

Rape Aggression Defense training series begins on Monday, April 1

HOLYOKE – Holyoke Community College is offering Rape Aggression Defense training for women beginning April 1.

The five-class series runs on Monday nights from 6:15-8:15 p.m. until May 6 in the fitness studio on the second floor of HCC's Bartley Center for Athletics and Recreation; the class does not meet April 15 because the college is closed for the Patriots Day holiday.

Kellie Cournoyer, a veteran campus police officer with more than 20 years of law enforcement experience, runs the program and teaches the course.

Rape Aggression Defense, also

known as RAD, teaches basic self-defense techniques to women of all ages who may find themselves in unsafe situations. The program veers from most self-defense systems to emphasize avoidance strategies more than physical contact.

Participants will learn easy and effective self-defense and martial arts techniques as well as additional training, including the use of aerosols. The \$25 course fee includes a free lifetime return and practice policy.

For more information or to register, please go to hcc.edu/bce or call HCC Community Services at 413-552-2324.