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Campus to offer self-defense course

campus-news

May 26, 2011

KOKOMO, Ind. – Indiana University Kokomo is offering a free self-defense class where women can learn vital techniques to use when confronted by an attacker.

The three day Rape Aggression Defense (R.A.D.) course is available to all women in the community, age 16 and older. Classes will take place from 4 to 8 p.m. on June 6, 8, and 10, in the Kelley Student Center, Room 130. Class size is limited to 15 participants. To register for the class, women must sign up in the student activities office by Thursday, June 2.



R.A.D. combines mental, verbal and physical self-defense skills. The course will be taught by certified instructors; David Selby IU Kokomo Chief of Police, Kathryn Stremiecki, coordinator of programming and applied learning, and Kelvin Archer, Kokomo police officer.

Stremiecki noted R.A.D. is not a martial arts course and has the philosophy that self-defense should be easy to learn, retain, and relatively easy to use during real confrontational situations. Participants must attend all three days of the course, which includes lecture, discussion, and self-defense tactics.

No prior experience or training is required for those interested in taking the class, and participants don't have to be "in shape." Participants should come dressed in comfortable workout clothes and non-marking athletic shoes.

For more information, contact Stremiecki at (765) 455-9491, or by email at kwidman@iuk.edu (<mailto:kwidman@iuk.edu>).

Indiana University Kokomo serves north central Indiana.

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