

"R.A.D. was the most empowering experience of my life." - Nadeen

"R.A.D. is the best thing I have ever done for myself. I know that every woman could be as empowered as I am by taking this defense class."
- Tina

"R.A.D. ROCKS!"
-Joy

"I hope that I am never in an attack situation, but I know now that I have the power and the skills to defend myself."
- Lois

"The best part about R.A.D. is the highly realistic practice scenarios... they're crucial to help improve awareness, confidence, and know what to do in a truly dangerous situation."
- Courtney

For more information or
to schedule or register for
Rape Aggression
Defense Courses
contact:

**University of Florida
Police Department's
Community Services
Division**

(352) 392-1409

http://www.police.ufl.edu/csd/csd_rad.asp



**All students receive a lifetime free return
and practice policy.**

**If you have been the victim of sexual
violence and would like to know more
about your options, contact:
UFPD's Office of Victim Services
(352) 392-5648**

www.rad-systems.com

The University of Florida
Police Department
Presents



Educate.
Empower.
Survive.

Self-Defense
Education for
Women

The largest self-defense system in
the country

Rape Aggression Defense Systems: A Physical Defense System for Women

The R.A.D. System

- ✎ Offers no-nonsense, practical techniques of defense
- ✎ Based on research of 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
- ✎ Every student receives a lifetime membership

R.A.D. or Rape Aggression Defense is a basic self-defense course designed for women. The overall goal of R.A.D. is to educate, enhance, and empower women to take action in reducing their risk of victimization.

R.A.D. educates by giving knowledge. Women learn about sexual battery and sexual offenses, risk reduction and prevention strategies, and basic self-defense techniques. "R.A.D. system believes that preparation through education and training is usually the best way to survive an assault."

R.A.D. enhances skills by offering practice. Women practice, in simulation, the ability to make sensible decisions and the skills to effectively defend themselves. "R.A.D. shows women that enhancing their options of physical defense is not only prudent but a necessity if natural resistance is to be effective."

R.A.D. empowers by building confidence. Women gain knowledge through education and gain confidence through practice allowing them to take an active role in their own self-defense and psychological well-being. "R.A.D. helps women develop the defensive mindset that says 'I will survive!'"



"... Give yourself a fighting chance against becoming another statistic." - Bruni

• It is estimated that 3% of college women experience an attempted or completed sexual battery during the fall and spring semesters of any given academic year • Alcohol is involved in approximately 70% of sexual batteries among college women • Approximately 90% of college women victims of sexual battery were battered by someone known to them • Approximately 90% of sexual batteries that occur among college women are committed in the victim's own residence or the residence of someone known to her • (Fisher, Cullen, and Turner, 2000) •