

# R.A.D. Personal Safety-Self Defense

NYS UNIVERSITY POLICE at UALBANY

Self Defense and Personal Safety for Women, Men, and Kids

## What Is R.A.D.?

*(Rape Aggression Defense Systems)*

**Finally, a physical defense program for women that:**

- Has established standards of acceptability 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 systems;
- Provides static, fluid 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;
- Makes recommendations on self-defense products.

The Rape Aggression Defense System is a Self-Defense program for women. R.A.D. is a program of realistic, self-defense tactics and techniques. The R.A.D. 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. 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. This manual outlines the entire physical defense program for reference and continuous personal growth. The R.A.D. System of Physical 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 Rape Aggression Defense System is dedicated to teaching women defensive concepts and techniques against various types of assault, 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 educated decision about resistance.

We operate on the premise that a spontaneous violent attack will stimulate a natural desire to resist, on

## We Offer the Following

### Courses:

#### **R.A.D. Basic Physical Defense**

The cornerstone of R.A.D. Systems, this course has its foundations in education and awareness. The course includes lecture, discussion and self defense techniques, suitable for women of all ages and abilities. Classes range from nine to twelve hours in length, depending on the Instructor.

#### **R.A.D. Advanced Self Defense**

Builds on techniques and strategies from the Basic class, and adds defenses against the edged weapon and firearm. This program also covers more prone defense strategies, multiple subject encounters and even low and diffused light simulation exercises. Minimum of twelve (12) hours, fifteen (15) with simulation, for participants who have already completed the Basic Physical Defense Program.

#### **R.A.D. for Men**

Resisting Aggression with Defense was developed by R.A.D. Systems in 2001. This course also has its foundations in education and awareness. The course includes lecture, discussion and self defense techniques, suitable for men of all ages and abilities. Classes range from nine to twelve hours in length, depending on the Instructor.

#### **radKIDS**

R.A.D. KIDS is a basic awareness and self defense program for children aged 5-7 and 8-12. The program combines risk reduction education and physical defense training in hopes of preventing the abduction of children. It provides a consistent, structured, proactive curriculum utilizing fun, interactive exercises creating a dynamic learning environment. General safety topics include, but are not limited to: School Safety, Home Safety, Out-And-About Safety, Vehicle Safety, Personal Safety, and Physical Defense. R.A.D. KIDS is the most comprehensive program of its kind. The program is designed to be taught to children by childhood education professionals including teachers in schools, education and recreation centers, professional law enforcement agencies, sexual assault/counseling centers, and child abuse prevention agencies. R.A.D. KIDS was developed by a group of concerned parents, law enforcement professionals, and self-defense experts with the following objective: *To provide educational opportunities for children and parents, concerning awareness*

(What Is R.A.D.? cont.)

the part of the victim (supported by research). We educate women about "The Fight or Flight Syndrome", while showing them that enhancing their option of physical defense is not only prudent, but also necessary if natural resistance is to be effective.

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.

## Basic Physical Defense Course

Participation in the R.A.D. Program is **FREE** to all members of the University at Albany Community. The course is a total of 12 hours long and is typically divided into three, four-hour, sessions. The general topics and skills covered in each session are described below. Classes are scheduled at the convenience of the women attending and class size may vary from 8 to 20.

### Session 1 (4 hrs)

Utilizing the R.A.D. student manual, students will be involved in a discussion of risk reduction strategies, the acquaintance rape mentality, the continuum of survival, defensive strategies, and the basic principals of defense. 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 will also be discussed.

### Session 2 (4 hrs)

Participating students will begin the process of hands on training. The techniques utilized by RAD 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 (4 hrs)

Students will then participate in "simulated assault" scenarios at 100 percent full contact with the RAD instructors, who 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 monitored by instructors.

**How much time is your safety worth!?**

**Be Alert!!**

**Let's work together to make our lives Safer!!!!**

## R.A.D. Course Schedule

R.A.D. Courses are scheduled at the convenience of our students. Any woman or group of women, wishing to participate in the R.A.D. Basic Self Defense Course **or schedule their own class** should contact Officer Brett McLaughlin: [bmclaughlin@uamail.albany.edu](mailto:bmclaughlin@uamail.albany.edu) 518-442-3131

RAD Basic Instructor Certification Course at UAlbany Empire Commons Community Bldg on Jan 13,14,15 2010.

### University at Albany R.A.D. Instructors

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The State University Police Dept at UAlbany is very happy to offer this program free of charge on the campus in support of our community.

Check out the R.A.D. Systems web page at:

<http://www.rad-systems.com/>

The radKIDS web page at:

<http://www.radkids.org/>

And the UAlbany R.A.D. web page at:

<http://www.albany.edu/police/RAD.html>

Please email Brett McLaughlin

[bmclaughlin@uamail.albany.edu](mailto:bmclaughlin@uamail.albany.edu) if you have any questions or would like to attend/schedule a program.

