



Training Announcement

The CWU Police Department is hosting the Rape Aggression Defense Basic Instructor course on April 2-4, 2012.

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.

This program is a cost effective way to obtain your own Self-Defense Instructor(s), and offer this consistently structured, time tested, proactive program to the women in your community. This is a most comprehensive program and the only one of its kind, and now your agency can utilize its basic, tailored format as an addition to your present crime prevention offering. This course is taught in a relaxed environment, that is conducive to learning tested instructional techniques, proven tactics and unique insights about the problem of violence against women. Our program also includes physical defense workouts for technique development, and an evening exercise that is designed to simulate confrontational circumstances. From awareness and risk reduction to simulation training suits, this program covers all the basics. Registration includes a 200+ page Instructor Curriculum with Participant Manual to copy, Instructor Certificate and one year of The Instructor's Voice Newsletter.

For registration information please go to www.rad-systems.com or email Lt. Jason Berthon-Koch at kochj@cwu.edu.