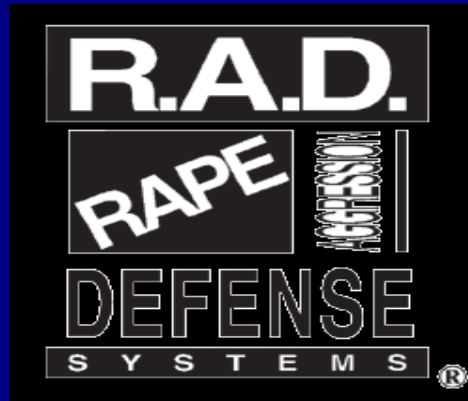


These Classes are for Women Only

10 reasons why R.A.D. Systems is the best choice for you:

- Has established the standard for female self-defense programs;
- Offers no-nonsense techniques for defense;
- Offers advanced self-defense courses that build upon the basic physical defense system;
- Has researched the fight-or-flight syndrome;
- Provides realistic and dynamic hands-on training;
- Provides a comprehensive reference manual;
- Certified instructors from the community;
- Has a litigation defense policy;
- Offers state-of-the-art programs free to UMass groups;
- Offers every student a lifetime membership policy.



University of Massachusetts Police Department

55 Lake Avenue North
Worcester, MA 01655

For upcoming class information please
contact: Sergeant Nikkya Jackson

E-mail: Nikkya.Jackson@umassmed.edu



Could you defend yourself if you were attacked?



What Does UMass Offer?

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 three to eight hours in length, depending on the class and instructor.

R.A.D. Basic Physical Defense

This class can be taught in many combination of ways. I mainly teach this class over a four day period with three hour teaching blocks, with the last day being an optional day due to the simulation.

I can teach it one class a week for four weeks.

I can teach in two time a week for two weeks. Which ever works best for you.



What is R.A.D. Systems?

The Rape Aggression Defense System 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 defense training. R.A.D. is not a martial arts program. Our courses are taught by nationally certified R.A.D. instructors and provide each student with a workbook/reference manual. This manual outlines the entire physical defense program for reference and continuous personal growth, and is the key to our free lifetime return and practice policy for R.A.D. graduates.