

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."



TCNJ Campus Police Department

Administrative Services Building
2000 Pennington Road
Ewing, NJ 08628

To register for a class:

Contact: Ptl. Tania Ryan or Ptl. Cheryl
Campbell

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Could you defend yourself if you were attacked?



R.A.D. SYSTEMS

Radically Changing Defense for Women

What is R.A.D Systems?

The Rape Aggression Defense System is a program of realistic, self-defense tactics and techniques. As a comprehensive course for women, training 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.**

The R.A.D System of Self Defense courses are taught by certified R.A.D instructors.

The R.A.D System is dedicated to teaching women defensive concepts and techniques against various types of assaults, by utilizing easy, effective and proven self-defense/martial arts tactics. This system of realistic defense will provide women with the knowledge to make an educational decision about resistance.

[www.campuspolice.tcnj.edu/
resources/rad](http://www.campuspolice.tcnj.edu/resources/rad)



What will you be doing?

Hours 1-3: Discussion

- Risk reduction strategies
- Date rape
- Continuum of survival
- Defensive strategies
- Basic principles of defense
- Pros and cons of defensive weaponry
- How to develop a defensive mindset
- Understanding offensive and defensive postures
- Recognizing vulnerable locations
- Utilizing personal weapons

Hours 4-6: Hands On Training

- Techniques based on simple gross motor skills and are developed to the point that they become instinctual through repetition
- Dynamic impact training by striking padded equipment held by the instructors
- All techniques target a single attacker

Hours 7-9: Defense Techniques

- Introduction to ground defense techniques
- Refine the skills previously learned with "practice, practice and practice"

Hours 10-12: Scenarios

- Participation in "simulated assault" scenarios at full contact with the RAD instructors, who wear state of the art protective gear
- Utilize skills in a safe training environment monitored by instructors

Why is R.A.D systems the best choice for you?

- Offers state-of-the-art programs free to TCNJ students
- Has 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
- Certifies instructors from the community
- Has a litigation defense policy

