

WHY R.A.D.?

With over 3,500 Instructors Certified and nearly 160,000 women trained, R.A.D. Systems is the country's largest and fastest growing self-defense program for women and children. The R.A.D. Systems curriculum is taught at over 400 colleges and universities across the United States and Canada, and is the only self defense program ever to be 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 increasing acts of violence against women. We offer a life-long opportunity for physical skill mastery provided through our trademark Lifetime Return and Practice Policy.

Visit the R.A.D. website at
www.rad-systems.com

**East Stroudsburg
University Police
Department**

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A PHYSICAL DEFENSE PROGRAM FOR WOMEN THAT:

- **Has established the standard** for female self defense programs
- Presents **no-nonsense, practical techniques** of defense
- Uses the researched effects of **"The Fight or Flight Syndrome"**
- Offers **advanced self-defense courses** that build upon the physical defense system
- Provides realistic and dynamic **hands on training**
- Supplies students with a **comprehensive reference manual**
- **Certifies Instructors** from the community
- Offers state of the art programs at **reasonable rates**
- Every student receives a **lifetime membership**

R.A.D. SYSTEMS

Radically Changing Defense for
Women



R.A.D. Basic Physical Defense

"To develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked"

Could You
Effectively
Defend
Yourself if
Attacked?

"NO" Means "NO"

What Will You
Do if He Doesn't
Listen?

R.A.D. Basic Physical Defense

The **Rape Aggression Defense System** is a program of realistic self-defense tactics and techniques. It is a comprehensive course for women that begins with **awareness, prevention, risk reduction, and avoidance**, while progressing on to the basics of hands-on defense training. **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/reference manual. This manual outlines the entire physical defense program for reference and continuous personal growth. The R.A.D. System of Physical Defense is currently being taught at many Colleges and Universities. The growing, widespread acceptance of this system is primarily due to the **ease, simplicity and effectiveness** of our tactics, solid research, and unique teaching methodology.

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

R.A.D. Objective:

“To develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked”



- Somewhere in America, a woman is sexually assaulted every 2 minutes, ac-

cording to the U.S. Department of Justice.

- Approximately 73% of rape victims knew their assailant. [2005 National Crime Victimization. Study, U.S. Department of Justice, 2005]

Safety and survival in today's world requires a definite course of action. We provide effective options by teaching women to take an active role in their own self-defense and psychological well being.



Course Description

Session 1:

Utilizing the R.A.D. student manual, students will be involved in a discussion of risk reduction strategies, date rape, continuum of survival, defensive strategies and the basic principals of defense. We also discuss the pros and cons of defensive weaponry, how to develop a defensive mindset, understanding offensive and defensive postures, recognizing vulnerable locations and utilizing personal weapons.

Session 2:

Participating students will begin the process of hands on training. The techniques utilized by R.A.D. Systems are based on simple gross motor skills and are developed to the point that they become instinctual through repetition. Students will have the opportunity to use these techniques dynamic impact training by striking padded equipment held by the instructors. All techniques target a single attacker.

Session 3:

Participating students will continue to refine the skills previously learned with “practice, practice and practice”.

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