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

For more information please contact

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For Class Dates:
www.colleyville.com

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

Colleyville Justice Center
5201 Riverwalk Drive

WOMEN'S
SELF-DEFENSE
TRAINING

FREE
5 Week Course

Offered 4 Times per Year

For dates and times go to www.colleyville.com

"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

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

"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*