



Windsor Heights Police Department
1133 66th St.
Windsor Heights, IA 50311

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Dispatch: 286-3333
Emergency: 911
Website: www.windsorheights.org

Self-Defense Course Offered for Women

Windsor Heights, IA- The Windsor Heights Police Department is currently gathering contact information for area residents who may be interested in participating in a women's education and self defense course called Rape Aggression Defense (R.A.D.). Dates of the course have not been determined yet as we are still measuring interest, but prospective students could expect the course to be offered sometime this summer: one night a week for four consecutive weeks from 6:30 - 9:30 pm. Attendance at all classes will be required to complete the program successfully. There will also be a one-time registration fee of \$25 due prior to beginning the first class.

The RAD program for women's basic self defense is the largest nationally recognized women's self defense organization in the world. Classes encompass twelve hours of education and awareness topics mixed with hands-on, active self defense techniques and strategies. The last class in the series is a culmination of the material presented where three separate, active simulation scenarios are given to students to apply what they have learned in the classroom. Participation in this course does encourage a moderate level of activity; however, women of all ages and abilities are encouraged to attend. The philosophy of RAD instructors is that this program should be easy to learn, easy to retain, and relatively easy to employ during real confrontational situations. Captain Dennis McDaniel of the Windsor Heights Police Department, and long-time certified RAD instructor states, "The objective of the basic RAD program is to develop and enhance the options of self defense so that they become viable options for a woman who is attacked. We work with our students to educate them on general awareness issues and also work to create confidence in the application of some basic self defense techniques."

Interested women, high school age and above, may contact the Windsor Heights Police Department during normal business hours at (515) 277-4453 to be placed on a contact list for the next available class. Prospective students may also contact Captain McDaniel via e-mail at dmcdaniel@windsorheights.org

