

All-Female Basic

# SELF DEFENSE

Four day, 12-hour course

**Instructors:**

Nikki Jackson  
Michael Tarckini

**When:**

February 9 5:30p - 8:30p  
February 16 5:00p - 8:00p  
February 22 5:00p - 8:00p  
February 23 5:00p - 8:00p

**Cost:**

**FREE**

**Registration Deadline:**

February 2, 2016

**For more information visit:**

[www.rad-systems.com](http://www.rad-systems.com)

To register for this course  
please email:

[Nikkya.Jackson@umassmed.edu](mailto:Nikkya.Jackson@umassmed.edu)

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Part of staying safe  
means  
having a plan  
and  
being prepared  
to act.

