What is UC-RAD?

The University of Chicago’s Rape Aggression Defense (UC-RAD) course teaches awareness, prevention, risk reduction, and avoidance, and the basics of hands-on defense training.

This women-only course promotes effective and proven self-defense and martial arts tactics so that women have the skills necessary to make an educated decision if they are ever physically threatened.

The UC-RAD course empowers women to take an active role in their own self-defense and psychological well-being.

UC-RAD at UChicago

There is no cost for the UC-RAD course or supporting materials, and the course is taught in three 4-hour sessions or four 3-hour sessions. Certified instructors, who are members of the University of Chicago Police Department, lead the course which includes lecture, discussion, and self-defense techniques suitable for women of all ages and abilities. At the end of the course, participants have the option of participating in a dynamic simulation, which gives them the opportunity to practice their avoidance and physical techniques in a controlled environment.

UC-RAD is open to all women. Priority is given to UChicago students, faculty, and staff. Registration is required and must be completed before attending the first class.

Register for UC-RAD

To register or for more information about this program, contact the University of Chicago Police Department at 773.702.6008.

UC-RAD is sponsored by the Department of Safety & Security and Campus and Student Life.