



# *HARRIS COUNTY CONSTABLE PCT. 5 DEPARTMENT PROGRAMS*

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**Constable Dispatch 281-463-6666**

## **R.A.D (Rape Aggression Defense)**

Rape Aggression Defense, known as R.A.D., is a self-defense program designed specifically for women. The R.A.D. approach to personal safety begins with awareness, prevention, risk reduction and risk avctx.net5.h@cnoidence, and progresses to hands-on physical defense techniques.

Participants in the program will learn a wide range of tactics, including verbal techniques, ground defense options, escaping from bear hugs and choke holds, and many more. The practical techniques are designed to maximize the strengths of a woman's body and build upon existing instinctive responses to provide women with effective self-defense options. In R.A.D., women will have the opportunity for hands-on dynamic impact practice and realistic simulation exercises.

The R.A.D. program is taught by nationally certified instructors who are dedicated to the growth and well-being of the women in our community. The course is suitable for women of all ages and abilities.

R.A.D. is the only existing program with a free lifetime return and practice policy, honored worldwide.

R.A.D. has developed specialized simulation techniques and equipment for use by certified R.A.D. Instructors.

R.A.D. is the only self-defense program ever endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA), National Academy of Defense Education, the National Self-Defense Institute (NSDI) and Redman Training Gear.

To register for a class visit [www.constablepct5.com](http://www.constablepct5.com) or contact program administrator Deputy R. Guinn at 281-492-3601 or [roy.guinn@cn5.hctx.net](mailto:roy.guinn@cn5.hctx.net)

**Individual or group registration welcome.**