

Rape Statistics:

College age women are twice as likely to be sexually assaulted than robbed.

Women ages 18-24 who are college students are 3 times more likely than women in general to experience sexual violence.

Among undergraduate students, 23.1% of females experience rape or sexual assault through physical force, violence, or incapacitation.

Every 98 seconds an American is sexually assaulted.



FOR INFORMATION ABOUT
UPCOMING CLASSES,
PLEASE CONTACT:
CAMPUS SAFETY
526-6451



R.A.D. OBJECTIVE:

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

R.A.D. – The National Standard in Self Defense Education

The Rape Aggression Defense (R.A.D.) System is a comprehensive program of realistic self-defense tactics and techniques for women.

R.A.D. training begins with awareness, prevention, risk reduction and risk avoidance before introducing the basics of hands-on defense training.

Courses are taught by nationally certified R.A.D. instructors and provide each student with a reference manual.

These materials outline the complete Physical Defense Program for reference and continuous personal growth.

A free lifetime return and practice policy is available to all R.A.D. participants who have completed the entire course.



R.A.D training is designed for the average person with no previous experience or background in physical skills training. Women of all ages are encouraged to attend.

To date, over 900,000 women have attended RAD Basic Physical Defense Programs.

COURSE DESCRIPTION COST \$30

Hours 1-3 Week 1

Utilizing the R.A.D. student manual, students will be involved in a discussion of risk reduction strategies, date rape, continuum of survival, defensive strategies and the basic principals of defense. We also discuss the pros and cons of defensive weaponry, how to develop a defensive mindset, understanding offensive and defensive postures, recognizing vulnerable locations and utilizing personal weapons.

Hours 4-6 Week 2

Participating students will begin the process of hands on training. The techniques utilized by RAD Systems are based on simple gross motor skills and are developed to the point that they become instinctual through repetition. Students will have the opportunity to use these techniques in dynamic impact training by striking padded equipment held by the instructors. All techniques target a single attacker.

Hours 7-9 Week 3

Students will be introduced to ground defense techniques and will continue to refine the skills previously learned with "practice, practice and practice."

Hours 10-12 Week 4

Students will have the opportunity to participate and/or observe "simulated assault" scenarios at full contact with the RAD instructors, who wear state of the art protective gear specifically designed for this training. Women have the opportunity to utilize their skills in a safe training environment monitored by instructors.

Questions ??

Call 616-526-6451

Calvin University Campus Safety