

## Rape Aggression Defense Systems

FINALLY, A PHYSICAL DEFENSE PROGRAM FOR WOMEN THAT:

- Has established the standard for female self-defense programs;
- Offers no-nonsense, practical techniques of defense;
- Researched the effects of “The Fight or Flight Syndrome”;
- Offers advanced self-defense courses that build upon the physical defense system;
- Provides realistic and dynamic hands-on training;
- Provides students with a comprehensive Reference Manual;
- Certifies Instructors from the community;
- Has a litigation defense policy;
- Offers state of the art programs at reasonable rates;
- Every student receives a lifetime membership policy.
- All students receive a **lifetime free return and practice policy.**

The Largest Women’s Self-Defense  
System In The Country!



Mail registration form and fee to:

Auburn Police Department

PO Box 506

Auburn IN 46706

Must be at least 13 years of age

Females Only

1 time registration fee \$5.00

Classes free to previous students

Must attend all 4 classes to

complete course & receive certificate

Nov 18 & 25 Dec 2 & 9

6:00-9:00 PM

Meet at Auburn Police Department

Lobby 210 S Cedar St. First Floor.

Phone: 260-920-3200 ext 1970

Fax: 260-920-3349

E-mail: [police@ci.auburn.in.us](mailto:police@ci.auburn.in.us)

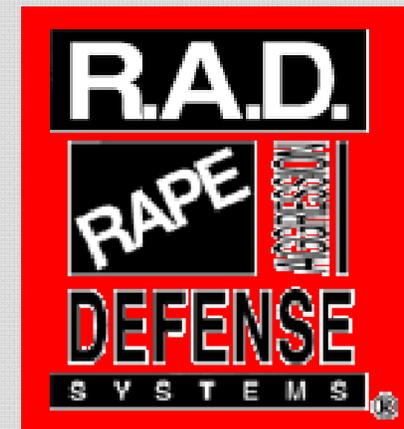
Certified RAD Instructors

Officer Jeffrey Plank / Officer Joseph McGrade

Reserve Officer Sarah Reinhold

# Self Defense Education

Could You Effectively  
Defend Yourself  
If Attacked?



## BE AWARE...

- 1 out of every 3 women will be sexually assaulted in her lifetime. 1 out of every 4 college women polled was sexually assaulted during her four years of college. (*Ms. Magazine, Study on Sexual Assault and Rape*)
- Approximately 28% of victims are raped by husbands or boyfriends, 35% by acquaintances, and 5% by other relatives. (*Violence against Women, United States Department of Justice, Bureau of Justice Statistics*)

## Develop Your Options.

- In 2003, rape victims took self-protective measures in 89.6% of cases. "Rape victims were more likely to defend themselves than assault or robbery victims." (*Criminal Victimization in the United States, 2003*)

## Don't Be Victimized By Fear.

- "Women who fought to the best of their abilities were not only more likely to be successful in thwarting the rape attempt, but less likely to suffer severe distress symptoms." (*Mellisa Soalt, AKA "Dr. Ruthless", Fight Back Against Rape*)

# What Is The R.A.D. System?

The RAPE AGGRESSION DEFENSE SYSTEM is a program of realistic, self-defense tactics and techniques. The RAD System is 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. RAD is not a martial arts program. Our courses are taught by certified RAD Instructors and provide you with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth. **The RAD System of Physical Defense is currently being taught at many colleges and universities.** The growing and wide spread acceptance of this system is primarily due to the ease, simplicity and effectiveness of our tactics, solid research, legal defensibility and unique teaching methodology. The RAD System is dedicated to teaching women defensive concepts and techniques against various types of assault by utilizing easy, effective and proven self-defense/martial arts tactics. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

We operate on the premise that a spontaneous violent attack will stimulate a natural desire to resist on the part of the victim (supported by research). We educate women about "The

Fight or Flight Syndrome," while showing them that enhancing their option of physical defense is not only prudent, but a necessity if natural resistance is to be effective.

Safety and survival in today's world requires a definite course of action. We provide effective options by teaching women to take an active role in their own self-defense and psychological well being.

