

R.A.D.

COURSE DESCRIPTION

12 hr. Basic Physical Defense Class:

Session 1

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.

Session 2

Participating 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. 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.

Session 3

Students will then participate in "simulated assault" scenarios with R.A.D. instructors, who along with participants, 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.



R.A.D.

RAD is dedicated to teaching women defensive concepts and techniques against various types of assault by utilizing easy, effective and proven self defense tactics. The course is taught by certified R.A.D. instructors that provide a reference manual for you to keep.

Classes are **FREE** and include a free lifetime return and practice policy.

Pre-registration is required. Participants must be at least 16 years of age or older. (Minors must be accompanied by a parent or legal guardian).

Classes are scheduled from 5:30 pm - 9:30 pm and are held at various locations throughout Berrien County.

Please check online at bcsheriff.org or Facebook for the current RAD schedule.

For more information, to register or host a RAD class please contact:



**BERRIEN COUNTY
SHERIFF'S DEPARTMENT
(269) 983-7141 EXT. 7715
RAD@berriencounty.org**

R.A.D. INSTRUCTORS

Dep. Kelly Laesch - Program Coordinator
Sgt. Erin Kuhl
Dep. Angela Baggett
Colleen Rutter

bcsheriff.org



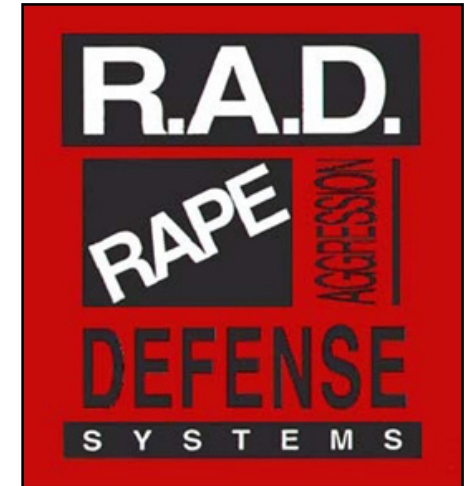
R.A.D. SYSTEMS
23305 HWY 16
DENHAM SPRINGS, LA 70726
(225) 791-4430
rad-systems.org

Berrien County Printing



**BERRIEN COUNTY
SHERIFF'S DEPARTMENT
CRIME PREVENTION UNIT**

PRESENTS



**RAPE AGGRESSION
DEFENSE SYSTEMS
BASIC PHYSICAL DEFENSE
FOR WOMEN**



SELF DEFENSE FOR WOMEN

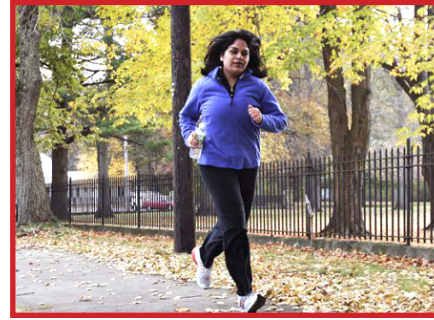
Could you effectively defend yourself if you were attacked?

The Berrien County Sheriff's Department is offering Women's Self Defense classes. R.A.D (Rape Aggression Defense Systems) is the largest women's self defense system in the country, which has established the standard of female defense programs.

R.A.D. is a program of realistic, practical, self defense tactics and techniques. The class is broken into three, 4-hour sessions, for a total of 12 hours. This comprehensive course for women begins with awareness, prevention, risk reduction and avoidance strategies, while progressing to the basics of hand-on training. The majority of time is spent practicing self defense for confrontations of all types.



The course is designed so that all women, no matter their age and physical ability can successfully participate. Safety and survival in today's world requires a definite course of action. One out of three women can expect to be sexually assaulted in their lifetime. We are all responsible for our own personal safety. RAD gives us the viable options and techniques necessary to protect ourselves.



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 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. The 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 research, and unique teaching methodology.

The R.A.D. System is dedicated to teaching women defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self-defense tactics.

Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

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."

Somewhere in America, a woman is sexually assaulted every 2 minutes, according to the U.S. Department of Justice.

Approximately 68% of rape victims knew their assailant. (Violence against Women. Bureau of Justice Statistics, U.S. Dept., of Justice, 1994)



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.

