

Did You Know??

- 1 out of every 6 American women has been the victim of an attempted or completed rape in her lifetime
- Approximately 2/3 of rapes were committed by someone known to the victim.
- In about 8 out of 10 rapes, no weapon is used other than physical force.
- More than half of all rapes of women occur before age 18; 22% occur before age 12.
- 43% of rapes occur between 6 p.m. and midnight

*www.rainn.org

Could you
effectively
defend
yourself?

Safety and survival in today's world requires a definite course of action. We provide effective options by teaching women to take an active role in their own self-defense and psychological wellbeing. By providing options, we may reduce the risk of panic during a confrontation.



Rape is Rape, regardless of the type of aggressor. It is an act of power and control, not force. It is an unwanted sexual act that is committed by any person against another. R.A.D. Systems helps women to defend themselves against her attacker and a possible abduction.

- ◆ There are no class fees.
- ◆ There are four (4) three-hour classes held from 6 to 9 p.m. at the Middletown Police Station.

*****All classes are mandatory.*****

- ◆ You must be within the age of 12 and 55.
- ◆ (Physical ability and maturity level may be a restriction.)
- ◆ All students under the age of 18 must have a parent or guardian attend with them.

To register, contact:
The Middletown Police Department
130 Hampden Road
Middletown, DE 19709
1-302-376-9950
www.middletownpd.us
christine.brenner@cj.state.de.us
heidi.menasco@cj.state.de.us

Middletown Police Department Presents



Every two
minutes, someone
in the U.S.
is sexually
assaulted.*

*www.rainn.org

Emergency :Dial 911

Non-Emergency: Dial 302-573-2800

www.middletownpd.us

R.A.D.

Basic Physical Defense

R.A.D. OBJECTIVE:

“To develop and enhance the options of self defense, so they may become viable considerations to the woman who is attacked.”

“I Will Survive!”

What is R.A.D.?

R.A.D. Systems stands for Rape Aggression Defense. The classes offered by the Middletown Police Department are only a few of the systems that are employed by R.A.D. R.A.D. Systems is actually a functioning international network of dedicated self defense instructors that was established in 1989. This alliance of instructors believes that self defense should be easy to learn, easy to retain and relatively easy to employ during a physical confrontation. The alliance believes that self defense training should be accessible and affordable for all persons.

R.A.D. Systems supports that 90 percent of self defense is awareness and therefore teaches a comprehensive course that begins with **risk awareness, prevention, reduction and avoidance**, while progressing on to the basics of hands-on defense training. R.A.D. is **not a martial arts program**. Our courses are taught by certified R.A.D. instructors. The R.A.D. System of Physical Defense is currently being taught at many venues and is widely accepted due to the simplicity and effectiveness of our tactics, solid research, legal defensibility and unique teaching methodology.

Our realistic defense program will provide a woman with the knowledge and the options to make an educated decision about physical resistance.

R.A.D. Basic Physical Defense

The cornerstone of R.A.D. Systems, this course has its foundations in education and awareness. The course includes lecture, discussion and self defense techniques, suitable for women of all ages and abilities. Classes range from nine to twelve hours in length, depending on the instructor.

R.A.D. Advanced Self -Defense

Builds on techniques and strategies from the Basic class, and adds defenses against the edged weapon and firearm. This program also covers more prone defense strategies, multiple subject encounters and even low and diffused light simulation exercises. Minimum of twelve (12) hours, fifteen(15) with simulation, for participants who have already completed the Basic Physical Defense Program.

~ R.A.D. For Seniors ~

Basic Physical Defense for Seniors

This system combines risk reduction measures with physical skills that are presented in a manner specifically tailored for the needs and abilities of those over 65. RAD for Seniors addresses the unique issues that are faced by seniors including scams and criminal plays. Fifteen(15) hours

Why RAD?

- With more than 7,000 certified instructors and more than 300,000 participants trained in our systems to date, R.A.D. Systems is still the country's largest and fastest growing self defense program for women, children and seniors.
- The R.A.D. systems curriculum is taught at more than 500 colleges and universities, police departments, military bases, women's centers, and other community organizations internationally.
- R.A.D. is the only existing program with a free lifetime return and practice policy, honored throughout both the U.S. and Canada.
- R.A.D. has developed specialized simulation techniques and equipment for use by certified R.A.D. instructors.
- R.A.D. is the only self-defense program ever endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA).
- R.A.D. meets or exceeds all guidelines for choosing a self defense program, developed by the National Coalition Against Sexual Assault (NCASA)