



Monday, February 25, 2002

OU offering self defense class for women

Oakland University is offering a Rape Aggression Defense (R.A.D) class, which is a women-only course that offers realistic self-defense tactics and techniques.

The 15-hour program begins with awareness, prevention, risk reduction and risk avoidance, then progresses to basic hands-on defense training.

"One out of every three women is assaulted in her lifetime and one out of four female students is assaulted while in college," said Terry Ross, OU Police Department officer and R.A.D instructor. "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.

"Women find the course to be a very empowering experience."

The five-session class, endorsed by the International Association of Campus Law Enforcement Administrators, is on Tuesdays and Thursdays — March 5, 7, 12, 14 and 19 — from 7 to 10 p.m. at the Recreation Center.

"As an OU graduate, I am proud that my school is actively participating not only in educating women in academics but in self-defense and survival as well. I can't imagine any single more important endeavor," said Ann DePouw, a recent R.A.D participant. "Since this course is very affordable, I was able to take my two teen-age daughters through the classes. They would like to return, as would I, and we plan to bring friends along, too."

The course is free for Oakland University students and \$20 for the general public.

For more information or to register, contact Ross at (248) 370-4244 or ross@oakland.edu.

SUMMARY

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