10 reasons why R.A.D. Systems is the best choice for you...

• Has established the standard for female self-defense programs;
• Offers no-nonsense techniques for defense;
• Offers advanced self-defense courses that build upon the basic physical defense system;
• Has researched the fight-or-flight syndrome;
• Provides realistic and dynamic hands-on training;
• Provides a comprehensive reference manual;
• Certifies instructors from the community;
• Has a litigation defense policy;
• Offers state-of-the-art programs free to UMass groups;
• Offers every student a lifetime membership policy.

University of Massachusetts Police Department
585 East Pleasant Street
Amherst, MA 01003

To set up a class:
Contact: Detective Lisa Kidwell
Phone: 413-545-3888
Fax: 413-545-0848
E-mail: kidwell@admin.umass.edu

Register online at:
www.umass.edu/umpd/safety/rad

Could you defend yourself if you were attacked?
What is R.A.D. Systems?

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive women-only course that begins with awareness, prevention, risk reduction and risk 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 nationally certified R.A.D. instructors and provide each student with a workbook/reference manual. This manual outlines the entire physical defense program for reference and continuous personal growth, and is the key to our free lifetime return and practice policy for R.A.D. graduates.

What Does UMass Offer?

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 three to eight hours in length, depending on the class and 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. Demonstration
A 2-hour block of training in which the R.A.D. instructors go over risk awareness, assessment, and preparation. We will also teach basic self-defense techniques. These blocks of instruction are very popular for dorm talks.

Other Classes We Offer...

Keychain Defense Options
Continuing to enhance the many options of self-defense, this program is for the instructor who wants to put an impact weapon in the hands of the students they train. The R.A.D. Keychain Defense Options course is one of the only realistic and court-defensible impact weapons programs available for the general public. Combining proven R.A.D. strategies with revolutionary impact weapons defense techniques makes this program a worthy addition to the R.A.D. System. Realistic employment, combat effectiveness, “light impact,” fluid transitions and even simulation training exercises are all part of this program. This program revolves around the use of the Kubotan in conjunction with weapon-enhanced physical skills. No “Flash and Trash” techniques here, only the best of the best! Minimum of three (3) hours for participants, four (4) with simulation.

www.umass.edu/umpd/safety/rad