

R.A.D.

Basic Physical Defense

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."

What is R.A.D.?

The **Rape Aggression Defense Systems** is a program of realistic, self-defense tactics and techniques. The R.A.D. System 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 venues. The growing, widespread acceptance of this system is primarily due to the **ease, simplicity and effectiveness** of our tactics, solid research, legal defensibility and unique teaching methodology.

The Rape Aggression Defense System is dedicated to teaching women defensive concepts and techniques against various types of assault, by utilizing **easy, effective and proven self-defense/martial arts tactics**. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

We operate on the premise that spontaneous violent attack will stimulate a natural desire to resist, on the part of the victim. We educate women about "The Fight or Flight Syndrome," while showing them that enhancing their options of physical defense is not only prudent, but necessary if natural resistance is to be effective.



The 2004 National Crime Victimization Survey estimated that over 209,000 women were victims of actual or attempted rape or sexual assault. In over 73% of the cases women took some self-protective measures, and these measures proved helpful over 65% of the time.



(U.S. Bureau of Justice Statistics, 2004).

Course Description

12 hr. Basic Physical Defense student class:

Hours 1-3

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.

Hours 4-6

Participating students will begin 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.

Hours 7-9

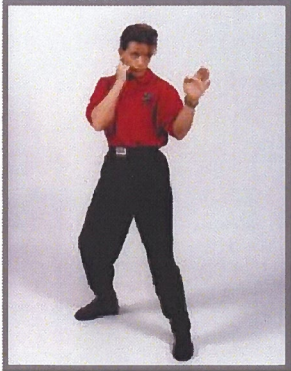
Students will be introduced to ground defense techniques and will continue to refine the skills previously learned with "practice, practice and practice."

Hours 10-12

Students will then participate in "simulated assault" scenarios at full contact with the RAD instructors, who 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 monitored by instructors.

Why R.A.D.?

With over 8000 Instructors certified and over 150,000 participants 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 450 colleges and universities, police departments, local transit companies, military bases, women's centers, rape crisis centers, and independent locations across the United States and Canada. The course meets or exceeds all guidelines for choosing a self defense program, developed by the National Coalition against Sexual Assault (NCASA) and is the only self defense program ever to be endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA).



Because this is an international alliance, any R.A.D. graduate from any class in the U.S. and Canada can attend another instructor's class for practice, free of charge, for the rest of her life!

Cost

This class is free to all women who come through at the Alachua County Sheriff's Office.

Finally, a physical defense program for women that:

- ❖ has established standards of acceptability for female self-defense programs
- ❖ offers no-nonsense, practical techniques of defense
- ❖ offers advanced self-defense courses that build upon the Basic Physical Defense System
- ❖ provides static, fluid and dynamic hands-on training
- ❖ provides students with a comprehensive reference manual
- ❖ certifies instructors from the community
- ❖ offers state of the art programs at reasonable rates
- ❖ has a **LIFETIME** return and practice policy

For More Information

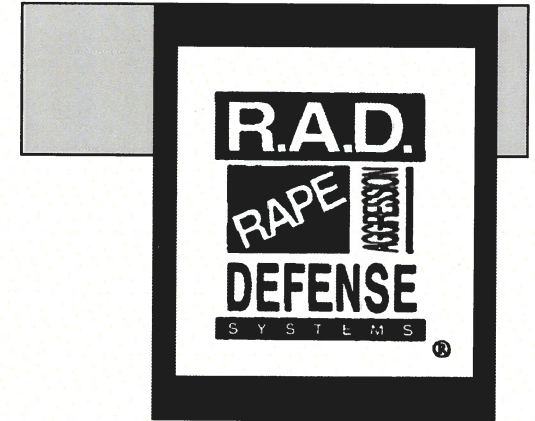
Contact:

RAD Coordinator

352-374-1800 or

RAD@acso.us

www.alachuasheriff.org



Brought to you by:

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R.A.D. SYSTEMS

Radically Changing Defense for Women