

RAD Systems Course Curriculum Outline

Participants on the first day of class will receive an introduction to the RAD Systems network and required registration forms. The RAD manual outlines the instructor curriculum, including awareness and risk reduction, reporting procedures and community resources, identification of vulnerable locations, use of personal weapons and offensive and defensive postures. This course is designed to enlighten all participants to the problem of violence against women and the options RAD systems has developed to reduce the risks that women face. Participants will learn the RAD Systems basic Physical Defense course in much the same way that they will teach to their students.

Over the first two days of the course, participants will learn the many options of physical defense that RAD Systems has taught to over 150,000 women since its development in 1989. The course teaches defensive stances, blocks and parries, strikes and kicks as well as many available options to use against physical grabs, hugs, holds and chokes and other unwanted aggressive contact from an aggressor. Participants will also learn options for defense from the ground. The second day concludes with an attack simulation exercise, to give the participants an opportunity to utilize the skills they have learned.

The third day of class will give participants the opportunity to teach one another the skills learned and begin preparing themselves to teach in their own communities. Participants will also be required to successfully complete a practical and written exam to test proficiency and knowledge of the material covered in the course. Upon successful completion of the course, participants will be given information about how to get a program started in their community, using the network of instructors, recertification policies, proper documentation and suggested equipment for conducting a course of their own.

Course Schedule: The Instructor will provide all equipment involved in conducting this course. These days are very long and intense. Dress comfortably for physical exercise for all three days.

Day #1

Wednesday
June 24, 2009

8am-12noon	Classroom Registration & Training (Forms, waivers, data base, etc.)
12n-1pm	Lunch
1pm-6pm	Classroom & Physical Training

Day #2

Thursday
June 25, 2009

8am-11am	Physical Training
11am-12n	Lunch
12n-5pm	Physical Training
5pm-6pm	Dinner
6pm-9pm	Simulation Exercise

Day #3

Friday
June 26, 2009

8am-11am	Physical Training
11am-12n	Practical Testing
12n-1:30pm	Lunch
1:30pm-2pm	Written Test Review
2pm-3pm	Written Test
3pm-6pm	Administrative Issues (Rules, regulations and guidelines)

Receiving this letter means that you are registered and paid in full. If I can be of further assistance the best way to reach me is via email: cdorsey@emich.edu. P.O. Candace Dorsey