

10 Reasons Why RAD System is on the Cutting Edge of Self-Defense Training

1. Has established the standard for female self-defense programs.
2. Offers no-nonsense, practical techniques of defense.
3. Take the class with your mother, sisters, cousins, co-workers or friends.
4. Offers advanced self-defense courses that build upon the physical defense system.
5. Provides realistic and dynamic hands-on training.
6. Provides students with a comprehensive Reference Manual.
7. Certified instructors from the community.
8. Has a litigation defense policy.
9. Offers state of the art programs at reasonable rates.
10. Every student receives a lifetime membership policy. Return to practice for Free.

Programs Offered by the UWF Police

Basic Physical Defense

The Cornerstone of RAD, this course has its foundations in education and awareness. The course includes lecture, discussion and self-defense techniques suitable for women of all ages and abilities.

Frequently Asked Questions

Does it cost anything to take this program? The class is free for all UWF students, faculty and staff.

How many people are in each class?

While there is no set number of students for each class, we do limit class size to ensure that each participant feels comfortable and is able to receive proper instruction. We also require a minimum mandatory attendance of six (6) participants.

What time is each class? Class times will be varied due to demand and participation. We would be happy to schedule a class to fit your group's needs. Contact the UWF Crime Prevention Officer at 850.474.3274 or email to crimeprevention@uwf.edu to get additional information.

Do I have to go to all classes? Participation in all class segments is necessary to "complete" the class and receive your pass to any future RAD classes held throughout the United States, free of charge.

Do I really get to hit someone in a suit? Yes. You will get the chance to practice what is taught to you in class. An instructor, who will be dressed in a well padded protective suit, will demonstrate and be available for "full contact" practice of techniques & skills learned. This is called simulation training and is a valuable part of the class as it gives the student a chance to see how their newly learned skills work in real life situations. This part of the class is optional, but is encouraged.

Do I need to be an athlete to participate? No, not at all. The class is designed so that the average person can take it, and be successful. We instruct individuals to go at their own pace and we never ask you to do something you can't do, or do not want to do.



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BASIC PHYSICAL DEFENSE



Could You Defend Yourself?



Police Department

What is the RAD System?

The **Rape Aggression Defense System (RAD)** is a program of realistic, self-defense tactics and techniques. The RAD 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. RAD is not a martial arts program. Courses are taught by certified RAD instructors and provide you with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth. The RAD System of Physical Defense is currently being taught at many Colleges and Universities. The growing, wide spread 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 a spontaneous violent attack will stimulate a natural desire to resist, on the part of the victim (supported by research). We educate women about "The Flight or Fight Syndrome", while showing them that enhancing their option of physical defense is not only prudent, but a necessity if natural resistance is to be effective.

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.

RAD System Instructional Objective

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

Why RAD?

- It is the country's largest and fastest-growing self-defense program for women and children with 7,000 certified instructors and 300,000 trained participants
- RAD is taught at more than 400 colleges/universities and police departments across the United States and Canada
- Once a student has completed a RAD program, their signed manual becomes a ticket for free lifetime return and practice with any R.A.D. instructor in the U.S.
- It is the only self-defense program ever to be endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA)

Myths

Only young women are victims of rape.

False: The youngest victim in FL was 2 weeks old; the oldest victim was 95 years of age

Rape is a street crime.

False: The most common location of sexual battery is in the victim's home; second, the rapist's home; third the rapist's vehicle

If you dress provocatively, you are asking to be raped.

False: No one asks to be assaulted. Your actions may increase your vulnerability, but no one has the right to rape.

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.

Be Aware

- **1 out of every 4 college women will be sexually assaulted or the victim of an attempted sexual assault.**
- **90% of those women who were sexually assaulted knew their assailant.** Office of the Attorney General
- **Every 92 seconds another American is sexually assaulted** DOJ, Office of Justice Programs, Bureau of Justice Statistics, National Crime Victimization Service 2013-2017 (2018)