

YOUR NEXT STEPS

YOUR SELF DEFENSE JOURNEY DOESN'T END HERE.

YOU SHOWED UP. YOU LEARNED SOMETHING NEW. NOW WHAT?

Congratulations on taking the first step toward becoming more proactive about your personal safety!

Understanding a technique and performing it under pressure are different skills.

CONFIDENCE COMES FROM PREPARATION. SKILLS COME FROM PRACTICE.

01 CONTINUE LEARNING ONLINE

TRAIN ANYTIME. ANYWHERE.

Your education doesn't have to stop when you leave the mats.

Hero Self Defense Academy offers online education to build your understanding of violence prevention, personal safety, and self defense.

START WITH OUR FREE ONLINE TRAINING.

Explore topics including:

- Situational awareness and threat recognition
- Personal boundaries and decision-making
- Violence prevention strategies
- Personal protection planning
- Self defense concepts and principles

Online learning reinforces what you have learned. It doesn't replace hands-on instruction and physical practice.

02 TAKE YOUR TRAINING FURTHER

INTENSIVE TRAINING COURSES (ITC)

Ready to build on the skills you learned today?

Our Intensive Training Courses offer extended, hands-on training over a weekend, giving you more time to learn, practice, and develop your skills.

WHY ATTEND AN ITC?

- More time for hands-on instruction
- Additional techniques and practical applications
- Repetition and skill development
- Deeper understanding of prevention and self defense
- Training with women committed to personal safety

EXPLORE UPCOMING TRAINING:

MEANGIRLSELFDEFENSE.COM

03 FIND QUALITY TRAINING

NOT ALL SELF DEFENSE TRAINING IS CREATED EQUAL.

QUALIFIED INSTRUCTORS

Look for relevant experience, substantial training, and the ability to teach safely and effectively.

REALISTIC TRAINING

Training should address awareness, avoidance, boundaries, decision-making, and escape.

PRACTICAL SKILL DEVELOPMENT

Look for practice against appropriate resistance as your skills develop.

A SAFE, SUPPORTIVE ENVIRONMENT

Instructors should respect your boundaries, experience level, and physical abilities.

HONEST EXPECTATIONS

Be cautious of promises that one technique or a short course will make you completely safe.

04 MAKE TRAINING PART OF YOUR LIFE

SMALL STEPS. CONSISTENT PROGRESS.

Start by incorporating what you learned into your everyday routines.

THIS WEEK, CHALLENGE YOURSELF TO:

- Identify exits and available assistance.
- Practice communicating personal boundaries.
- Review your personal protection plan.
- Discuss safety strategies with someone you trust.
- Explore training opportunities in your area.
- Enroll in our free online academy.

THE GOAL ISN'T TO LIVE IN FEAR.

Build knowledge, judgment, and skills that give you more options.

KEEP LEARNING. KEEP GROWING.



FREE ONLINE TRAINING

Hero Self Defense Academy
Join our free academy on Skool.



MEAN GIRL SELF DEFENSE

Find training and resources.
meangirlselfdefense.com