WHY RAD?
With over 4,000 Certified Instructors and more than 200,000 women trained in R.A.D. Basic Self Defense, R.A.D. Systems is the country's largest and fastest growing self defense program for women. The curriculum is taught at over 400 colleges and universities across the US and Canada and is the only self defense program ever to be endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA). R.A.D. is an international alliance of instructors offering practical options for responding to increasing acts of violence against women.

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.

R.A.D. BASIC SELF DEFENSE SYSTEM

Finally, a physical defense program that:
- Is designed for women of all ages and fitness levels
- Emphasizes empowerment and personal decision making
- Teaches basic skills that can be learned and applied easily
- Provides realistic simulation training
- Utilizes certified instructors from law enforcement and your community
- Offers a free Lifetime Return Policy

Matt Welch
Chief of Police

For more information or to reserve your place in our next class, contact:

Sergeant Kristie Bint
Sergeant Amanda Miller
Officer Doug Johnson

Phone: (254) 968-9002
Email: bint@tarleton.edu or police@tarleton.edu

About the Instructors:
Combined, the instructors have over 50 years of law enforcement experience and over 20 years experience at Tarleton State University. The Instructors have attended a rigorous instructor training course, learning the advanced tactics that are taught in this course. These instructors consider this program to be very special and vital to the Tarleton community.

http://www.aftersilence.org/

R.A.D. SYSTEMS
Radically Changing Defense for Women

“Providing women with knowledge and skills to make educated decisions about their personal safety.”

Sponsored by the TARLETON STATE UNIVERSITY POLICE

A Campaign for a Safer Tarleton
THREE COMMON ATTITUDES TOWARD SEXUAL ASSAULT:

"It can't happen to me"

"I don't hang out with those kinds of people."

"I don't wear suggestive clothes."

"I don't drink too much."

She's adamant that she's not in any danger, and chooses not to take any steps to protect herself. Hopefully she'll stay lucky, and won't be the one in three women who is assaulted.

"It could happen to me."

She lives in fear, and stops doing things she'd like to do. She isolates herself, thinking that if she takes no risks, she will be safe.

"It WON'T happen to me."

Power. Confidence. Strength. She knows that risks exist, but has determination and skills, and is certain that she is worth fighting for.

Every woman has courage, whether she knows it or not.

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."

- Lawrence Nadeau
Founder of R.A.D. Systems

DID YOU KNOW?

- Somewhere in America, every two minutes, a woman is sexually assaulted
- Most rape victims know their assailant
- According to a Ms Magazine study, one out of every four college women polled was sexually assaulted during four years at college
- About 90% of rape and assault survivors never report the incident
- One in three women will be sexually assaulted in her lifetime.

COURSE DESCRIPTION

In the Basic Physical Defense class, we emphasize avoidance as the first line of defense. Topics include risk awareness and prevention strategies, the concept and misconceptions of date rape, the use of personal weapons, and the decision to resist. In our hands-on training, students learn simple gross motor skill techniques that develop with practice and repetition. These techniques are further refined by the use of padded equipment.

Students can then opt to participate in realistic scenarios. The simulation exercises are conducted in a safety controlled environment by R.A.D. Certified Instructors. This element allows the participants to react to unexpected encounters, reinforcing the skills they have learned.

THE COURSE IS FREE!

WHAT PAST STUDENTS ARE SAYING ABOUT R.A.D.:

"I feel more confident when going about my daily business."

"This was one of the best classes of any kind that I have taken."

"Empowerment!"

RAD Systems
23305 HWY 16
Denham Springs, LA  70726
www.RAD-Systems.com