



WOMEN'S SELF DEFENSE TRAINING

The RAD system is a comprehensive, women's only course of instruction on self defense training, but it is not a martial arts program.

The RAD's system instructional objective is to develop and enhance the options of self defense, so such options become viable considerations to women who might be attacked.



If Interested Contact
UNC DPS Community Services

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Also check out our website:
"www.dps.unc.edu"