

## To Register for a Course

Women interested in taking R.A.D. should contact The University of Illinois Police Department  
Phone: 217-333-1216

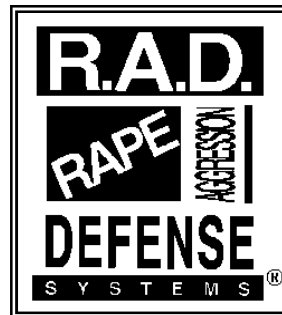
Courses are open to all women. Priority, however, goes to students, faculty, and staff. Those under 18 years of age must have a consent form signed by a parent or guardian. Registration is required.

Registration and payment must be completed before attending the first class.

## Sponsors of R.A.D. at Illinois

The following divisions have provided support for R.A.D. courses at Illinois.

Division of Campus Recreation  
Division of Housing  
Women's Resources Center

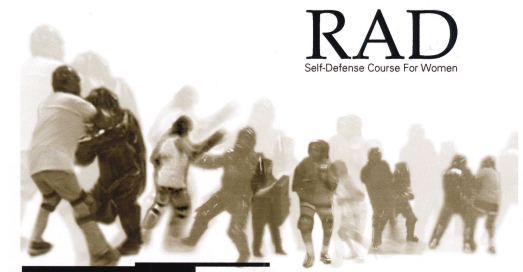


## DIVISION OF PUBLIC SAFETY

1110 W. Springfield Ave.  
Urbana, IL 61801  
[www.dps.illinois.edu](http://www.dps.illinois.edu)



# FOR WOMEN ONLY...



Do You Believe  
That You Could  
Effectively Defend  
Yourself If  
Attacked?

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# What is R.A.D.?

The Rape Aggression Defense System is a program of realistic, self-defense tactics and techniques. The R.A.D. System 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.

R.A.D. 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, wide-spread acceptance of this system is primarily due to the ease, simplicity, and effectiveness of our tactics, solid research, legal defensibility, and unique teaching methodology. The Rape Aggression Defense System is dedicated to teaching effective and proven self-defense/martial arts tactics. Our system of realistic defense will

provide a woman with the knowledge to make an educated decision about resistance. We operate on the premise that a spontaneous violent attack will stimulate a natural desire to resist on the part of the victim (supported by research). We educate women about "The Flight or Fight Syndrome," while showing them that enhancing their opinion of physical defense is not only prudent, but a necessity if natural resistance is to be effective.

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 well-being.

## R.A.D. at Illinois

The University of Illinois Division of Public Safety currently offers the Basic Physical Defense System.

The Basic System is a comprehensive, twelve-hour course that begins with lectures on awareness, risk-reduction, and avoidance, then continues on with the basics of hands-on physical training.

Students receive a manual that will act as their "ticket" to future courses taught in the Basic System.

Once a student has completed a System with R.A.D., she may attend any R.A.D. course of that system in the United States and Canada to practice free. These are skills that must be practiced for a lifetime. Therefore, the student may practice free for a lifetime with R.A.D. Systems.

## Contact Information

For more information on R.A.D. courses, please contact the following:

Sgt. Joan Fiesta, [jmfiesta@illinois.edu](mailto:jmfiesta@illinois.edu)

Phone: (217) 333-1216

Or see the website at:

[www.dps.illinois.edu](http://www.dps.illinois.edu)

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