



SUBMISSION FORM

All submission forms must include the following information. Separate submission forms must be turned in for each eligible program. **Deadline: July 1, 2023.** Please include this submission form with the electronic entry. If you do not receive an email confirming receipt of your entry within 3 days of submission, please contact [Gage Harter](#).

PROGRAM INFORMATION

County: Prince William County
Program Title: Rape Aggression Defense Systems (R.A.D. Systems)
Program Category: Criminal Justice & Public Safety

CONTACT INFORMATION

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SIGNATURE OF COUNTY ADMINISTRATOR OR DEPUTY/ASSISTANT COUNTY ADMINISTRATOR

Name: Christopher J. Shorter
Title: County Executive
Signature:

Prince William County Sheriff's Office

R.A.D. Systems of Self Defense

Brief Overview

The Rape Aggression Defense Systems of self defense classes offered by the Prince William County Sheriff's Office is a program for women and young girls. These classes are designed to help students create a safer future for themselves. Classes include educational components comprised of lecture, discussion, and physical resistive strategies. These are designed to give students the confidence to consider self-defense as a viable option against potential attacks. Our program also supports the necessity of continuous learning to provide realistic options of self-defense for women and young girls as they go through life.

R.A.D. instructors are supported by a network of dedicated professionals who honor one another's students through a Lifetime Return and Practice Policy. Classes are facilitated by certified R.A.D. instructors from the Prince William County Sheriff's Office, who will challenge students to evolve into an existence where violence is *not* an acceptable part of daily life.

Prince William County Sheriff's Office
R.A.D. Systems Basic Physical Defense Class

Executive Summary

Prince William County Sheriff's Office has taught R.A.D. Systems International Basic Physical Defense class for women, BPD, for approximately ten years. The program was developed by Larry Nadeau, Director of Instructor Development and Founder, and is available around the world. It is a self-defense system consisting of short-term training classes utilizing a building block method of teaching. Sheriff Hill wanted to provide the class to women within Prince William County to help them build confidence and learn self-defense techniques. The class is offered free of charge approximately three times a year and is held at the event hall attached to the Greater Manassas Volunteer Rescue Squad, next to the Judicial Center. Six, full-time deputies comprise the instructor cadre and all training and equipment have been purchased from R.A.D. Systems, Intl. To date, there have been twenty-three classes with approximately 230 students trained in BPD.

Prince William County Sheriff's Office
Rape Aggression Defense (R.A.D.) Systems

The increase in violent crime against residents in Prince William County these past few years is unprecedented and alarming with many victims being women of all ages. The public safety community has many resources to help, but only after an event has happened. Women are seeking protection whether by purchasing self-defense weapons, i.e., pepper spray or knives or taking classes like Tae Kwon Do or Krav Maga. These are great avenues to explore, have, and use, but many community members cannot afford the additional expense. That was a problem Sheriff Hill was determined to find a solution for.

Sheriff Hill first heard of R.A.D. over ten years ago and decided that implementing the program would be one way the agency could help women build confidence, develop awareness, and learn self-defense techniques. The class has been offered, free of charge, to residents of all localities within Prince William County since its start ten years ago. Many of our prior students told us they enrolled because they were becoming concerned and/or afraid for their lives while out in the community. These women went searching for self-defense programs or classes they could join that were local and inexpensive. They found the R.A.D. program on our Facebook page and decided to give it a try.

We offer the R.A.D System of self-defense, more specifically basic physical defense for women. R.A.D. stands for Rape Aggression Defense and was developed many years ago by Larry

Nadeau, the founder of R.A.D. Systems, International. It is a system of self-defense that is easy to learn and use for women of ages from 12 to senior citizen age! It's short-term training classes in a progressive building block format allows students to easily grasp and execute the techniques. The 12-hour program is taught over four non-consecutive nights with the final night consisting of scenario based practical exercises. Not only do we teach these techniques, but we also provide a PowerPoint presentation explaining situational awareness and self-awareness to students on how to use their voice, "case" their homes for security vulnerabilities and increased awareness while out in the community. Once students have completed the class, they can utilize R.A.D.'s lifetime return and practice policy anywhere in the world. Many students have taken advantage of this policy and have participated in our scenarios although they originally took the class elsewhere.

R.A.D instructors are full-time deputies who commit their time, off-duty, to the program to help train students in learning the techniques. All equipment was purchased from R.A.D. Systems, Intl., and consists of impact targets and shields, which are pads of various sizes, suits, and instructor padded suits. The suits especially are very expensive with a participant suit costing \$500, and an instructor suit priced at \$1800. Instructor training costs are \$550 per attendee and the agency has six instructors and three instructor suits. Sheriff Hill budgets for the costs of all equipment, training, and compensation for instructors and does not pass that cost to the students. Many other agencies charge an attendance fee for enrollment to offset costs.

The Prince William County Sheriff's Office routinely hosts three classes throughout the year, during spring, summer, and fall, dependent on instructor availability. Due to the lack of space inside the judicial center to conduct this type of class, we had to look for suitable accommodation. This led us to contact the Greater Manassas Volunteer Rescue Squad (GMVRS) for assistance and more specifically, use of their event hall. Sheriff Hill has a long-standing relationship with GMVRS auxiliary members in charge of the hall as he's hosted numerous events there in the past. The members allow us to use their hall, which is adjacent to the judicial center, free of charge. The facility has ample parking, tables, chairs, and floor space which allows us to provide a suitable and comfortable training environment.

At the conclusion of the four-day class, on the last night, we hand out evaluations to the students and ask for their honest feedback. Our students have been unanimous in their praise of the program's easy-to-learn techniques, instructor ability and enthusiasm and convenient location. We have provided 23 classes over the past ten years and trained approximately 230 women from ages 12 to 75. This program has been a success for our agency these past ten years and is a wonderful resource and community outreach that allows the Sheriff's Office to help change women's lives.