

Why RAD Systems?

Founded in 1989, RAD is internationally recognized for program quality and commitment to excellence. RAD Systems balances the needs of women to acquire self defense education in a relatively short period of time, with the long-term commitment required for physical skill mastery. How? By providing short term training opportunities in a progressive building block format, and providing RAD's trademark **Free Lifetime Return and Practice Policy!**



Who is RAD?

- ◆ Over 8,000 nationally-certified Instructors
- ◆ Over 400,000 women trained in potentially life-saving self-defense techniques
- ◆ The only existing program of its kind with the Free Lifetime Return and Practice Policy
- ◆ The only self-defense program ever to be endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA)



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RAD Systems Women's Self-Defense



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What is RAD Systems Women's Self-Defense?

We are the National Standard in Self-Defense Education

Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. Designed by police officers and safety experts, RAD is not a Martial Arts program. It uses a woman's natural strengths effectively against an attacker's vulnerabilities. Every class is taught by a nationally-certified RAD Instructor, and each student is given a workbook/reference manual outlining the entire Physical Defense Program. This manual is also the key to our **free lifetime return and practice policy** for every woman who completes the program.



Violence by the Numbers

- ◆ 1 out of every 6 American women has been the victim of an attempted or completed rape in her lifetime.
- ◆ 25% of college women have experienced a rape or attempted rape.
- ◆ Rape, assault, and violence against women have increased dramatically over the last 2 years.
- ◆ Every 15 seconds, a woman is battered—usually by her intimate partner.
- ◆ Intimate partner violence is the leading cause of injury to women.
- ◆ An average of 3 women a day are murdered by their husbands or boyfriends.
- ◇ Women who are forceful about resisting a would-be rapist are less likely to be raped and no more likely to be injured than those who resist weakly or not at all.

RAD Women's Self-Defense teaches you how to

Fight  Back

What do you get in a RAD Women's class?

- How to Block and Parry
- Striking Motions
- Kicks
- How to use various parts of the body as Personal Safety Weapons
- How to break out of a Wrist Grab
- How to break out of a Choke Hold
- How to break out of a Bear Hug
- Ground Fighting
- Increased self-confidence
- Friendship and support in an all-female group

And more!

RAD is great for:

- high school students going to after-school sports/clubs or parties with friends
- young women in colleges or universities
- women whose work involves travel
- busy moms who must stay safe to keep their kids safe
- older women who may feel vulnerable at home or out and about

