

R.A.D. SYSTEMS PROVIDE:

- A system of defense especially designed for women with no previous experience or background in physical skills training.
- Instruction from certified and familiar staff to all Albright College students and faculty.
- Basic education and principles on confrontation and personal defense.
- A sense of confidence in uneasy situations.
- An increased awareness of one's surroundings.
- Realistic tactics that can be performed regardless of physical fitness level.
- A lifetime free return and practice policy for all graduates of the program anywhere in the country where the same course is being offered.

Don't let yourself be the next victim!
www.rad-systems.com/



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*All instructors have been certified in the
Rape Aggressive Defense Course.*

Albright
COLLEGE

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R.A.D.

RAPE AGGRESSION DEFENSE



SELF-DEFENSE EDUCATION FOR WOMEN

Albright
COLLEGE

MYTHS ABOUT RAPE

- “Women are physically powerless against men.”
- “Women secretly want to be raped.”
- “Only young, attractive women are raped.”
- “Only women with bad reputations are raped.”

FACTS ABOUT RAPE

- There is a popular belief – rape is a crime of sex – but, rape is a violent crime and is a devastating experience. It IS survivable.
- Rape affects all people, no matter what the age, race or economic status might be.
- Rape is one of the most rapidly growing crimes in American society.
- In the United States, one forcible rape occurs every seven minutes.

WHAT IS R.A.D.?

The Rape Aggression Defense Systems course is specifically designed for women who are willing to consider as a viable option, defense, in situations where their life is in jeopardy. This system offers a basic education of confrontation principles and personal defense. The R.A.D. program ranges from awareness, risk reduction and avoidance, to basic physical defense and advanced self-defense methods.

The Objective ...

“To develop and enhance the options of self defense, so they may become viable considerations to the woman who was attacked.”

-Lawrence N. Nadeau, *Founder/Executive Director*

R.A.D. AT ALBRIGHT

- Classes meet twice a week for two weeks.
- Each session is approximately 2 ½ hours long.
- The last class will include an attack simulation that is not required, but recommended.
- View the schedule and register for classes online at www.albright.edu/resources/security/RAD-registration.html
- Learn more about Albright's R.A.D. program at www.albright.edu/resources/security/sec-rad.html

“If you act like a victim, chances are good that you will become a victim.”

-Laura C. Martin

