

The University of Maine

DigitalCommons@UMaine

---

Social Justice: Diversity, Equity, & Inclusion

Special Collections

---

11-3-1997

## Women gain confidence through self-defense courses

Krista Marrs

*University of Maine*

Follow this and additional works at: [https://digitalcommons.library.umaine.edu/social\\_justice](https://digitalcommons.library.umaine.edu/social_justice)



Part of the [Feminist, Gender, and Sexuality Studies Commons](#), [Higher Education Commons](#), [Race and Ethnicity Commons](#), and the [United States History Commons](#)

---

### Repository Citation

Marrs, Krista, "Women gain confidence through self-defense courses" (1997). *Social Justice: Diversity, Equity, & Inclusion*. 766.

[https://digitalcommons.library.umaine.edu/social\\_justice/766](https://digitalcommons.library.umaine.edu/social_justice/766)

This Article is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in Social Justice: Diversity, Equity, & Inclusion by an authorized administrator of DigitalCommons@UMaine. For more information, please contact [um.library.technical.services@maine.edu](mailto:um.library.technical.services@maine.edu).

• Public Safety

# Women gain confidence through self-defense courses

By Krista Marrs  
Maine Campus staff

With the ongoing concern for student safety on campus, two public safety officers are offering a women's self-defense class, and both say participants are making great progress.

"Rape Aggression Defense Class, R.A.D., is a basic self-defense course geared towards women," said Deb Mitchell, one of R.A.D.'s instructors. "It is a very quick learning class so we are moving at a rapid rate."

R.A.D., which began Oct. 15, teaches women proper techniques of hitting and kicking a person who is attacking them. Not only are the participants shown how to strike an attacker, but also the best places to hit.

"The course is hands-on and very intense," Mitchell said. "It is a five-night commitment, so it is in-depth in education."

Classes, which are held in the Wooley Room in DTAV, begin with basic stretching

and exercises to get loosened up. The participants then get into a circle to perform drills, which are a review of what the women have learned in the previous class, and are designed to train the participants to be quick in reflex.

Bob Norman, R.A.D. instructor, instructs the students to yell "No!" with each movement.

"It is important to get into this habit in order to draw attention to yourself," Norman said. "An attacker will be more apt to leave you alone if you are boisterous."

The students participating in the course say R.A.D. is educational and lots of fun.

"I feel self-defense training is good to have in order to feel more safe," said Melissa Rosenberg, a sophomore participant, "Classes are so much fun, too."

Rosenburg said she has learned many defense skills in the class already and believes more students should take part.

"Lots of students on campus say they do not feel safe, yet most students do not attend

programs like R.A.D.," she said. "Programs like this one should be taken advantage of so they will continue to be offered."

Robyn Kamilewicz agrees that there should be more student participation and involvement.

"This program is a good way to learn proper techniques for protection," she said. "I want to be able to handle all sorts of situations that I may get into."

Kamilewicz, who is coordinator of the Campus Walking Companions, said she is concerned with campus safety, as well as her own personal safety.

"The main reason why I came to college was to get the real life experience, which

mostly includes social interaction," she said. "So with various situations, I need to know how to defend myself."

Both Rosenberg and Kamilewicz have been spreading the word and letting other students know about R.A.D. and what it offers.

"I have been telling all my friends about R.A.D. so hopefully I can get more people to participate," Rosenberg said.

"I hope more programs like R.A.D. will continue in the future, but for now, we need more student involvement," Kamilewicz said.



Public Safety Officer Deb Mitchell. (File photo.)

*Anyone interested in learning more about R.A.D. or self-defense techniques can call 581-4036 for more information.*