

# RAPE AGGRESSION DEFENSE (R.A.D.)

## Only Self Defense Program Ever Endorsed by IACLEA

- Are you worried about walking alone at night?
- Does being at home alone concern you?
- If you were confronted or attacked, what would you do?
- How would you react?

**RAPE AGGRESSION DEFENSE (RAD)** can be your tool to defend against these attacks.

## Radically Changing Self-Defense

- 1 out of 6 women have been the victim of attempted or completed rape in their lifetime.
- Women may not be safe in their homes, on the street, or where they live.
- Large numbers of sexual and physical assaults occur in the victim's home, or home of someone they trust.
- In 2000 there were 2,737 reported forcible rapes in Washington.
- Violence against women is not restricted by class, age or race, it affects us all.

## Don't Be a Statistic

- 100% of all women who offered no resistance to their attacker were all sexually assaulted.

## The Course

You will learn:

- what an attack can resemble
- sexual assault awareness and avoidance techniques
- defense against abduction
- how not to resemble a victim

## R.A.D.

- Is developed specifically for women on university and college campuses.
- Is a simple yet effective program for university students and employees of any age and any fitness level.
- Is not a Martial Arts program. It teaches realistic self-defense movements which require neither special skills nor years of practice to master.
- Provides effective options by teaching women to take an active role in their own self-defense and psychological well-being.
- Is a practiced plan of action that is the key to "survival."

**YOU:** Give certified instructors 12 hours of your time.

**WE:** Give you the opportunity to participate 100% in a self defense seminar designed specifically for women to increase your self confidence and awareness. Also, you receive a lifetime return and practice policy. This enables you to return anywhere this course is offered for free, for the rest of your life.

## The Next R.A.D. Class at the UW

**WHAT?**

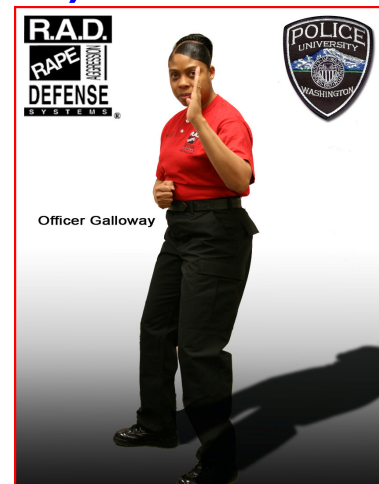
**6-Week Class held once a week**

**WHEN & Where?**

**Email us at [uwpolice@u.washington.edu](mailto:uwpolice@u.washington.edu) for the current schedule**

**HOW MUCH?**

**None at this time!**



**For more information or if you wish to be added to the email list, please contact:  
206-616-0873 or [uwpolice@u.washington.edu](mailto:uwpolice@u.washington.edu)**