
Why RAD?

With over 10,000 instructors certified and over 550,000 participants trained, R.A.D. Systems is the country's largest and fastest growing self-defense program for women and children. The R.A.D. Systems curriculum is taught at over 1,400 colleges and universities, police departments, local transit companies, military bases, women's centers, rape crisis centers, and independents across the United States and Canada. The course meets or exceeds all guidelines for choosing a self-defense program, prepared 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 R.A.D. is an international alliance, any R.A.D. graduate from any class in the U.S. and Canada can attend another instructor's class for practice, free of charge, for the rest of her life!

For more information

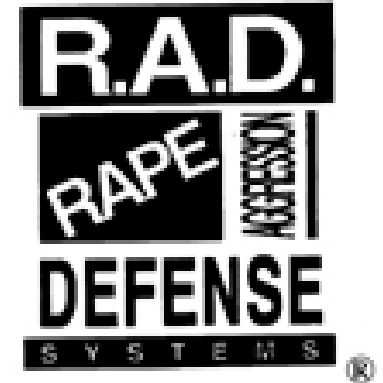
Contact Darlene at dsgentry@smcm.edu, (240) 256-5225.
<http://faculty.smcm.edu/dsgentry/>

About the Instructor:

[Darlene \(VanGaasbeck\) Gentry](#) has over twenty years experience in instruction and training in martial arts, women's self defense, and self defense education for the public. She holds black belt rank in Godoryu Aiki Aikido and Combat Hapkido "Defense-Ability" System from the International Disabled Self Defense Association as well as advance rank in Tang Soo Do Karate. She is an active member in Rape Aggression Defense Systems (R.A.D.), radKIDS, Inc., the American Women's Self-Defense Association, and the International Combat Hapkido Federation. As a R.A.D. instructor she holds certifications in women's basic and advanced physical defense, key chain and aerosol defense, *radKIDS*, *Seniors defense*, and R.A.D. for men.

Darlene teaches self-defense part-time at St. Mary's College of Maryland where she instructs a course that she created called "Self Defense against Sexual Assault". Additionally, she developed and maintains a website called the "Sexual Violence Information Network". She has received the Faculty/Staff Student Life Award in recognition of her work.

Darlene is active in the community and has instructed RAD programs on a regular basis for youth community groups coordinated by Gwen Bankins such as Girl Power of Southern Maryland, Students against Destructive Decisions, and St. Mary's Youth Leadership Team at the Chancellor's Run Recreation Center. Additionally she has taught women's self defense courses for the St. Mary's County Public Schools Adult Education, St. Mary's County Department of Recreation and Parks, and Calvert County Abused Persons Program.



A physical defense program for women that:

- Offers no-nonsense, practical techniques of defense
- Provides static, fluid and dynamic hands-on training
- Has a free LIFETIME return and practice policy
- Offers state-of-the-art programs at reasonable rates

R.A.D. Systems

**Radically Changing Defense
for Women**

R.A.D.

Basic Physical Defense

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.”

What is R.A.D.?

The **Rape Aggression Defense System** is a fun and dynamic program designed for mothers and daughters, teenagers and women who want to learn how to defend themselves. The R.A.D. System is a comprehensive course for a woman that begins with **awareness, prevention, risk reduction and avoidance**, while progressing on to the basics of **hands-on defense training and ending with an opportunity to apply skills during an optional simulated attack**. 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 growing, wide spread 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 Syn-drome,” while showing them that enhancing their options of physical defense is not only prudent, but necessary if natural resistance is to be effective.

Safety and survival in today's world requires a definite course of action. We provide effective options by teaching women to take an active role in their own self-defense and psychological well-being.



Hours 1-3

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 how to develop a defensive mindset, understanding offensive and defensive postures, recognizing vulnerable locations and utilizing personal weapons.

Hours 4-6

Participating students will begin the process of hands-on training. The techniques utilized by RAD 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.

Hours 7-9

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

Hours 10-12 (optional)

Students will then participate in “simulated assault” scenarios at full contact with the RAD instructors, who wear state-of-the-art protective gear. Women have the opportunity to utilize their skills in a safe training environment monitored by instructors.