

Self-defense course teaches women to fight back

November 13, 2015 2:30 AM Alicia Duplessis Jasmin
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Taught by Lori Colter, right, the R.A.D. course for women offers physical training combined with a lecture on personal safety and tips for reducing the risk of becoming a victim of criminal assault. (Photo by Paula Burch-Celentano)

Women across the country are arming themselves with a well-known self-defense tactic against potential attackers. This week, the [Tulane University Police Department](#) is bringing that tactic to campus by offering two free sessions of the [Rape Aggression Defense](#) (R.A.D.) course ? one on the uptown campus (Nov. 13-14) and the other at the downtown campus (Nov. 20-21).

Each session is limited to 25 participants.

The two-day course consists of a brief lecture component paired with 15 different physical techniques ranging from low-level to extreme. Instructor Lori Coulter says participants must commit to both Friday and Saturday to get the full benefit of the technique.

“The class is structured in a way where students build off of previously learned techniques,” says Coulter. “Once a participant has completed the full program, they can go anywhere in the world and take a R.A.D. class for free.”

Unlike this special opportunity at Tulane, there is usually a fee charged for the course. Coulter says the policy of paying once and having continued access to R.A.D. allows students to refine and develop their skills.

This year, R.A.D. Systems is encouraging both cisgender and transgender females to enroll.

“Research shows that transgender females are more likely to be the target of physical violence than a cisgendered woman,” says Coulter, who adds that the program does not ask participants to identify either way.

Anyone interested must sign up for the class in advance by emailing [Coulter](#). Details about location and times will be provided upon registration.