

WHY R.A.D?

- R.A.D. is the largest network of its kind with over 7000 Instructors having received training in our systems to date. These Instructors teach at various colleges, universities, and municipal law enforcement agencies as well as various other community organizations internationally. R.A.D. has trained more than 300,000 women throughout the U.S. and Canada since the program began in 1989.
- R.A.D. is the only existing program with a free lifetime return and practice policy, honored throughout both the US and Canada.
- R.A.D. has developed specialized simulation techniques and equipment for use by certified R.A.D. instructors.
- R.A.D. is the only self defense program ever endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA).



For more information on **Rape Aggression Defense**

Contact:

Crime Prevention Office
210-567-2800 Opt #3
RAD@uthsca.edu



The University of Texas
Health Science Center
at San Antonio
Police Department

210-567-2800
Emergency 911
210-567-8911 (cell phone)

* Protection * Courtesy * Service

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- All students receive a lifetime free return and practice policy anywhere a course is taught.
 - The **largest** women's self-defense system in the country.

www.rad-systems.com

Could You Effectively Defend Yourself If Attacked?



The University of Texas
Health Science Center
at San Antonio
Police Department

*Crime Prevention Unit
210-567-2800 Opt #3*

R.A.D. Basic Physical Defense

What is R.A.D?

The **Rape Aggression Defense System** is a program of realistic, self-defense tactics and techniques. It is a comprehensive program 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 **Colleges** and **Universities**. The growing, widespread acceptance of this system is primarily due to the **ease, simplicity and effectiveness** of our tactics, solid re-

search, and unique teaching methodology.

The R.A.D. Systems is dedicated to teaching women self defense concepts and techniques against various types of assault, by utilizing **easy, effective and proven self defense training**. Our system of realistic defense will provide a woman with the knowledge to make an edu-



cated decision about resistance. We operate on the premise that a spontaneous violent attack will stimulate a natural desire to survive and resist, on the part of the victim (supported by research). We educate women about "The Flight or Fight Syn-

drome", 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 being.

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."

" I WILL SURVIVE!"

