

Could you defend yourself effectively if attacked?

The Endicott College Department of Public Safety & Police sponsors a series of

R.A.D. Systems Classes

Basic self-defense techniques for women.

What is R.A.D. Systems?

Rape Aggression Defense Systems is a program of realistic self-defense tactics and techniques for women that begins with awareness, prevention, risk reduction, and avoidance, while progressing 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 that outlines the entire physical defense program.

R.A.D. Systems is dedicated to teaching women defensive concepts and techniques against various types of assault, by utilizing easy, effective, and proven self-defense tactics. Our system of realistic defense will provide women with the knowledge to make an educated decision about resistance.

R.A.D. Objective

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

According to the National Sexual Violence Resource Center:

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