

The Campus Safety Department is proud to offer the cornerstone of self-defense training to the women, men and children of Milton Academy.

BASIC



R.A.D. is the largest network of its kind with over 7000 Instructors receiving training in our systems to date. These Instructors teach at various colleges, universities, and municipal law enforcement agencies as well as various other community organizations internationally. R.A.D. has trained more than 300,000 women since the program began in 1989.

The course includes lecture, discussion and self defense techniques, suitable for women of all ages and abilities. Classes range from nine to twelve hours in length.

Keychain Defense Options

Continuing to enhance the many options of self defense, this program is puts an impact weapon in the hands of the students. The R.A.D. Keychain Defense Options course is one of the only realistic and court-defensible impact weapons programs available for the general public. Combining proven R.A.D. Physical Defense strategies with revolutionary impact weapons defense techniques makes this program a worthy addition to the R.A.D. System. Realistic employment, combat effectiveness, "light impact", fluid transitions and even simulation training exercises are all part of this program. This program revolves around use of the Kubotan in conjunction with weapon-enhanced physical skills. "No Flash and Trash" techniques here, only the best of the best!

For MEN



Resisting Aggression with Defense was developed by R.A.D. Systems in 2001. This course also has its foundations in education and awareness. The course includes lecture, discussion and self defense techniques, suitable for men of all ages and abilities. Classes range from nine to twelve hours in length, depending on the Instructor.



The radKIDS Personal Empowerment Safety Education Program is a 10-hour family centered safety education program that emphasizes essential decision-making skills as well as physical resistance options to escape violence. Children from 5-12 years of age participate in the program with their adult partners to create a true safety partnership. radKIDS is the national leader in children's safety education and provides the only holistic, practical and realistic life skills safety program available for children and parents today.

radKIDS teaches children individually in an activity based hands-on training classroom, which means every child participates in all activities.

In order to teach R.A.D. Systems Classes, Instructors must meet certain pre-requisites, successfully complete the Instructor certification course, and then maintain those qualifications over the course of their career.