

Thursday, Aug 31, 2017

Oakland University offering women's self-defense classes

One out of every six American women has been the victim of an attempted or completed rape in her lifetime, according to the Rape, Abuse & Incest National Network ([RAINN](#)).

The [Oakland University Police Department](#) is working to change that.

Starting on Tuesday, Sept. 12, the OUPD will be sponsoring a series of classes featuring the [Rape Aggression Defense \(R.A.D\) Basic Personal Defense System](#), a national program of realistic self-defense tactics and techniques taught for women only.

"This self-defense class combines risk reduction strategies along with dynamic simulation where women play scenarios and go up against the R.A.D aggressor," said Lt. Terry Ross, an OUPD officer and R.A.D instructor. "Women find this course to be a very empowering experience."

According to Ross, courses will be offered from 7-10 p.m. (18 hours total) in the Glass Dining Room of the Vandenberg Cafeteria on the following dates:

Basic R.A.D: The course includes lecture, discussion and self-defense techniques suitable for women of all ages and abilities. Participants must attend all classes.

- Sept. 12, 14, 19, 21, 26 & 28 (2017)
- Oct. 2, 4, 9, 11, 18 & 23 (2017)
- Jan. 9, 11, 18, 23, 25 & 30 (2018)

Advanced R.A.D: This program builds on techniques and strategies from the Basic class, and also covers more prone defense strategies, multiple subject encounters, and even low & diffused light simulation exercise. Participants must attend all classes.

- March 6, 8, 15, 20, 22, 27, 29 & April 3 (2018)

In addition, the OUPD also offers a R.A.D. Keychain Defense course, which revolves around the use of the Kubaton – a self-defense keychain weapon – in conjunction with weapon-enhanced physical skills; as well as a R.A.D Weapons Defense Program, which teaches participants realistic defensive strategies against edged weapons and firearms.

All courses are taught by nationally certified RAD Instructors.

"This program is designed for the average person with no previous experience or background in physical skills training," Ross said.

The course is free for Oakland University students and a \$35 donation is suggested for the general public.

"However, we have never turned away someone who needed the class," Ross said.

To register, contact Sgt. Don Blalock at (248) 370-3334 or blalock@oakland.edu. For more information about the course, visit oupolice.com/rad.



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