsu.edu](mailto:bjstewart@wsu.edu).

## Class Schedule (class details on back)

<b><u>Women's Self Defense &amp; Personal Safety Complete Class:</u></b> Dates: Wednesdays, Sep. 9 – October 14 (reg. by 9/5) Time: 7:00 – 9:30pm, Conditioning Center- (\$40/55)	<b><u>Women's Self Defense &amp; Personal Safety Intro Class:</u></b> Dates: Wednesday, September 16 (reg. by 9/12) Time: 4:00 pm – 6:30pm, CUE 518- (\$8/12)
<b><u>Women's Self Defense &amp; Personal Safety Part 1:</u></b> Dates: Saturday, September 26 (reg. by 9/22) Time: 9:00am – 5:00pm, Conditioning Center- (\$27/37)	<b><u>Women's Self Defense &amp; Personal Safety Intro Class:</u></b> Dates: Wednesday, October 7 (reg. by 10/4) Time: 4:00 pm – 6:30pm, CUE 518- (\$8/12)
<b><u>Women's Self Defense &amp; Personal Safety Part 1:</u></b> Dates: Saturday, October 17 (reg. by 10/13) Time: 9:00am – 5:00pm, Conditioning Center- (\$27/37)	<b><u>Men's Violence Prevention Class:</u></b> Dates: Wednesdays, Oct. 21 – November 18 (reg. by 10/17) Time: 7:00 - 9:30pm, Conditioning Center- (\$40/55)
<b><u>Women's Self Defense &amp; Personal Safety Complete Class:</u></b> Dates: Saturdays, Oct. 24 – November 7 (reg. by 10/20) Time: 10:00am – 2:00pm, Conditioning Center- (\$40/55)	<b><u>Women's Self Defense &amp; Personal Safety Part 2:</u></b> Dates: Sunday, November 15 (reg. by 11/11) Time: 9:00am – 1:30pm, Conditioning Center- (\$17/23)
<b><u>Women's Self Defense &amp; Personal Safety Intro Class:</u></b> Dates: Thursday, November 19 (reg. by 11/15) Time: 4:00 pm – 6:30pm, CUE 518- (\$8/12)	

## Accessibility Info:

Reasonable accommodations are available with adequate prior notification. Call Joanne Greene at 335-9669 or Jeff Elbracht 335-9668 for more information.

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## Class Descriptions

### Women's Self Defense and Personal Safety Offerings:

**Introduction to Self Defense and Personal Safety-** (2.5 hours – \$8.00/12.00) This workshop will discuss how to be more aware of your surroundings, how to reduce your chances of an incident and ultimately how you can better recognize and avoid potentially harmful situations. There are no physical skills taught in this class, but demonstrations will be available.

**Self Defense and Personal Safety Part 1-** (8 hours – \$27.00/37.00) This class will have an in-depth discussion on how to be more aware of your surroundings, how to recognize and avoid potentially harmful situations, how to reduce your chances of an incident. In addition to learning these skills, class participants will learn basic self defense techniques to help them manage their safety in case of an incident. Basic punches, kicks and a small simulation component will be covered during this class.

**Self Defense and Personal Safety Part 2-** (5 hours – \$17.00/23.00) In this class, there will be a review of all information and skills learned in the part 1 class as well as a progression of the self defense skills. A full simulation will be incorporated into this class. **Note: Participation in the Part 1 class is required before registration in the Part 2 program.**

**Self Defense and Personal Safety Complete Class-** (12 hours – \$40.00/55.00) The full class offers the complete discussion components on personal safety and risk reduction. All physical skills will be taught during class ranging from basic punches and kicks, to more advanced defense moves. A full simulation will be included with this class.

### Men's Self Defense and Personal Safety Offerings:

**Men's Violence Prevention class-** (12 hours – \$40.00/55.00) This program will have an in-depth discussion about the role that males can play in violence prevention. Walking away from potential conflicts is a cornerstone concept in this program. Discussions on how men can better limit and prevent violence and sexual misconduct will be discussed, as well as how to better navigate aggressive situations. Discussions on risk recognition, risk reduction, and avoidance of aggressive situations are incorporated into this class. Self defense skills are tailored for more combative situations and a full range of self defense skills will be taught. A comprehensive simulation training drill session will also be incorporated in this program.

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