



WESLEYAN  
UNIVERSITY

OFFICE OF PUBLIC SAFETY

## **R.A.D. - RAPE AGGRESSION DEFENSE**



**Risk Reduction / Awareness / Prevention / Defense**

**THIS IS FOUR DAY CLASS (3 hours each day) and THERE IS NO COST TO YOU FOR ATTENDING**

### **EMPOWERING WOMEN THROUGH SELF-DEFENSE**

#### **What is R.A.D.?**

RAD is a *national program of realistic self-defense tactics for women only* with techniques taught by *certified R.A.D. instructors*. The Basic RAD program is a comprehensive program that begins with a discussion which outlines a number of issues regarding awareness, risk reduction and avoidance of potentially dangerous situations. We provide information on physical and non physical options as well as insight into the attacker mindset.

The RAD program and its certified instructors are dedicated to teaching no-nonsense defensive concepts and techniques against various types of assault by utilizing easy, effective, and proven tactics. It is a comprehensive course that begins with awareness, prevention, risk reduction and risk avoidance which progresses on to the basics of defensive training designed specifically for this program.

These sessions are done in an open, friendly, and supportive environment and it does not require any previous experience or specific fitness level.

The final element of the program is a simulation which allows students the opportunity to use their newly learned techniques. While this can be challenging the vast majority of women who perform the simulation leave with the feeling empowerment. The simulation is conducted in a safe and controlled manner and is an optional part of the program. **You will not be asked to do anything during the class that you do not wish to do.**

The RAD Instructional Objective is “To *develop* and *enhance* the *options* of self-defense, so they may become viable *considerations* to the woman who is attacked”



At no charge you will be provided with a Workbook/Reference Manual which outlines the entire program for reference and continuous personal growth. RAD has a free lifetime return and practice policy honored throughout both the US and Canada.

If you are interested in registering for the class or for further information please contact The Public Safety Department at 860-685-2784 or [jmantie@wesleyan.edu](mailto:jmantie@wesleyan.edu)

