

## COURSE DESCRIPTION

14 hr. Basic Physical Defense Class  
(held over 2 days)

### 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 principles 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

Participating students will continue to refine the skills previously learned with "practice, practice and practice".

### Session 4

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.

**Cost: \$40.00**

(includes training manual/materials)

For more information and  
scheduling your

## Rape Aggression Defense Course

Contact:

rape aggression defense  
**R.A.D.**  
edmonton

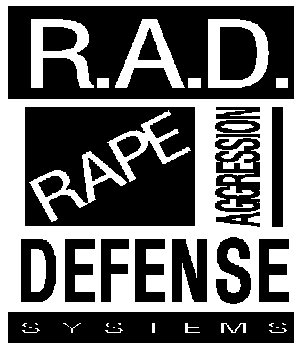
at

[info@RADedmonton.com](mailto:info@RADedmonton.com)

or on the web at

[www.RADedmonton.com](http://www.RADedmonton.com)

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



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Could You Effectively  
Defend Yourself  
If Attacked?

R.A.D. Edmonton is a registered Non-Profit Organization

In partnership with:



**Be Aware.  
Develop Your Options.  
Don't Be Victimized  
By Fear.**

### **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.”**

### **R.A.D. SYSTEMS**

**Radically Changing Defense for Women**



## **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 material. This manual outlines the entire Physical Defense Program for reference and continuous personal growth. The RAD System of Self 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 RAD System is dedicated to teaching women defensive concepts and techniques against various types of assaults, 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 educational decision about resistance.

## **RAPE AGGRESSION DEFENSE SYSTEMS**

***FINALLY, A PHYSICAL DEFENSE PROGRAM FOR A WOMAN THAT:***

- **Has established the standard** for female self-defense programs;
- Offers **no-nonsense, practical techniques** of defense.
- Researched the effects of **“The Fight or Flight Syndrome”**;
- Offers **advanced self-defense courses** that build upon the physical defense system;
- Provides realistic and dynamic **hands on training**;
- Provides students with a **comprehensive Reference Manual**;
- **Certifies Instructors** from the community;
- Has a **litigation defense policy**;
- Offers state of the art programs at **reasonable rates**;
- Every student receives a **lifetime membership policy**.

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- **Physical Defense System**
  - **Advanced Self Defense**
  - **Instructors Programs**