



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. Certified RAD instructors teach our courses, and workbook/reference manuals are provided to students. 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 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.

FINALLY, A PHYSICAL DEFENSE PROGRAM FOR WOMEN THAT:

- Provides realistic and dynamic **hands on training**;
- Offers **no-nonsense, practical techniques** of defense;
- Provides students with a **comprehensive Reference Manual**;
- Researched the effects of "**The Fight or Flight Syndrome**";
- Gives every student a **lifetime membership policy**;
- Is the **largest** women's self defense system in the country.

For information and scheduling of Rape Aggression Defense Courses contact:

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One University Drive
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(805) 437-8444

[RAD Homepage
http://www.rad-systems.com](http://www.rad-systems.com)