

# What is RAD

- The Rape Aggression Defense (RAD) System is a program of realistic, self-defense tactics and techniques
- The foundation is in education and awareness
- A comprehensive course for women that begins with awareness, prevention, risk reduction, and avoidance
- Includes lectures, discussion, and self-defense techniques
- Suitable for women of all ages and abilities



University of Houston-Downtown  
**Police Department**  
One Main Street 118N  
Houston, TX 77002

## Mission Statement

*The mission of the University of Houston-Downtown Police Department is to provide a safe environment where students, faculty, and staff feel safe to learn, safe to teach, and safe to perform their duties as members of the university community.*

Casey Davis  
Interim-Chief of Police

On-Campus Emergency  
713-221-8911

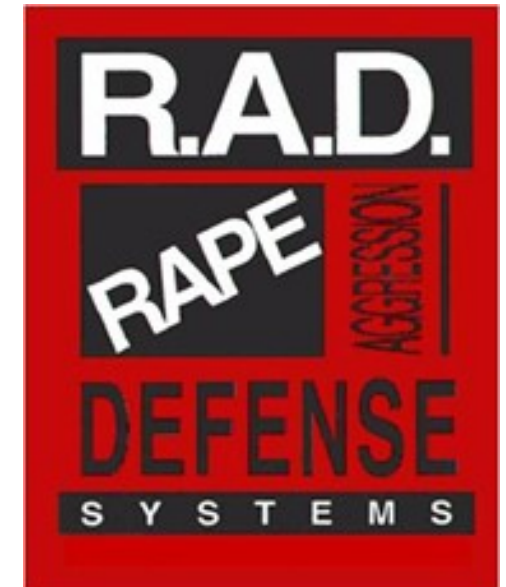
On-Campus Non-Emergency  
713-221-8065



# FREE

SELF-DEFENSE  
TRAINING  
FOR ALL

# UHD WOMEN





## Why we do this

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To empower women's confidence in protecting and defending themselves against unwanted attacks.



## What will you learn

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- Defense against the most common attacks
- Basic techniques to get away from an aggressor
- Lifestyle awareness and empowerment to prevent attacks



## How long is the class

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- The class is 3 days long and usually split up into 3 sessions, one day a week. Each class is 4 hours long.
- You **MUST** attend all 3 classes to participate in the last class of *simulation*. Simulation is the physical application of all you learned in the first 3 classes.
- You will receive a certificate of completion signed by the RAD instructor



## How to register

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- Register online at [www.uhd.edu/police-department/training](http://www.uhd.edu/police-department/training)
- Space is limited
- Classes are open to all **UHD** student, faculty, and staff

### For Questions Contact

Sergeant Imelda Rodriguez  
rodriguezime@uhd.edu  
713-221-2752

### RAD Certified Instructors

*Detective Deionne Jackson*  
jacksonde@uhd.edu

*Officer Lisa Barajas*  
barajasl@uhd.edu

*Officer Julia Gonzalez*  
gonzalezju@uhd.edu

*Officer Vincent Wilkins*  
wilkinsv@uhd.edu

Or Call  
UHD Police: 713-221-8065