

# RAPE AGGRESSION DEFENSE SYSTEM TOP 10 REASONS TO ATTEND

10. RAD offers practical techniques for self-defense
9. Provides realistic and dynamic hands-on training
8. Provides students with a comprehensive reference manual
7. Offers state-of-the-art programs at reasonable rates
6. Has a litigation defense policy
5. Has established the standard for female self-defense programs
4. Certifies instructors from the community
3. RAD has a lifetime, return-to-practice-**for-free** policy at any RAD location
2. You can take the class with your mother, sister, cousins or friends
1. It is a lot of fun!

**STAY SAFE. STAY TOGETHER.**



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**R.A.D.  
RAPE AGGRESSION  
DEFENSE  
SYSTEMS**



**Could you  
defend yourself?**

**UNIVERSITY OF WEST FLORIDA POLICE DEPARTMENT**

# WHAT IS THE RAD SYSTEM?

The Rape Aggression Defense System 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 Colleges and Universities.**

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 necessary 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



## 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 5.6 minutes, a forcible rape occurs in the U.S, (FBI Crime Clock, 2005)*

## Myths:

- **Only young women are victims of rape.**

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

**Every female or male is a potential victim**

- **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 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.**

## PROGRAMS OFFERED FROM UWF POLICE:

### BASIC PHYSICAL DEFENSE

U N I V E R S I T Y   O F  
W E S T   F L O R I D A  
P O L I C E  
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