

## What is RAD?

Rape Aggression Defense Systems was established 20 years ago by a network of dedicated instructors. The group and all they have trained believe self defense should be easy to learn, easy to retain and relatively easy to employ if needed.

RAD instructors believe the training should be affordable and accessible. They believe it is more effective to oppose violence with education and preparedness. And the courses empower women to confidence they did not know they had and skills they never believed they could learn.

## Our instructors

Detectives Norma Alber and Travis Adamson have instructed hundreds of women on basic self-defense skills in the decade since the Elkhart County Sheriff's Department first began offering this training.

Alber became a police officer in 1995 and earned certification as a self-defense trainer in 1998. She dedicates hundreds of hours each year to instruct both women and children.

Adamson joined the department in 1999 and has spent most of his career investigating cases involving drugs and violence. He became a certified RAD trainer in 2008, soon after his promotion to the detective bureau.

## Frequently asked questions

### Do I need to be in peak physical condition to participate?

No. The RAD course offered by the Elkhart County Sheriff's Department is paced for individuals with no background or experience in physical skills training.

### What can I expect to learn?

After completing the course, participants regularly tell us they feel better prepared to fend off an attacker and generally have more confidence to deal with new or unfamiliar situations and surroundings.

### How long is the training?

Women must complete all four nights of instruction, about 12 hours total. The course is taught in a traditional classroom setting and in a workout room

### How much does this training cost?

As a service to the community, the sheriff's department offers classes regularly that are free of charge and open to the public.

### Can I arrange for private sessions?

Businesses, churches and other groups may organize a private class for a fee. For more information, contact Detective Norma Alber at (574) 533-8644 or [nalber@elkhartcountysheriff.com](mailto:nalber@elkhartcountysheriff.com).

### Is this training open to just women?

Yes, but the sheriff's department offers separate training for children to learn basic decision-making skills and physical resistance techniques.



# Can you protect yourself?

Women learn important techniques to stay safe during critical situations



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— Confidence to protect yourself and children when facing a threat of physical violence —

# A true believer in RAD

I work in downtown Elkhart, sometimes late at night. I've never felt very safe being on my own in a parking lot or walking down the street, and the older I get, I feel like I hear about crimes and violence more and more every year.

After I had my child, I decided it was time to learn how to defend myself. I was nervous about taking the RAD

class offered by the sheriff's department, but the instructors were very personable, friendly and supportive, willing to take the time to work with everyone to make sure we understood and were doing things correctly.

While the class was physically challenging, I am so glad that I took it. Now I can walk around downtown

confident and aware of my surroundings. It truly made me feel empowered – I'm not afraid to meet the eye of passerby, and feel confident about protecting myself and my child.

I plan on sending my daughter as soon as she is old enough, and recommend this course to every woman.

— **Mary from Goshen**



## Why be prepared?

... Because 232,960 American women reported sexual assaults, rapes or attempted assaults in 2006. Of those, about 156,000 of the crimes were committed by acquaintances.

... Because 75,750 women were injured and their personal property taken during robberies at their homes or in public places.

... Because in the 3.2 million crimes of violence

reported in 2006, 62.9 percent of the victims said the self-protective measures they took helped the situation.

Source: U.S. Department of Justice statistics, [www.ojp.usdoj.gov/bjs/pub/pdf/cvus06.pdf](http://www.ojp.usdoj.gov/bjs/pub/pdf/cvus06.pdf)

— For class dates, visit us on the Internet: [elkhartcountysheriff.com/selfdefense.html](http://elkhartcountysheriff.com/selfdefense.html) —