R.A.D.

RAPE AGGRESSION DEFENSE SYSTEMS

What is the R.A.D. System? It is:

- **A program of realistic, self-defense tactics and techniques presented in four 3 hour sessions**
- **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**
- **A program that can provide women with the knowledge to make an educated decision about resistance**
- **Taught by police officers certified as R.A.D instructors**
- **R.A.D. *is not* a Martial Arts program**

This program is growing in wide spread acceptance due to the ease, simplicity, and effectiveness of the tactics, solid research, legal defensibility and unique teaching methodology.

There is NO COST to participants.

FREE – Spring 2010 Program - *FREE*

Offered to ANY female over 12 years of age; student, staff, faculty, or community member

By the SIUC Department of Public Safety, 453-3771

Saturday and Sunday, 1:00 p.m. – 4:00 p.m.
January 23, 24, 30, and 31, 2010
Student Recreation Center Assembly Room

Please register by calling 453-DPS1 (3771)

R.A.D. Saturday and Sunday, 1 – 4 p.m. January 23, 24, 30, & 31 Student Recreation Center Assembly Room Call 453-3771 to enroll- FREE

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