



# R.A.D.



## Self-Defense for Women



## What is R.A.D.?

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. Although reducing a woman's risk is 90% of self defense the R.A.D. System progresses into basic hands-on defense training. R.A.D. is not a martial arts program. The self-defense tactics taught in R.A.D. are made up of techniques which are easy to learn, remember and use. This system provides women with the knowledge and hands-on training needed to make an informed decision about self-defense. The R.A.D. System is currently taught at over 250 colleges and universities in North America and is the largest women's self defense program of it's kind. R.A.D. System has a lifetime return and practice for free policy, which applies to every graduate of the course. Once a participant has completed the Basic course, that student may attend any R.A.D. Basic class offered anywhere in North America for free.

If you want more information about this course please contact Campus Police by e-mail at [info@police.uoguelph.ca](mailto:info@police.uoguelph.ca)

All Courses: A minimum of 6 participants are needed for all courses. All participants must be affiliated with the University of Guelph (Guelph-Humber, Research Stations, Ridgetown, Kemptville and Alfred Colleges). Registration cost for Students is \$5.00 and for Staff and Faculty is \$10.00, which must be paid up front.

Basic—women's: A 8 - 12 hour course which can be split up into 2, 3 or 4 days. Participants can sign up for a pre-scheduled course or arrange to have one taught with their friends/co-workers. In this course you will learn about risk: recognition, reduction, awareness and avoidance. Basic self defense techniques are learned and used during a simulated attack..

Advanced—women's: This course is the next step to Basic. In this course we build on the techniques taught in Basic thus participants must have completed Basic before attending Advanced.

## What Participants thought of R.A.D.

*Comments on R.A.D. from participants in their own words:*

- ◇ *“AWESOME” — **Shani***
- ◇ *“Very empowering!” — **Bonnie***
- ◇ *“All the women I know should take this course.” — **Mary***
- ◇ *“Best workshop I ever attended. It was very exciting, interesting and informative.” — **Doreen***
- ◇ *“The most informative confidence building course I have ever attended at the University.” —**Heather***
- ◇ *“I recommend this course to all females on campus.” —**Alyssa***
- ◇ *“I feel very empowered and much less afraid—Thank you.” — **Suzanne***
- ◇ *“This program was absolutely amazing and completely exceeded my expectations. I was able to gain self-confidence and respect for myself.” — **Gabriele***

**RADICALLY  
CHANGING  
DEFENSE  
FOR WOMEN**

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

Susan B. Anthony, 1871