

# **CJ 152 : RAPE AGGRESSION DEFENSE (RAD) FOR WOMEN**

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## **Transcript title**

Rape/Aggression Def for Women

## **Credits**

1

## **Grade mode**

Pass/No Pass grades

## **Contact hours total**

10

## **Lecture hours**

10

## **Prerequisites**

instructor approval.

## **Description**

Introduces women to the program of realistic self-defense tactics and techniques called the Rape Aggression Defense (RAD) System. Topics include: awareness, prevention, risk reduction and avoidance, and basic hands-on defense training. P/NP grading.

## **Learning outcomes**

1. Explain concepts of risk awareness, reduction and avoidance.
2. Demonstrate risk awareness, reduction and avoidance in simulated scenarios.
3. Expand their self defense options.