



City of La Porte

Established 1892

Police Department

Recognized as a Best Practices Agency by
the Texas Association of Police Chiefs



Media Relations Information for 01/09/2019

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**Rape Aggression Defense courses being offered by LPPD
Starting January 28th, 2019**



Photo: RAD SYSTEMS Inc.

The La Porte Police Department would like to announce to area residents, beginning January 28th, 2019, the agency will offer another Rape Aggression Defense (RAD) training courses at its facility, located at 3001 North 23rd.

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 participants understand that RAD is not a martial arts program. The class, taught by LPPD's certified RAD Instructors, begins with a classroom-based 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.

Four, 3-hour, days of RAD coursework are scheduled for two weeks in a row, on January 28th, 30th, & February 4th and 6th. All classes run from 6 p.m. – 9 p.m., with each daily class building on the former. The course days 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.



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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 female legal 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. Essentially, 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.

The January RAD course will be open to a total of 15 students, and registration will be 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 Matthew Parsons at 281-604-6687, via email at parsonsm@laportetx.gov FaceBook @LaPortePoliceDepartment or <http://laportetx.gov/514/Rape-Aggression-Defense-Courses-RAD>