



**For
Women Only
Could You
Defend
Yourself
If
Attacked?**

For more information and to schedule
Rape Aggression Defense courses
contact:

Coastal Carolina University
Department of Public Safety at
(843) 349-2177 or (843) 349-2174.



COASTAL CAROLINA UNIVERSITY

Rape Aggression Defense Systems

RAD is on the cutting edge of self-defense training. This physical defense program for women:

- Established the standard for female self-defense programs;
- offers no-nonsense, practical techniques of defense;
- researches the effects of the "Flight or Fight Syndrome;"
- offers advanced self-defense courses that build upon the physical defense system;
- provide 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;
- gives students a lifetime membership policy.

*All students receive a lifetime free
return and practice policy.*

Rape Aggression Defense

- One in four college women is sexually assaulted during college.¹
- Between 1973 and 1987, more than 2.3 million women reported being sexually assaulted in the United States. Seventy-one percent of these victims avoided being raped by taking self-protective measures.²

Develop Your Options

- In 1988, rape victims took self-protective measures in 86.7 percent of the cases. "Rape victims were more likely to defend themselves than assault or robbery victims."³

Don't Be Victimized By Fear

- "In fact, the most often used strategy for avoiders (of rape) appears to have been a combination of screaming and use of physical resistance."⁴

¹ *Ms. Magazine* Study on Sexual Assault and Rape.

² United States Department of Justice, Bureau of Justice Statistics

³ Criminal Victimization in the United States, 1988.

⁴ Bart, P. & O'Brien (1985). *Stopping Rape: Successful Survival Strategies*. Pergamon Press, New York.

What is the RAD System?

The Rape Aggression 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. Courses are taught by certified RAD instructors who provide participants 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 taught at many colleges and universities throughout the nation and Canada. The growing, widespread acceptance of this system is primarily due to its ease, simplicity and effectiveness of tactics, solid research, legal defensibility and unique teaching methodology.

The Rape Aggression Defense 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. This system of realistic defense provides a woman with the knowledge to make an educated decision about resistance.

RAD operates on the research-supported premise that a spontaneous violent attack will stimulate a natural desire to resist on the part of the victim. Women are taught about the "Flight or Fight

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. RAD provides effective options by teaching women to take an active role in their own self-defense and psychological well-being.

