

Why RAD?



There is an average of 237,868 victims of rape and sexual violence (age 12 or older) each year. (Rape Abuse & Incest National Network (RAINN) 2014 Chandler Police Department began teaching Rape Aggression Defense Systems (R.A.D.) in 2003 due to the increasing request for a self defense class. After careful research, it was decided that R.A.D Systems best fit the needs of our community for the following reasons:

- R.A.D. has been in existence and proven itself since 1989.
- R.A.D. is a national program which encourages participants to practice even after completing the course by offering a Life-time Return and Practice Policy
- Women of all fitness levels can attend and have the opportunity to practice using padded suits.

R.A.D Objective:

"To develop and enhance the options of self defense so they may become viable considerations to the woman being attacked."

How to Register?

Please go to chandlerazpd.gov for information on upcoming classes.

You may also contact the Community Engagement Specialist at 480-782-4960 or by email at blanca.quezada@chandleraz.gov.

Space is limited.

For other RAD class offerings please visit rad-systems.com.

If you or someone you know has experienced sexual assault, you are not alone. RAINN's National Sexual Assault Hotline offers free, confidential, 24/7 support in English and en Español.

Call 800.656.HOPE (4673)

Chat at RAINN.org/hotline

Text HOPE to 64673



Chandler Police Department
4040 E. Chandler Heights Road
Chandler, AZ 85249

P: 480-782-4954

chandlerazpd.gov

/chandlerpd

@chandlerpolice

Rape Aggression Defense



Chandler Police Department

Dispatch
480-782-4130

General Information
480-782-4000



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What is R.A.D?



The Rape Aggression Defense System is a program of realistic, self-defense tactics and techniques. It is a comprehensive course for women that begins with awareness, prevention, risk reduction and

avoidance, while progressing on to the basics of hands on defense training. RAD is not a martial arts program. Our courses are taught by certified R.A.D. instructors and provide you with a workbook/reference manual. This manual outlines the entire physical defense program for reference and continuous personal growth. The R.A.D System of Physical Defense is currently being taught at many Colleges and Universities. The growing, widespread acceptance of this system is primarily due to the ease, simplicity and effectiveness of our tactics, solid research, and unique teaching methodology.

The R.A.D Systems is dedicated to teaching women defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self-defense tactics. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

Course Description:

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. Participating students will begin the process of hands on training, how to develop a defensive mindset, understanding offensive and defensive postures, recognizing vulnerable locations and utilizing personal weapons.

Session 2: Participating students will continue the process of hands on training. The techniques utilized by R.A.D. Systems are based on simple gross motor skills and are developed to the point that they become instinctual through repetition. We also dis-cuss the pros and cons of defensive weaponry.

Session 3: Students will have the opportunity to use these techniques in dynamic impact training by striking padded equipment held by instructors. All techniques target a single attacker.

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.

Frequently Asked Questions:

Do I have to be a Chandler resident in order to participate?

- No. R.A.D. is open to all women.

Is there a fee for the class?

- No. CPD offers R.A.D at no cost.

Is there a minimum/maximum age?

- Yes. Ages 12-15 must be accompanied by and adult. 16 and up no restrictions. R.A.D is designed for all participants within and at their own limitations.

Are children allowed to attend/watch?

- No. Class discussions or tactics are designed for 12 and older.

I am expecting, can I still attend?

- Yes. You are permitted to attend but cannot participate in any physical activity.

Can my boyfriend, father, male friend observe the class with me?

- No. R.A.D. is only for women.

Do I have to attend all 4 classes?

- You are expected to attend the first 3 classes. The fourth class is optional.