

## Self-Defense and Florida Law

776.012 Use of force in defense of person.

A person is justified in using force, except deadly force, against another when and to the extent that the person reasonably believes that such conduct is necessary to defend himself or herself or another against the other's imminent use of unlawful force.

However, a person is justified in the use of deadly force and does not have a duty to retreat if:

- (1) He or she reasonably believes that such force is necessary to prevent imminent death or great bodily harm to himself or herself or another or to prevent the imminent commission of a forcible felony; or
- (2) Under those circumstances permitted pursuant to s. 776.013.



Sheriff Ken J. Mascara

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St. Lucie County Sheriff's Office  
proudly hosts the following R.A.D.  
Programs

- radKIDS (children ages 5-12)
- R.A.D. Women's Basic Physical Defense (ages 13 and up)
- R.A.D. For Seniors (senior adult self-defense)

# WOMEN'S SELF-DEFENSE



ST. LUCIE COUNTY  
SHERIFF'S OFFICE

Ken J. Mascara, Sheriff

## What is R.A.D.?

R.A.D. (Rape Aggression Defense) is an empowering program that affords women an opportunity to enhance personal defense. It advocates realistically employable tactics, without the time investment, ceremony, regimen, or mystical concepts of the martial arts. The goal of the R.A.D. program is to develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked.

The R.A.D. System is a comprehensive, women-only course that begins with prevention techniques and strategies then progresses on to the basics of hands-on defense training. R.A.D. courses are taught by nationally certified R.A.D. Instructors and provide each student with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth, and is the key to our free lifetime return and practice policy for R.A.D. graduates.



Photo courtesy of Richard Graulich/Palm Beach Post

Research indicates that spontaneous resistance is instinctive when an individual is confronted by an aggressor. Since it is natural to resist aggression, the Sheriff's Office takes serious the responsibility to teach citizens to effectively resist criminal aggression.



Photo courtesy of Richard Graulich/Palm Beach Post

## Empowering Women Through Self-Defense

Self-defense training should be used as a vehicle to empower women. By bringing together the elements of education, dependency on self, responsibilities in decision-making, and self-realization of physical power, R.A.D. courses not only convey practical technique, but can also change lives.

The main objective in taking any self-defense course is to learn the options available to protect yourself. 90% of self-defense education is focused on risk awareness, risk reduction, risk recognition, and risk avoidance. Simply stated, the majority of self-defense is avoiding dangerous situations; however, the larger part of self-defense training is skill development.

## Frequently Asked Questions

### **1. Do you need any prior experience to attend this class? Do I need to be in top physical shape to participate?**

No. This program is designed for the average woman with no previous experience or background in physical skills training.

### **2. Is this program one person's opinion?**

The R.A.D. program as it appears today is a result of the contributions of many R.A.D. instructors across the United States and Canada.

### **3. How many women have taken this program?**

To date, over 250,000 women have attended R.A.D. Basic Physical Defense Program.

### **4. How long is this program?**

The Basic Physical Defense program, as offered by SLSO, is a fifteen-hour course.

### **5. Can I bring my younger daughter with me?**

Yes. It is very common for mothers and daughters to attend this program together. In addition to developing and enhancing their options of self-defense, it seems to be a great bonding experience for them.

### **6. What are the requirements to become an instructor?**

Any woman with the desire to share this information with other women may become an Instructor. Men who wish to become R.A.D. Instructors must have a law enforcement background or be willing to submit to a background investigation.