

## Why R.A.D. ?

With 7,000 certified Instructors and more than 300,000 women trained, R.A.D. Systems is the country's largest and fastest growing self-defense program for women. The R.A.D Systems curriculum is taught at more than 400 colleges and universities across the United States, and is the only self-defense program ever to be endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA).



For information please contact  
Spring Hill College Department of  
Public Safety  
**251-380-4444**

## RAPE AGGRESSION DEFENSE SYSTEMS

FINALLY, A DEFENSE PROGRAM  
FOR WOMEN THAT:

- Has established the standard for female self-defense programs
- Offers no-nonsense, practical techniques of defense
- Provides realistic & Dynamic hands on training
- Provides students with a comprehensive Reference Manual & Certified Instructors from the community
- Has researched the effects of the "Fight or Flight Syndrome"
- Offers reasonable rates & provides every student a lifetime return and practice policy

## Can You Effectively Defend Yourself if Attacked?



**R.A.D. Systems**  
Radically Changing Defense  
for Women & Teens



## R.A.D.

### Basic Physical Defense

“Women must not depend on the protection of man but must be taught to defend herself.”

Susan B. Anthony 1871

### What is R.A.D.?

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk 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 nationally certified R.A.D. The R.A.D Systems are dedicated to teaching women defensive concepts & techniques against various types of assault by utilizing easy effective & proven self-defense tactics. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance. The growing widespread acceptance of this system is primarily due to the ease, simplicity & effectiveness of our tactics, solid research & unique teaching methodology.

## R.A.D. Objective

To develop & 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**
- **Approximately 75% of rape victims knew their assailant**

Bureau of Justice Statistics, U.S. Department of Justice, 1994



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.

## Description—12 hr Class

### Section 1

Utilizing the RAD 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.

### Section 2

Participating students will begin the process of hands on training. 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.

### Section 3

Participating students will continue the process of hands on training. The techniques utilized by RAD 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 in dynamic impact training by striking padded equipment held by the instructors. All techniques target a single attacker.

### Section 4

Students will then participate in “simulated assault” scenarios with RAD instructors, who along with participants, wear state-of-the-art protective gear specifically designed for this training. Women have the opportunity to utilize their skills in a safe training environment.