

RAD for Women PDP MA 191

RAD (Rape Aggression Defense)

Syllabus

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Course Description:

The Boston University Police Department offers the “Rape Aggression Defense” program (RAD) specifically for women who wish to physically protect themselves against rape and other forms of violence. The RAD system is not a martial arts class; the RAD system educates women about defensive strategies using simple and effective tactics and a unique teaching methodology. The RAD system—a realistic self-defense program of defensive tactics, techniques, and education—is a comprehensive course for women that progresses from awareness, prevention, risk reduction, and avoidance to basic self-defense participation. The course includes and illustrated and easily read student manual that outlines the entire physical self-defense program and can be referred to for continued personal growth.

Course Goal:

The goal of the BUPD RAD program is to provide an easily accessible program of education and awareness for the women of Boston University. The program trains women in basic self-defense and offers them viable options when confronted with various threats of violence.

Student Outcomes:

At the completion of the course, students will have a thorough understanding and personal skill set of:

Personal Safety, Continuum of Survival, Physical Defense Strategies, Basic Principles of Self Defense, Personal Weapons, Lethal and Non-Lethal Weapons, Defensive Tactics, Defensive Mindset, Key Chain Defense.

Skills mastery will vary from student to student to some degree, but will meet the program standards through participation and testing.

COVID-19 Guidelines:

Many RAD techniques require the instructor and student to come into close contact. Due to the ongoing pandemic, techniques and training will be modified to maintain COVID -19 safety guidelines.

Course Format and Required Materials:

At the Start of each class there will be a lecture/discussion regarding specific readings in the RAD Student Manual. This will be followed by a warm up and stretch leading into the day’s physical activity. There will be stationary in-motion strikes as well as strikes with pads. Gym type attire including sneakers/tennis shoes is required. No boots, open toed shoes, or sandals may be worn during class.

Policies and Procedures:

Attendance, punctuality and active participation are expected. Students are responsible for reading assignments and skills practice on their own. The PERD attendance policy will be followed. The final "exam" will be in the form of a series of one on one simulated attacks on the student while in protective gear and under the direction and control of the instructor.

Week 1:

Lecture/Discussion: Introduction, Distribution of student Manuals, reading assignment.

Week 2:

Lecture/Discussion: General Sexual Assault Definitions

Warm up, Stretch

Defensive Stance

Week 3:

Lecture/Discussion: Self Defense and the Law

Warm up, Stretch

Review, Block and Parry

Week 4:

Lecture/Discussion: Decision to Resist

Warm up, Stretch

Review, Strikes

Week 5:

Lecture/Discussion: Risk Reduction Strategies

Warm up, Stretch

Review, Strikes and Combinations

Week 6:

Lecture/Discussion: Risk Reduction Strategies

Warm up, Stretch

Review, Knee Strikes and Kicks

Week 7:

Lecture/Discussion: Risk Reduction Strategies

Warm up, Stretch

Review, Combination Drills

Week 8:

Lecture/Discussion: Date Rape Mentality

Warm up, Stretch

Review, Elbow Strikes, Floor Movement

Week 9:

Lecture/Discussion: RAD Continuum of Survival

Warm up, Stretch

Review, Breaking Holds, One Minute Drill

Week 10:

Lecture/Discussion: RAD Continuum of Survival

Warm up, Stretch

Review, Ground Defense and Falls

Week 11:

Lecture/Discussion: Principals of Self Defense

Warm up, Stretch

Review, Key Chain Defense

Week 12:

Lecture/Discussion: Defensive Mindset

Warm up, Stretch

Review, Combination Drills

Weeks 13, 14 and 15:

Simulations