

# New College of Florida Police Department 5800 Bay Shore Road, CPD Sarasota, Florida 34243 (941) 487-4210

Website: ncf.edu/police

#### What is R.A.D.?

The Rape Aggression Defense System, known as R.A.D., is a program of realistic self defense tactics and techniques for women. The R.A.D. System is a comprehensive, women only course, that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands on self defense training.

R.A.D. was founded in 1989 by former campus police officer, Lawrence Nadeau. The program has become the country's largest and fastest growing self defense program for women, with 11,000 certified instructors and 900,000 trained women. Currently, R.A.D. is taught at more than 400 colleges/universities and law enforcement agencies, as well as other community organizations internationally.

R.A.D. is the only self defense program ever to be endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA), National Academy of Defense Education and the National Self Defense Institute (NSDI).

# What is the objective?

The R.A.D. program's instructional objective is "to develop and enhance the options of self defense so they may become viable considerations to the woman who is attacked".

#### Upon completion of the R.A.D. course, how do I further my self defense education?

Each student will receive a workbook/reference manual which outlines the entire physical defense program for reference and personal growth. Upon completion of the program, your signed manual becomes a "ticket" for the Free Lifetime Return and Practice Policy with any R.A.D. instructor, honored worldwide.

#### What will I learn?

The course teaches easy, effective and proven self defense tactics and techniques to protect against various types of assault. The course consists of a classroom learning component, which covers topics relating to women, victimization and risk reduction, as well as a practical learning component.

### Who is R.A.D. for, how long is the class, is there a cost and how often will it be offered?

The R.A.D. System of women's self defense balances the need of women to acquire self defense education in a relatively short period of time by providing short term training opportunities in a

building block format. This course is offered, free of charge, to women/female bodied students, staff and faculty affiliated with New College of Florida and University of South Florida Sarasota-Manatee. The course consists of 12 hours total instruction taught over 3 days at 4 hour increments. The course will be given as often as possible.

## Do I need prior training?

This course is designed for the average woman. No previous experience or background in self defense is required. The focus of R.A.D. is to empower women. You determine your own level of participation.

## Does R.A.D. certify me in self defense?

R.A.D. does not certify their students or guarantee that the tactics learned will prevent an attack. What R.A.D. does provide is an opportunity for women to learn potential ways to defend themselves in the event they are attacked.

# Why is R.A.D. open to women only and how is it not considered discrimination?

R.A.D. seeks to empower women through self defense through the core concepts of education, dependency on self, decision making responsibility and self realization of physical power. These goals are best achieved through a learning environment where women can feel safe, supported and with minimal exposure to vulnerabilities. It is vital that participants be comfortable in their practice, which is best done through same sex pairings.

Colleges/Universities are able to hold a class that is gender specific according to the guidelines in Title IX under Section 106.3, Voluntary Affirmative Action, and 106.34(c), Separation of students by sex: "bodily contact".

#### Who are the instructors?

Our courses are taught by the following certified R.A.D. instructors from the New College of Florida Police Department: Officer Jennifer Andreoli, Officer Kelley Fisher, Officer Caswell Coley, and University of South Florida/New College Victim Advocate Concetta Hollinger.

#### Who do I contact for more information or to register?

Contact Officer Jennifer Andreoli at the New College of Florida Police Department at (941) 487-4210 or email <a href="mailto:jandreoli@ncf.edu">jandreoli@ncf.edu</a>.

Enrollment is limited to ensure the highest level of quality instruction.

Please feel free to review additional information provided as well as the R.A.D. Systems website at <a href="https://www.rad-systems.com">www.rad-systems.com</a>.

# **Upcoming Class Dates:**

Saturday November 16th and Sunday November 17th from 12pm-6pm