

**R.A.D. Systems  
Realistic Self-Defense  
for Women**



- *Self-defense tactics and techniques taught for women only.*
- *Students at all levels of ability, age, experience, and strength will be provided with techniques and information that can be effectively used from the first day of class.*
- *R.A.D. is not a martial arts program, nor does it require students to be athletes in training to succeed.*
- *R.A.D.'s widespread acceptance is due to its simplicity which is based on solid research and legal defensibility.*

**For more information  
and schedule please  
visit:**

***www.thewoodlandstownship-tx.gov***  
***Look in the Action Guide for RAD***

**To sign up for a class  
Contact:  
The Woodlands Rec Center  
281-210-3950**

**R.A.D. Instructors  
Detective Amber Wilson  
Deputy Jason Hopper  
Deputy Kellie Lozano  
Deputy Weldon Richards**

**R.A.D.**  
**RAPE** | **AGGRESSION**  
**DEFENSE**  
**S Y S T E M S**®

**Classes taught at  
1520 Lakefront Circle Suite 900,  
South County Detectives Office**

**Montgomery  
County Sheriff's  
Office**



**Free  
12 hour  
Course**

**Offered  
Monthly**

## **INSTRUCTIONAL OBJECTIVE**

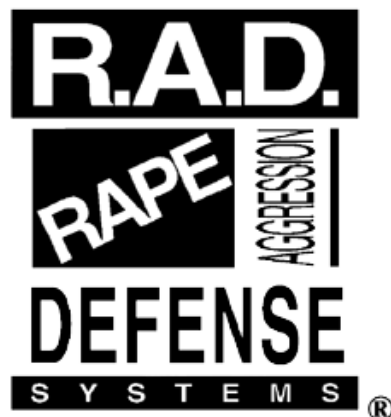
*“To develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked.”*

*L. Nadeau  
Founder*

## **Why R.A.D.?**

- *R.A.D. is the largest network of its kind with over 7000 Instructors having received training in our systems to date.*
- *R.A.D. has trained more than 300,000 women throughout the U.S. and Canada since the program began in 1989.*
- *R.A.D. is the only existing program which has a free lifetime return and practice policy, honored throughout both the US and Canada.*
- *R.A.D. has developed specialized simulation techniques and equipment for use by certified R.A.D. instructors.*

## *Radically Changing Defense For Women*



*“Woman must not depend on the protection of man but must be taught to defend herself.”*

*Susan B Anthony 1871*



## **I WILL SURVIVE**

### *10 Basic Principles of Self-Defense*

- 1. Increase reaction time*
- 2. Obtain good balance*
- 3. Develop a plan of action*
- 4. Use distraction techniques*
- 5. Identify vulnerable locations*
- 6. Utilize personal weapons*
- 7. Avoid force on force*
- 8. Avoid panic*
- 9. Disengage and run*
- 10. Practice*