

**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.*

*For more information  
please contact  
R.A.D. Certified instructors:*

*Officer Cheryl Womack  
817-503-1266  
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*or*

*Toni Oyler  
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*For Class dates:  
[www.colleyville.com](http://www.colleyville.com)*

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

*Colleyville Justice Center  
5201 Riverwalk Drive*

**COLLEYVILLE  
WOMEN'S  
SELF-DEFENSE**



**Free  
3-Week Course**

**Offered 2-3  
Times per Year**

**For dates and times go to  
[www.colleyville.com](http://www.colleyville.com)**

## **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*