

Why R.A.D.?

R.A.D. systems is the largest and fastest growing women's /children's self-defense program. The R.A.D. systems curriculum is taught at over 400 colleges and universities in the United States and Canada. R.A.D. is also the only self-defense program ever endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA). R.A.D. is an international alliance of thousands of instructors united in offering practical options for responding to acts of violence against women.



R.A.D. SYSTEMS

A PHYSICAL DEFENSE PROGRAM FOR WOMEN THAT:

- Has established the standard for female self defense programs
- Offers no-nonsense, practical techniques of defense
- Researched the effect of "The Fight or Flight Syndrome"
- Offers advanced self-defense courses building upon the physical defense system
- Provides hands on training
- Provides a comprehensive manual
- Certifies instructors from the community
- Offers state of the art programs at a reasonable rate
- Student Lifetime Membership

Cleveland State University
Police Department
216-687-2020
[www.csuohio.edu/offices/
police/safety/sexual.html](http://www.csuohio.edu/offices/police/safety/sexual.html)

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

R.A.D.

RAPE

AGGRESSION

DEFENSE

S Y S T E M S



Could You Effectively
Defend Yourself If
Attacked?

R.A.D SYSTEMS

**Radically Challenging
Defense for women**

R.A.D Basic Physical Defense

What is R.A.D? : The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques. It's a comprehensive course for a woman that begins with awareness, prevention, risk reduction, and avoidance, while progressing onto the basics of hands on defense. **R.A.D. IS NOT A MARTIAL ARTS PROGRAM.** Our courses are taught by certified R.A.D instructors and provide you with a workbook and reference manual. The manual outlines the entire program and can be used for continued personal growth. The R.A.D. system is currently taught at many colleges and universities. The system's simplicity and effectiveness has made it such a growing and widespread system of defense.

The R.A.D. System is dedicated to teaching women defensive concepts and techniques against various types of assault by utilizing easy and effective self-defense tactics. Our system will provide a woman with the knowledge to make an educated decision about resistance.



- Somewhere in America, a woman is sexually assaulted every 2 minutes (U.S. Department of Justice)
- The majority of rape victims knew their attacker (Violence Against Women Bureau of Justice Statistics)

Course Description:

12 Hr. Basic Physical Defense Class

Session 1: Using R.A.D.'s student manual, students will be involved in discussions about risk reduction, strategies, date rape, continuum of survival, defense strategies and basic principles of defense including: a defensive mindset, understanding of offensive and defensive postures and recognizing vulnerability.

Session 2: Students will begin hands on training. Techniques are based on simple gross motor skills and are developed to the point that they become instinct. Students will have the opportunity to use techniques on padded equipment. Techniques target a single attacker.

Session 3: Practicing and refining skills previously learned.

Session 4: Students participate in simulated assault scenarios with R.A.D. instructors who wear state of the art gear designed for this type of training. Students have the opportunity to practice new skills in a safe training environment.