

Could you defend yourself effectively if attacked?

The Endicott College Department of Public Safety & Police sponsors a series of

R.A.D. Systems Classes

Basic self-defense techniques for women.

What is R.A.D. Systems?

Rape Aggression Defense Systems is a program of realistic self-defense tactics and techniques for women that begins with awareness, prevention, risk reduction, and avoidance, while progressing to the basics of hands-on defense training.

R.A.D. is not a martial arts program. Our courses are taught by certified R.A.D. instructors and provide you with a workbook/reference manual that outlines the entire physical defense program.

R.A.D. Systems is dedicated to teaching women defensive concepts and techniques against various types of assault, by utilizing easy, effective, and proven self-defense tactics. Our system of realistic defense will provide women with the knowledge to make an educated decision about resistance.

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.

According to the National Sexual Violence Resource Center:

- One in five women and one in 71 men will be raped at some point in their lives.
- In the U.S., one in three women experienced some form of contact sexual violence in their lifetime.
- In eight out of 10 cases of rape, the victim knew the perpetrator.

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 Systems:

- 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;
- Offers every student a lifetime membership and is completely free to Endicott students.



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

Endicott College Public Safety & Police Instructors

Capt. Kerry Ramsdell | Lt. Jay Erickson
Ofc. Mike Welch | Sgt. Cameron Fahey

To sign up or to receive more information, call the Department of Public Safety & Police at **978-232-2222** or email safety@endicott.edu.

Visit the R.A.D. website at rad-systems.com



The 12-Hour Basic Self-Defense R.A.D. Course

Session One

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 Two

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 Three

Students will continue to refine the skills previously learned through repeated practice.

Session Four

Students will 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.

