Did you know?
Every two minutes, somewhere in America, someone is sexually assaulted, according to the Rape, Abuse & Incest National Network.

In 2005-2006, there were an average of 232,010 victims of rape, attempted rape or sexual assault annually.

Develop Your Options
In 2005, rape victims took self-protective measures in 82 percent of cases. Rape victims were more likely to defend themselves than victims of assault or robbery, according to the Bureau of Justice Statistics.

Don’t be Victimized by Fear
The most-often used strategy for avoiding rape appears to be a combination of screaming and use of physical resistance, according to *Stopping Rape: Successful Survival Strategies*.

For more information and scheduling:
**Texas State Police Department**
615 N. LBJ Drive
San Marcos, TX 78666
Phone: 512.245.2805
Fax: 512.245.8850
E-mail: police@txstate.edu
What is the RAD System?
The Rape Aggression Defense System is a program of realistic, self-defense tactics and techniques designed for women. The RAD System is a comprehensive course that begins with awareness, prevention, risk reduction and avoidance. It teaches the basics of hands-on defense training.

The RAD System is dedicated to teaching women defensive concepts and techniques. You will learn to defend yourself against various types of assault by using easy, effective and proven self-defense/martial arts tactics. Our system of realistic defense will give you the knowledge you need to make an educated decision about resistance.

Research has shown that a spontaneous violent attack will stimulate a natural desire to resist on the part of the victim. We educate women about this flight-or-fight syndrome, while showing them that physical defense is not only prudent, it is necessary for natural resistance to be effective. Safety and survival in today's world require a definite course of action. We teach women to take an active role in their own self-defense and psychological well-being.

The RAD System of physical defense is taught at many colleges and universities. Its growing, widespread acceptance is primarily due to the ease, simplicity and effectiveness of the tactics, solid research, legal defensibility and unique teaching methods.

Certified RAD instructors teach our courses, and you will receive a reference manual that outlines the entire physical defense program for reference and continued personal growth.

Rape Aggression Defense System
• has established the standard for female self-defense programs
• offers no-nonsense, practical techniques for defense
• uses research on the effects of the flight-or-fight syndrome
• offers advanced self-defense courses that build upon the physical defense system
• provides realistic and dynamic hands-on training
• provides students with a comprehensive reference manual
• has a litigation defense policy
• offers state-of-the-art programs at reasonable rates
• awards every student a lifetime membership policy

RAD is the largest women's self-defense system in the country. All students may take the class again or return to practice at no charge.