

CASE WESTERN RESERVE UNIVERSITY POLICE DEPARTMENT PROUDLY OFFERS:

R.A.D - Rape Aggression Defense Systems: Free Self Defense For Women



CAN YOU EFFECTIVELY DEFEND YOURSELF IF YOU ARE ATTACKED?

What is R.A.D.?

Rape Aggression Defense Systems is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on the basics of hands on defense training. R.A.D. is not a Martial Arts program. Our courses are taught by nationally certified R.A.D. instructors, who are also Police Officers. All students are provided a workbook/reference manual. This manual outlines the entire program for reference. Students who receive the manual at graduation also receive a lifetime return policy to any R.A.D. class, nationwide, for life.

Please visit the national R.A.D. website for more information at:

www.rad-systems.com



Who will be teaching the course?

All R.A.D. classes are sponsored by the Case Western Reserve University Police Department. All R.A.D. instructors are certified by R.A.D. systems as instructors.

How is this class instructed?

The R.A.D. System is a comprehensive, women only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on the basics of hands on defense training. This course is physically and psychologically demanding. The training that we offer includes the use of pads and padded suits, which allow the students to practice and learn what it is like to strike the aggressor in a realistic situation.

Do I need any prior experience to attend this class? Do I need to be in top physical shape to participate?

No. This program is designed for the average woman with no previous experience or background in physical skills training.

What is the cost?

The course is free!

How old do I have to be to sign up for the course?

Any female eighteen years of age or older may register. Anyone under eighteen years of age will need to have their parent or guardian sign a release form.

Do I have to be a student?

No, this program is for all females affiliated with CWRU. You may be a student, faculty or staff to enroll. Non-affiliated females, with permission, may also take the class.

What is the attendance Policy?

You will spend a total of 12 hours in class. Each class meets for three (3) hours for four (4) classes. You are expected to attend all classes. There are limited spaces available and we typically have people waiting to attend. Please make sure you are committed to attending all of the classes before you register.

What should I wear for class?

Please remember that this is an interactive self-defense course. Students may wear loose fitting clothing, workout clothing, or street clothes. Please do not wear open-toed shoes or heels. Athletic shoes are recommended.

For more information:

E-mail radprogram@case.edu for more information or to register for a class. Please provide your name and your contact information.