Introduction

Rape Aggression Defense (RAD) is a hands-on self-defense course designed “To develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked.” Hands-on means you will not only be shown how to defend yourself, but you will have the opportunity to employ learned methods and techniques in class, on practice equipment, and ultimately, in simulation. In addition to hands-on practice, you will receive lecture instruction covering such issues as risk awareness, defensive mentality, personal weapons and vulnerable locations, just to list a few.

We are confident you will have a truly rewarding experience. This experience, we are sure, will have a positive and lasting impact on how you feel about yourself and your ability to protect yourself.

Academic Requirements: .5 Credit

In order to maintain the integrity of the university education you are receiving, you will also be required to complete assignments and demonstrate an academic knowledge of materials covered.

Assignments: Assignments will be given during the semester. Each of the assignments will be due on the date shown on the syllabus. Assignments are not meant to be thesis exercises but are designed to provoke thought and understanding.

• Essays should be one page of double-spaced type. The font size used will range between 10 and 12 points depending on your preference.

Quizzes: Quizzes will also be administered during the course. These quizzes will insure you have a working knowledge of concepts being covered. The quizzes are take-home and are open book but not open buddy.

Practical Demonstration: Practical demonstration will be required towards the end of the semester. This demonstration will be conducted during your normal class time. You will need to show through demonstration you understand and can execute the defensive techniques you were taught. More information will be given prior to the demonstration.

Simulation: Simulation allows the opportunity to employ techniques you have learned in a controlled environment. The exercise is necessary to demonstrate you have the tools and ability to viably defend yourself during an assault. If you have concerns, please talk with one of the instructors.
Grading:

Requirements
In order to PASS the class:
1. 90% Attendance
2. 90% Of assignments must be turned in
3. Attend Practical test on techniques
4. Attend one simulation

<table>
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<tr>
<th>Date</th>
<th>Assignment Due</th>
<th>Lecture</th>
<th>Hands On</th>
<th>Reading</th>
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| Sept. 4    |                                          | • Introduction to class  

| Sept. 11   | Reason for Taking the Class              | • 4 Risks of Personal Safety  

| Sept. 18   |                                          | • Physical Defense Strategies  

| Sept. 25   |                                          | • Defensive Mindset  

| Oct. 2     | Survey: How Vulnerable Do You Feel in Utah County? | • Decision to Resist  

| Oct. 9     | Interview (20): What constitutes rape and do they differentiate between date and stranger rape? | • Review Techniques  

| Oct. 16    | Essay: Giving advice to a survivor of rape. | • Review Techniques  

| Oct. 23    | RAD Quiz #1                                | • Review Quiz #1  

| Oct. 30    | RAD Quiz #2                                | • Review Quiz #2  

| Nov. 6     | RAD Quiz #3                                | • Review Quiz #3  

| Nov. 13    |                                          | • Review Techniques  

| Nov. 20    |                                          |                       |
| Nov. 27    |                                          | 1st Simulation  

| Dec. 4     |                                          | 2nd Simulation  

| Dec. 11    |                                          | Review video  

Class evaluation forms  
Sign books