

## Police Department

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## Media Relations Information for 02/25/2013

Public Relations Officer - Sgt. John Krueger Office: 281-842-3161

## **Another LPPD Rape Aggression Defense course completed:** Additional series to be hosted in May



February 2013 Course participants

A few of La Porte Police Department's members who are trained and certified in Rape Aggression Defense (RAD) System techniques recently celebrated along with the graduates of another RAD course hosted by the agency. With the success of the program, and recognizing its unmistakable value, LPPD will begin hosting another course in mid-May. One of La Porte's RAD instructors, Officer Matt Parsons, expressed his observation that the latest set of RAD course graduates appeared to feel a strong sense of empowerment upon completing the course.

The four, 3-hour, days of RAD coursework are scheduled for two weeks in a row from 6 p.m. to 9 p.m., with each daily class building on the former. The course days are not consecutive, yet are intentionally spread out, as the program is both physically and mentally intensive. Nevertheless, LPPD's RAD instructors are committed to making the course dates fun and enjoyable, as well as genuinely educational. The next series will begin on May 15<sup>th</sup>, with dates for the other three courses being finalized after the 10-person roster is filled.

For those unfamiliar with the RAD System, it is, in essence, a program of realistic, self-defense tactics and techniques. RAD is a comprehensive course that begins with awareness, prevention, risk reduction, and avoidance, while progressing toward the basics of actual hands-on defense training. It is important, however, that potential participants understand that RAD is not a martial arts program. The class, taught by LPPD's certified RAD Instructors, begins with classroombased orientation where workbooks and reference manuals lay the course foundation. During this initial phase, the entire physical defense program is outlined for both personal reference and continuous individual growth. Later, the physical techniques are discussed, and eventually encompass a series of comprehensive hands-on exercises.

The RAD training is open solely to women ages 13 and up; younger ladies under the age of 18 must attend class with their mother or legal female guardian. A growing and wide-spread acceptance of the system has been observed as a result of the ease, simplicity, and effectiveness of its tactics, combined with its supportive research, legal defensibility, and unique teaching methodology. In essence, La Porte's RAD program is dedicated to teaching women defensive concepts and techniques against various types of assault, by utilizing easy, effective, and proven self-defense tactics. This system of realistic defense will provide women with the knowledge to make an educated decision about resistance.

Registration has already begun for La Porte's May 2013 RAD course, and slots will be filled on a first-come basis. The 4-Day program is free and all manuals and documents will be provided to the students. For more information on the RAD program, including registration information, please contact La Porte Officer Matt Parsons at 281-604-6787, or via email at: parsonsm@laportetx.gov.