

**R.A.D. Systems
Realistic Self-Defense
for Women**



● *Self-defense tactics and techniques taught for women only.*

● *Students at all levels of ability, age, experience, and strength will be provided with techniques and information that can be effectively used from the first day of class.*

● *R.A.D. is not a martial arts program, nor does it require students to be athletes in training to succeed.*

● *Widespread acceptance is due to the ease, simplicity, and effectiveness of our tactics, solid research, legal defensibility, and unique teaching methodology.*

**Next Scheduled
4-Week
Course
TBA**

*For more information
please contact:*

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R.A.D.
RAPE | **AGGRESSION**
DEFENSE
S Y S T E M S®

**Community Service Division
1102 W. Euless Blvd., Euless, TX**

**EULESS
WOMEN'S
SELF-DEFENSE**

**Free
4 Week Course**

**Offered
Monthly**

INSTRUCTIONAL OBJECTIVE

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

L. Nadeau
Founder

Why R.A.D.?

- *R.A.D. is the largest network of its kind with over 7000 Instructors having received training in our systems to date.*
- *R.A.D. has trained more than 300,000 women throughout the U.S. and Canada since the program began in 1989.*
- *R.A.D. is the only existing program with a free lifetime return and practice policy, honored throughout both the US and Canada.*
- *R.A.D. has developed specialized simulation techniques and equipment for use by certified R.A.D. instructors.*

Radically Changing Defense For Women



“Woman must not depend on the protection of man but must be taught to defend herself.”

Susan B Anthony 1871



I WILL SURVIVE

10 Basic Principles of Self-Defense

- 1. Increase reaction time*
- 2. Obtain good balance*
- 3. Develop a plan of action*
- 4. Use distraction techniques*
- 5. Identify vulnerable locations*
- 6. Utilize personal weapons*
- 7. Avoid force on force*
- 8. Avoid panic*
- 9. Disengage and run*
- 10. Practice*