RAD for Women
PERD
Syllabus

RAD for Women PDP PE 191
Mon/Wed 11:15am-12:05pm
FITREC L133
Instructor: Sgt. Mike Vanaria
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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:


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

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. There is a $10 manual and keychain fee, payable in cash or by check (Trustees of Boston University) due on the first day.
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 September 4:**
Lecture/Discussion: Introduction, Distribution of student Manuals, reading assignment.

**Week 2 September 9&11:**
Lecture/Discussion: General Sexual Assault Definitions
Warm up, Stretch
Defensive Stance

**Week 3 September 16&18:**
Lecture/Discussion: Self Defense and the Law
Warm up, Stretch
Review, Block and Parry

**Week 4 September 26&25:**
Lecture/Discussion: Decision to Resist
Warm up, Stretch
Review, Strikes

**Week 5 September 30 & October 2:**
Lecture/Discussion: Risk Reduction Strategies
Warm up, Stretch
Review, Strikes and Combinations

**Week 6 October 7&9:**
Lecture/Discussion: Risk Reduction Strategies
Warm up, Stretch
Review, Knee Strikes and Kicks

**Week 7 October 14&16:**
Lecture/Discussion: Risk Reduction Strategies
Warm up, Stretch
Review, Combination Drills

**Week 8 October 21&23:**
Lecture/Discussion: Date Rape Mentality
Warm up, Stretch
Review, Elbow Strikes, Floor Movement

**Week 9 October 28&30:**
Lecture/Discussion: RAD Continuum of Survival
Warm up, Stretch
Review, Breaking Holds, One Minute Drill
Week 10 November 4&6:
Lecture/Discussion: RAD Continuum of Survival
Warm up, Stretch
Review, Ground Defense and Falls

Week 11 November 11&13:
Lecture/Discussion: Principals of Self Defense
Warm up, Stretch
Review, Key Chain Defense

Week 12 November 18&20:
Lecture/Discussion: Defensive Mindset
Warm up, Stretch
Review, Combination Drills

Weeks 13, 14 and 15 - November 25,27, December 2,4,9,11:
Simulations