



Rape Aggression Defense Basic Self Defense Training

Presented by:

The SDCCD Police Department

DATE: November 15th and 16th 2025

LOCATION: North City Center

8355 Aero Dr., San Diego, CA 92123

This is a free 12 hour program (must attend both sessions) and is offered to the SDCCD faculty, staff and students (**WOMEN ONLY**). The Rape Aggression Defense is a program of realistic self-defense tactics and techniques. The R.A.D. Systems is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands on defense training. Our courses are taught by nationally certified R.A.D. instructors.



To Register Contact:

Gabriel Recidro at : grecidro@sdccd.edu

**Classes will be held from
9:00 A. M. - 4:00 P.M.**