

To Register for Classes

Come by the ASU Police Department to preregister and prepay.

Non-refundable cost for the class is \$20.

Limited space available for each class.

Contact:

Detective Dunn
dunnbb@appstate.edu
(828) 262-2150



The Defensive Mindset is
that mindset that says,

“I Will Survive”



Appalachian State University
Police Department

461 Rivers Street (Parking Deck)
Boone, NC 28608

(828) 262-2150

Email: dunnbb@appstate.edu

www.rad-systems.com
www.police.appstate.edu

R.A.D.
Rape Aggression
Defense



Appalachian State University
Police Department

(828) 262-2150

R.A.D. Systems of Self Defense



“TO DEVELOP AND ENHANCE THE OPTIONS OF SELF DEFENSE, SO THEY MAY BECOME VIABLE CONSIDERATIONS TO THE WOMAN WHO IS ATTACKED.”

Empowering Women Through Self Defense:

1. Educating women on basic confrontational principles
2. Instilling dependency on self.
3. Helping women understand the enormous responsibility and importance of making their own decisions.
4. Helping women realize their own physical power.

The Four “Risks” of Personal Safety

- ◆ Risk Awareness
- ◆ Risk Reduction
- ◆ Risk Recognition
- ◆ Risk Avoidance

The risk is 90% of self defense education

R.A.D. Classes

R.A.D. classes are offered four times a year, twice a semester. To get the dates and times of each class go to applnet.com, then go to the ASU Police Department link. Emails will be sent prior to the beginning of registration for classes. Fliers will be posted in dorms containing sign up information. Class will be held one day a week for four consecutive weeks. Class begins at 6:00 p.m. and ends at 9:00 p.m. A manual, which includes a lifetime membership to R.A.D., and explains in detail how to properly defend one’s self. At the end of the program, each participant will receive a t-shirt.



R.A.D. was established in 1989. Though we would like to guarantee 100% success with our tactics and techniques this is impossible. Realistically, the vast number of confrontation scenarios available to today's criminals prohibits any guarantee of success with any strategy.

