

CONTINUE YOUR TRAINING WITH MEAN GIRL SELF DEFENSE

YOUR SELF DEFENSE JOURNEY DOESN'T END HERE.

Whether you're just getting started or ready to take your training further,
Mean Girl Self Defense offers several ways to continue learning.

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EXPLORE OUR WEBSITE

YOUR HOME FOR ALL THINGS MEAN GIRL

Visit our website to find upcoming seminars, certified instructors, training opportunities, and free educational resources.

MEANGIRLSELFDEFENSE.COM
- 02

FREE ONLINE TRAINING

LEARN ANYTIME. ANYWHERE.

Join Hero Self Defense Academy for free introductory training, violence prevention education, and resources you can revisit whenever you need them.

HERO SELF DEFENSE ACADEMY | SKOOL
- 03

MINI COURSES

FOCUSED TRAINING.
PRACTICAL KNOWLEDGE.

Explore individual topics through convenient online mini courses designed to expand your knowledge of personal safety, violence prevention, and self defense.

Learn at your own pace and focus on the subjects most relevant to you.
- 04

INTENSIVE TRAINING COURSES (ITC)

TAKE YOUR TRAINING OFF THE SCREEN.

Our weekend Intensive Training Courses offer extended, hands-on instruction, additional practice, and opportunities to develop your physical self defense skills.

Build on the foundations introduced in our seminars with more in-depth training.
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BECOME A MEAN GIRL INSTRUCTOR

TURN YOUR TRAINING INTO AN OPPORTUNITY TO TEACH OTHERS.

Interested in helping women become better prepared to protect themselves?

Explore our instructor development and certification pathway, designed for individuals committed to developing the knowledge, physical skills, and teaching abilities necessary to instruct responsibly.

Instructor certification requires demonstrated competency, not simply attendance.

THE MEAN GIRL SELF DEFENSE CURRICULUM

SIX LEVELS. ONE MISSION.

L1	L2	L3	L4	L5	L6
LEVEL 1 20+ hours	LEVEL 2 50+ hours	LEVEL 3 80+ hours	LEVEL 4 150+ hours	LEVEL 5 300+ hours	LEVEL 6 400+ hours

Training hours represent cumulative curriculum milestones.
Progression requires meeting the applicable skill and competency standards.

READY FOR YOUR NEXT STEP?

Explore training opportunities, find an instructor, or join our online academy.



VISIT OUR WEBSITE
meangirlselfdefense.com



FREE ONLINE TRAINING
Hero Self Defense Academy | Skool

YOU ARE WORTH THE FIGHT.

BUILT TO SURVIVE. TRAINED TO RISE.