

Westlake Police Department
RAD Basic Self Defense
Application Form

**RAPE AGGRESSION
DEFENSE SYSTEMS**
Women's Basic Self Defense Class

Date _____
Last name _____
First name _____

Home address _____

Zip _____
Home phone _____

Email _____
Employer _____

Occupation _____
Business address _____

Date of birth _____

License # _____
SSN _____

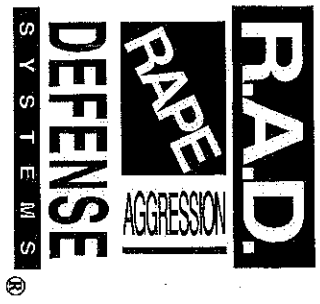
How did you hear about the RAD classes?

Requirements for attendance:

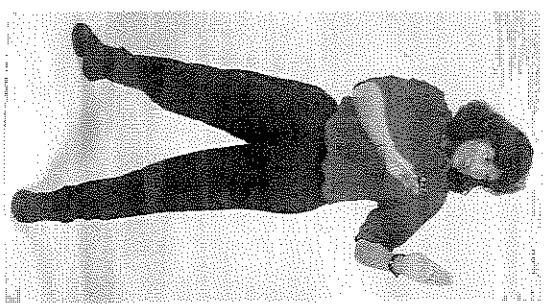
- Applicant must reside or be employed in the City of Westlake.
- Be 18 years of age or older. 17 and under requires parental permission.
- Be willing to participate in a hands on, self defense training program.
- A record check may be conducted.

Complete the application and return it to:
Chris Schumann / 440-835-6430 ext: 224
WESTLAKE POLICE DEPARTMENT
27300 HILLIARD BLVD.
WESTLAKE, OHIO 44145
email: RADprepared@yahoo.com

When a RAD session is scheduled, potential participants will be contacted by email or phone in the order the applications were received.
Visit the website at www.rad-systems.com



Could You Effectively Defend Yourself If Attacked?



R.A.D. SYSTEMS
Radically Changing Defense for Women
Presented by the City of Westlake
WESTLAKE POLICE DEPARTMENT

R.A.D.

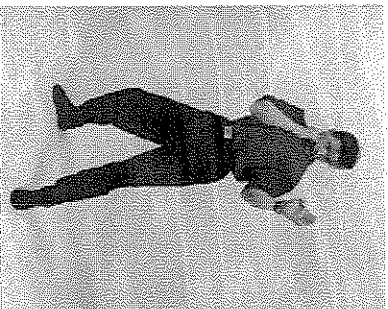
Basic Physical Defense

What is R.A.D.?

The Rape Aggression Defense System is a program of realistic, self-defense tactics and techniques. It 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. **R.A.D. is not a martial arts program.** Our courses are taught by certified R.A.D. instructors and provide you with a workbook/reference manual. This manual outlines the entire physical defense program for reference and continuous personal growth. The R.A.D. System of Physical Defense is currently being taught at many Colleges and Universities. The growing, widespread acceptance of this system is primarily due to the **ease, simplicity and effectiveness** of our tactics, solid research, and unique teaching methodology.

The R.A.D. Systems is dedicated to teaching women defensive **concepts and techniques against various types of assault**, by utilizing **easy, effective and proven self-defense tactics**. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

R.A.D. OBJECTIVE;
"To develop and enhance the options of self defense, so they may become viable considerations to the woman who is attacked."



- Somewhere in America, a woman is sexually assaulted every 2 minutes, according to the U.S. Department of Justice.
 - Approximately 68% of rape victims knew their assailant. [Violence against Women. Bureau of Justice Statistics, U.S. Dept. of Justice, 1994]
- 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.*

Course Description

9 hr. Basic Physical Defense class:

Session 1:

Utilizing the R.A.D. student manual, students will be involved in a discussion of risk reduction strategies, date rape, continuum of survival, defensive strategies and the basic principals of defense. We also discuss the pros and cons of defensive weaponry, how to develop a defensive mindset, understanding offensive and defensive postures, recognizing vulnerable locations and utilizing personal weapons.

Session 2

Participating students will begin the process of hands-on training. The techniques utilized by R.A.D. Systems are based on simple gross motor skills and are developed to the point that they become instinctual through repetition. Students will have the opportunity to use these techniques in dynamic impact training by striking padded equipment. All techniques target a single attacker.

Participating students will continue to refine the skills previously learned with "practice, practice and practice."

Note: Occasionally the course is split into three sessions instead of two.