

WHAT IS RAD?

Rape Aggression Defense, or RAD, was founded in 1989 by Larry Nadeau. RAD is taught at over 1,000 colleges & universities, as well as city, county, and parish police departments across the United States and Canada. It is the only program endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA). RAD teaches women physical self-defense techniques and raises awareness about sexual assault, violence, and abduction

I'VE HEARD RAD HAS SEVERAL DIFFERENT PROGRAMS AVAILABLE. WHAT CAN I TAKE AT VCU?

At this time, VCU Police teaches the Basic Physical Self-Defense for Women Program.

WHY CAN'T MEN TAKE RAD?

RAD courses are gender-specific. VCU only offers the Basic Physical Self-Defense for Women program at this time. VCU does offer a "Principles of Self Defense" class at Cary Street Gym that is not gender specific.

WHAT MAKES UP A RAD COURSE AT VCU?

The Basic Self-Defense for Women program is a 12 hour course. The first three hours are classroom, which includes open discussions and lecture. The next six hours include physical techniques, which include stances, strikes, kicks, and pressure points, as well as techniques to break away from wrist grabs, bear hugs, and chokeholds. The final three hours of RAD includes (optional) Simulation. **The 12 hour course is offered in three to six hour sessions, all of which require mandatory attendance to successfully complete the program.**

WHAT IS "SIMULATION"?

A certified RAD "Aggressor" acts-out real life scenarios and participants are able to defend themselves using the techniques they have learned in class. Simulation is 100% voluntary, and participants can choose to go through all of the scenarios, some, or none at all. Even if participants are not going through Simulation, attendance at Simulation is still needed to cheer on your classmates. Simulation is a great way for participants to discover their own strength and power in a controlled environment.

DO I HAVE TO BE IN SHAPE TO TAKE RAD?

RAD is designed for women of all skill levels and physical abilities. The techniques do not require women to have any special skills or abilities to be successful in the program.

WHY SHOULD I TAKE RAD?

RAD is not a self-defense course in its original sense. RAD teaches women how to be aware of, reduce the risk of and avoid being the victims of sexual assault or abduction. RAD does not focus on physical techniques alone, but also offers tips on being aware, protecting your home, and staying safe in situations.

WHO TEACHES RAD?

The Basic Self-Defense for Women RAD program is taught at VCU by VCU Police employees who have been certified through RAD Systems, INC. The instructor staff includes male and female instructors. A female instructor will be present at all VCU RAD classes; male instructors will not practice or demonstrate any RAD techniques with participants. All male instructors are sworn law-enforcement officers.

WHAT ARE THE AGE REQUIREMENTS OF RAD?

RAD at VCU accepts students as young as 12 years old. There is no age cap on students. Parental waivers **MUST** be completed by any women under the age of 18 who wishes to attend RAD at VCU.

HOW MUCH DOES RAD COST?

RAD at VCU is **FREE** for students, and only costs \$10 for faculty, staff, and non-VCU affiliated women.

HOW OFTEN IS RAD HELD?

RAD at VCU is held several times throughout the year. We offer courses during evenings, weekend hours, and occasionally daytime hours.

WHERE ARE SESSIONS HELD?

RAD at VCU is held on both campuses in varied locations. Specific locations will be made available to students upon registration.

HOW CAN I REGISTER TO ATTEND A RAD SESSION?

You can register to attend a RAD class by clicking this [link](#).

WHAT SHOULD I WEAR OR BRING?

Participants should wear aerobic style work out clothes and sneakers. Jeans are too restrictive. Running shoes are not suggested since they may not provide good side-support for your feet, but they are permitted. Wedding bands are permitted, but any other jewelry is not allowed. Participants will be provided a RAD manual at the first session, which they should bring with them to the remaining sessions.

IS RAD INFORMATION KEPT CONFIDENTIAL?

Absolutely! The only people who will know you are taking a RAD course are instructors, VCUPD supervision, and your classmates. Depending on the location of the class, it may be necessary to provide your ID to security; if a participant is not comfortable with this, instructors are available to assist. Participant names are not shared with anyone outside of the instructor staff and supervision. Personal information of participants is shared only with instructor staff as needed. Forms are kept in locked storage at VCUPD, with access restricted to RAD instructors only.