

R.A.D.

A physical defense program for women that:

- Has established standards of acceptably for female self-defense programs.
- Offers no-nonsense, practical techniques of defense.
- Is open to ages 12 and above at all levels of physical fitness.
- Provides static, fluid and dynamic hands-on training.
- Provides students with a comprehensive reference manual.
- Offers state-of-the—art-programs at reasonable rates.
- Has a LIFETIME return and practice policy through RAD International.
- www.rad-systems.com



Plainfield Police Department

The R.A.D. Objective:

To develop and enhance women's self-defense options so there will be viable considerations if ever attacked.

NOV 4,7,11,14 6-9PM
Plainfield Aquatic Center



Reservations or questions contact:

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Plainfield Police Department

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Rape
Aggression
Defense

Nov 4,7,11,14 6-9pm

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. Our 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 Universities and colleges. 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 RAD 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 Fight or Flight 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.



Course Description: 12 Hour Basic Physical Defense Class

Session I

Utilizing the R.A.D. student manual, student will be involved in discussion of risk reduction strategies, date rape, continuum of survival, defensive strategies, and the basic principle of defensive strategies. Discussion includes how to develop a defensive mindset, understanding offensive and defensive posture, recognizing vulnerable locations, and utilizing personal weapons

Session II

Participation 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. Student 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.

Session III

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

Session IV

Students will then participate in "simulated assault" scenarios in full contact with R.A.D. 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.

R.A.D with Plainfield Police:

The basic system is comprehensive 12-hour course which begins with lectures on awareness, risk reduction, and avoidance, then continues with the basics of hands-on training. Students receive a manual that will act as their "ticket" to future course taught in the basic system.

R.A.D. skills must be practiced for a lifetime. Once a student has completed a system with R.A.D., she may attend any R.A.D course of that system, and practice for free, in the United States and Canada

