

## **RAPE AGGRESSION DEFENSE**

The UNCG Police Dept. has several certified RAD Instructors. RAD training courses have been taught at over 400 colleges and universities across the US.

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”
- Provides static, fluid and dynamic hands-on training
- Provides students with a comprehensive Reference Manual
- Certifies Instructors from UNCG

## **WHAT IS THE RAD SYSTEM?**

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques. The RAD 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. RAD is not a Martial Arts program. Our courses are taught by certified RAD instructors and provide you with a workbook. This manual outlines the entire Physical Defense Program for reference and continuous personal growth. The RAD System of Physical Defense is currently being taught at many colleges and universities. The growing, widespread acceptance of this system is primarily due to the 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 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 the part of the victim (supported by research). We educate women about the “Flight or Fight Syndrome”, while showing them that enhancing their option of physical defense is not only prudent, but a necessity 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.

**R. A. D.  
REGISTRATION FORM**

NAME

---

---

ADDRESS

---

---

CITY STATE ZIP

---

PHONE (WORK) (HOME)

---

CLASSIFICATION

---

**QUESTIONNAIRE: OPTIONAL**

1. Have you ever been the victim of an actual attack? \_\_\_\_\_
  2. If so, did you report it? \_\_\_\_\_
  3. Why did you decide to take this course? \_\_\_\_\_
  4. What do you expect RAD to teach you? \_\_\_\_\_
  5. Have you ever taken a self-defense class? \_\_\_\_\_
- 

**Complete this registration form and return it to: UNCG Police Dept 996 Spring Garden St.  
Greensboro, NC 27402-6170  
FAX (336) 334-5755**

---

**UNC Greensboro Police Department  
996 Spring Garden St.  
Greensboro, NC 27402-6170  
Phone (336) 334-5963  
[www.uncg.edu/psp/](http://www.uncg.edu/psp/)**



**DON'T GET MAD  
GET RAD**

**RAD (Rape Aggression Defense)  
Sponsored by the UNCG Police Department**

The only self-defense program ever endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA). The course offers a consistently structured, proactive approach, designed to give women the skills and confidence needed to survive an unexpected attack.



Rape Aggression Defense is a hands-on training program for women only that gives participants a realistic but safe experience of what it is like to be attacked and how difficult it can be to escape.