**R.A.D. Course Description**

**12-hour basic physical defense class**

**Session 1**

Utilizing the R.A.D. student manual, students will be involved in a discussion of risk reduction strategies, date rape, continuum of survival, defensive strategies and the basic principals of defense. We also discuss the pros and cons of defensive weaponry how to develop a defensive mind set, understanding offensive and defensive postures, recognizing vulnerable locations and utilizing personal weapons.

**Session 2**

Participating students will begin the process of hands-on training. The techniques utilized by R.A.D. Systems are based on simple gross motor skill and are developed to the point that they become instinctual through repetition. Students will have the opportunity to use these techniques in dynamic impact training by striking padded equipment held by the instructors. All techniques target a single attacker.

**Session 3**

Participating students will continue to refine the skills previously learned with practice, practice and practice.

**Session 4**

Students will then participate in simulated assault scenarios with R.A.D. instructors, who along with participants, wear state-of-the-art protective gear specifically designed for this training. Women have the opportunity to utilize their skills in a safe training environment.