

What is R.A.D.?

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a Martial Arts program. Our courses are taught by nationally certified R.A.D. Instructors and provide each student with a workbook /reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth, and is the key to our free lifetime return and practice policy for R.A.D. graduates.

Risk Awareness,
Risk Reduction,
Risk Recognition
and Risk Avoidance
are 90% of Self-Defense!

Your Instructor

Dave Mata is a Michigan State Police Trooper with 13 years of law enforcement experience. He has worked as a Community Service Officer for the State Police. In this position he has developed a dating violence program that has been utilized across the state. Mr. Mata is a Defensive Tactics & Ground Fighting Instructor for the State Police.

He served in the U.S. Marine Corps from 1990-1994. Mr. Mata has an extensive martial arts background and holds a 2nd degree black belt in Aikido. He is currently the Director of the Kyoseikan Aikido Dojo in Kentwood, and their satellite school at The University Club located downtown Grand Rapids. Mr. Mata is a nationally certified R.A.D instructor for Women's Basic Self Defense, and a certified RAD Kids instructor.

To Schedule a Program, Contact

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Women's Basic Self Defense

Rape & Aggression Defense Nationally Certified Program

1 out of every 6 American women have been the victims of an attempted or completed rape in their lifetime.

If you were attacked today,
could you defend yourself?

Don't wait until it's
too late to find out.

Frequently Asked Questions

1. Do you need any prior experience to attend this class? Do I need to be in top physical shape to participate?

No. This program is designed for the average woman with no previous experience or background in physical skills training.

2. Is this program one person's opinion?

The RAD program as it appears today is a result of the contributions of many RAD instructors across the United States and Canada.

3. How many women have taken this program?

To date, over 250,000 women have attended RAD Basic Physical Defense Program.

4. How long is this program?

The Basic Physical Defense program is a minimum of nine hours.

5. Can I bring my younger daughter with me?

Yes. It is very common for mothers and daughters to attend this program together. In addition to developing and enhancing their options of self-defense, it seems to be a great bonding experience for them.

The R.A.D. Instructional Objective



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



R.A.D. Training E.M.U., 2004

Basic Principals of Defense

1. Increase Reaction Time-
2. Obtain Good Balance-
3. Develop a Plan of Action-
4. Use Distraction Techniques-
5. Identify His Vulnerable Locations-
6. Use Your Personal Weapons-
7. Avoid Confronting Force with Force-
8. Avoid Panic-
9. Disengage and Run-
10. PRACTICE!!

The Phases of Hands-on Training

Demonstration
Explanation
Repetition
Dynamic Impact
Dynamic Simulation