

## **Tackling self-defense**

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The Tulane University Police Department (TUPD) is inviting members of the Tulane community to participate in a program designed to empower men and women to defend themselves against potential attackers. Three sessions of the Rape Aggression Defense (R.A.D.) System program will be offered this fall.

“The techniques taught in this program can help you in your defense no matter what the other person’s size may be,” said Sgt. Roger Barnes of TUPD. “In many cases, people assume that they may not be able to do anything to defend themselves against an attacker. That is the furthest thing from the truth.”

The goal of R.A.D. is to emphasize that anyone can defend against a potential attacker with the right preparation.

The classes are provided cost-free for students. Through realistic hands-on training with certified R.A.D. instructors, participants learn defense techniques with aid from a comprehensive manual.

Although the program began as an empowerment group for women, it evolved to teach both men and women simple and effective tactics for self-defense.

“Today the program is still in force,” said Barnes, “empowering both men and women from all communities to defend themselves against a would-be attacker.”

The program is open to Tulane students, faculty, staff and community members with sessions offered on the uptown and downtown campuses and the Primate Center.

There will be one session held on a different campus each month. These are the dates and locations for the next three sessions:

Session 1: Friday (Sept. 30) and Friday (Oct. 1) at the Downtown Campus.

Session 2: Friday (Oct. 21) and Saturday (Oct. 22) at the Main Campus.

Session 3: Friday (Nov. 4) and Saturday (Nov. 5) at the Primate Center Campus.

For a full list of class times or to register, visit the [TUPD website](#).

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