
R.A.D.

Rape Aggression Defense

Course



Could you effectively defend yourself if attacked ?

R.A.D.'s 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. is a program that empowers women with knowledge and simple physical defense techniques. The R.A.D. approach to personal safety education embodies a practical blend of threat avoidance strategies and real world assault resistance tactics for women.

The focus of the R.A.D. course of instruction is the development of easily mastered personal safety skills which can be safely practiced within a comfortable learning environment and the coupling of those physical skills with a threat assessment process which will increase physical safety awareness.

The overall goal is to reduce victimization through informed decision making and sensible action.





R.A.D. students will obtain an educational opportunity that will benefit them for years to come. The choice regarding resistance in any particular situation is a very personal one, but students find the manner of instruction to be supportive and the course, as a whole, to be a very empowering experience.

Requirements:

* **Fifteen hours of instruction.**

This can be accomplished in a four to five day period with classes lasting three to four hours on consecutive days or broken up over a two week span.

* **Attire.**

Comfortable clothing, tennis shoes, and no jewelry.

There are no physical fitness requirements, you work at your own pace.

Age - From fourteen up. Information on the Children's RAD class may be obtained by calling the S.H. 249 Storefront. Classes fill up fast - call now!

**Classes are forming for January - Call
the S.H. 249 Storefront - now.
Call 281455-9893.**

**This program is offered by the Harris County Sheriff's
Department and their R.A.D. Certified Instructors.**

There are no fees involved - this course is FREE.