



BASIC PHYSICAL DEFENSE INSTRUCTOR CERTIFICATION

Upon successful completion participants will be certified to teach the R.A.D. System of Basic Physical Defense. This intense, 3-day Instructor Program is a cost effective way to obtain your organizations own R.A.D. Self-Defense Instructor(s), and offer this consistently structured, time tested, proactive program to the women in your community.

This is a most comprehensive program and the only one of its kind, and now your agency can utilize its basic, tailored format as an addition to your present offerings. This course is taught in a relaxed environment, that is conducive to learning tested instructional techniques, proven tactics and unique insights about the problem of violence against women. Our program also includes physical defense workouts for technique development, and an evening exercise that is designed to simulate confrontational circumstances. From awareness and risk reduction to physical skill development, this program covers all the basics. Registration includes a 200+ page Instructor Curriculum and Instructor Certificate. **Tuition for this program is \$650.00.** Pre-payment is required to secure your position in this important program.

To enroll, please complete the registration form below and mail, fax or email, with purchase order, check or credit card information to:

UNIVERSITY OF IOWA POLICE R.A.D.
808 UNIVERSITY CAPITOL CENTRE
IOWA CITY, IA 52242

PHONE: (319) 335-5022
FAX(319) 335-5800
EMAIL: DAVE-VISIN@UIOWA.EDU



GRINNELL COLLEGE
CAMPUS SAFETY
GRINNELL , IA
NOVEMBER 16 – 18, 2026

PROGRAM INSTRUCTORS: DAVE VISIN & SANDA TRESTIAN
PHONE (319) 631-3919

Please call or email Dave Visin for inquiries regarding available spots in the class as they do fill up quickly. Specific training location and lodging information will be provided to all confirmed attendees prior to class start date.

Name: _____

Male / Female (Please Circle)

Dept./Organization: _____

Address: _____

LEO or Qualified Specialist (Please Circle)

Day Phone: _____

\$50 Discount for IACLEA Members

Email: _____

Member: Yes No

Credit Card #: _____

Exp: _____ CVV#: _____

Name on Card: _____

Billing Phone #: _____ Billing Zip: _____

Email for Receipt: _____

Signature: _____

A 10% discount is available to agencies that register three or more participants. However, all must attend. Payment is due on or before the start of class. Cancellations are subject to a 20% processing charge from the intended tuition. Refunds will not be permitted for cancellations made within one week of the program start. However, credit will be made toward another R.A.D. System Instructor's Program. If the program is cancelled, a full refund of tuition will be given. Male substitutions are not permitted for female registrants. No Show, No Refund, No Credit. In consideration of others, please refrain from bringing pets and/or other animals to training. Thank you.