

Students will also be introduced to ground defense technique and will continue to refine the skills previously learned with “practice, practice, practice, practice.”

**Night Four (Hours 9-12):** Students will participate in “simulated assault” scenarios at full contact with certified R.A.D. instructors who wear state of the art protective gear specifically designed for this training. Women have the opportunity to use their skills in a safe training environment monitored by instructors.

## COST

The class is **FREE** to women only, ages 13 and up. Women under age 18 will require parental consent to participate.

*Note: We will accept girls ages 11 and 12 if accompanied by an adult female relative.*

Class offerings are posted on our website at <https://acso.us>. For more information or to register, please contact us at 352.374.1800 or e-mail your name and daytime contact information, along with the class you would like to register for, to [rad@acso.us](mailto:rad@acso.us).



## CONTACT US:

### 9-1-1 FOR EMERGENCIES

352-955-1818 FOR NON-EMERGENCIES

#### ACSO Important Phone Numbers

ACSO Main Administration	352.367.4000
Crime Prevention Unit	352.374.1800
Crime Stoppers & Gun Bounty	352.372.7867
Dept. of the Jail	352.491.4444
Evidence Section	352.367-4076
Human Resources	352.367.4040
Narcotics Tip Line	352.374.1849
Patrol	352.367.4101
Public Information Office	352.367.4050
Property Unit	352.367.4078
Records Bureau	352.367.4006
Victim Advocate Unit	352.367.4199



BROUGHT TO YOU BY:

### Sheriff Emery A. Gainey

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2621 SE Hawthorne Road, Gainesville, FL 32641  
<https://www.acso.us>



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R.A.D. OBJECTIVE

ACSO 2023

*“To develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked.”*

ALACHUA COUNTY SHERIFF'S OFFICE



RAPE AGGRESSION DEFENSE



## RAPE AGGRESSION DEFENSE

R.A.D. Systems is the country's largest and fastest growing self-defense program for women. The R.A.D. Systems curriculum is taught at colleges and universities, police departments, local transit companies, military bases, women's centers, rape crisis centers, and independent locations across the United States and Canada. The course meets or exceeds all guidelines for choosing a self-defense program, was developed by the National Coalition Against Sexual Assault (NCASA), and is the only self-defense program ever to be endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA). Because this is an international alliance, any R.A.D. graduate from any class in the U.S. or Canada can attend another instructor's class for practice, **free of charge**, for the rest of her life!

### WHY DO I NEED R.A.D.?

These are statistics from the National Sexual Violence Resource Center. ([www.nsvrc.org](http://www.nsvrc.org))

- ⇒ One in five women will be sexually assaulted during her lifetime.
- ⇒ Nearly one in 10 women has been raped by an intimate partner in her lifetime.
- ⇒ 91% of rape and sexual assault victims are female.

- ⇒ In eight out of 10 cases, the victim knows the offender.
- ⇒ Rape is the most under-reported crime with approximately 63% of victims failing to report their assault to law enforcement.

### 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 venues. The growing, widespread 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 women defensive concepts and techniques against various types of assault, by utilizing easy, 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 spontaneous violent attack will stimulate a natural desire to resist on the part of the victim. We educate women about "The Fight or Flight Syndrome," while showing them that enhancing their options of physical defense is not only prudent, but necessary if natural resistance is to be effective.

### COURSE DESCRIPTION

**Night One (Hours 1-4):** Utilizing the R.A.D. student manual, students will be involved in a discussion of risk reduction strategies, date rape, continuum of survival, defensive strategies, and the basic principles of defense. We also discuss the pros and cons of defensive weaponry, how to develop a defensive mindset, understanding offensive and defensive postures, recognizing vulnerable locations, and utilizing personal weapons.

**Night Two (Hours 5-8):** Participating students will begin the process of hands on training. The techniques utilized by R.A.D. Systems are based on simple gross motor skills and are developed to the point that they become instinctual through repetition. Students will have the opportunity to use these techniques in dynamic impact training by striking padded equipment held by the instructors. All techniques target a single attacker.