

Montgomery County Sheriff Office
R.A.D. Basic Physical Defense

R.A.D. systems

- Rape Aggression Defense
- Defense Against Abduction

Objective:

To develop and enhance the options of self defense, so they become viable considerations to the woman who is attacked.

What is R.A.D.?

- Self defense class taught to women only.
- Taught by certified R.A.D. Instructors
- Teaches women awareness prevention, risk reduction, and avoidance
- Demonstrates basics of hands on defense training. Teaching women defensive concepts and techniques against various types of assault by utilizing easy, effective and proven self defense tactics.

Who Developed R.A.D. program?

Lawrence N. Nadeau

- Nationally Recognized Police Defensive Tactics Instructor
- 3rd Degree Black Belt from International Hapkido Karate Association
- Founded **R.A.D.** in 1989

Who Can Participate?

- **Women Only**
- Ages 16 and Up

Participants under 18 Must Have Parental Consent

Why R.A.D.?

- Somewhere in America, a woman is sexually assaulted every 2 minutes, according to the U.S. Department of Justice
- Approximately 68% of rape victims knew their assailant. (Violence against Women. Bureau of Justice Statistics, U.S. Dept. of Justice, 1994)

Course Description

- Techniques utilized by R.A.D. Systems are based on simple gross motor skills developed to the point that they become instinctual through repetition
- Students have opportunity to use techniques in dynamic impact training by striking padding equipment held by instructors
- All techniques target a single attacker

Course Description

Session 1

R.A.D. Student Manual

Discussion:

- Risk Reduction Strategies
- Sexual Assault
- Defensive Strategies
- Principals and legal aspects of defense
- How to develop a defensive mindset

Course Description

Session 2

Discussion:

- Understanding Offensive and Defensive Postures
- Recognizing Vulnerable Locations
- Utilizing Personal Weapons
- Participating Students Will Begin Process of Hands on Training

Course Description

Session 3

Participating Students will Continue to Develop and Refine the Skills With

“Practice Practice
Practice”

Course Description

Session 4



Course Description

Session 4

- Students will participate in “Simulated Assault” with R.A.D. Instructors
- Women Have the Opportunity to Utilize Their Skills in a Safe Training Environment

Benefits

- Provides student with a comprehensive reference manual
- Provides effective options by teaching women to take an active role in their own self-defense and psychological well being
- Lifetime membership
- Cost is Free

R.A.D. How can you sign up?

Visit the Woodlands Township Website at:

www.thewoodlandstownship-tx.gov

Follow link for “Register for Rec Programs”

Under this link enter “self defense” in the search box and the classes
will pop up!

Taught Each Month Times and Dates Vary!