



BECOME A MEAN GIRL

INSTRUCTOR

2026

Our Vision

We exist to build confident, resilient women with unshakable self-worth through continuous training in self-defense-based martial arts—within a tribe that is strong, uplifting, and unapologetically supportive.

We are not here to compete with other programs.

We are here to evolve the standard and build an empowered community of female leaders.

Our system welcomes instructors from all martial arts backgrounds. Experience in other disciplines is respected, valued, and encouraged. We are not “selling” Brazilian Jiu-Jitsu or Krav Maga—these are tools, not identities. Our curriculum is fluid, adaptive, and constantly evolving to meet real-world threats and modern realities.

Our Commitment

Our focus is simple and uncompromising: a COMPLETE women’s self-defense system.

A woman who completes our full program will graduate with the ability to protect herself, understand violence, and teach others—confidently and responsibly.

Program Outcomes

A graduate of our full system will have:

- Blue belt-level proficiency in Brazilian Jiu-Jitsu
- Green belt-level proficiency in Krav Maga
- Strong foundation in avoidance and situational awareness
- Understanding of predatory behavior and offender psychology
- Ability to recognize signs of abuse and unhealthy relationships
- Basic criminology knowledge
- Awareness of human trafficking indicators
- Working knowledge of self-defense laws
- Solid hand-to-hand combat fundamentals
 - Standing and ground
- Weapons defense and improvised weapons use
- Firearms safety and fundamentals

THIS IS NOT ABOUT BELTS.

THIS IS ABOUT PREPAREDNESS, LEADERSHIP, AND IMPACT.

If a woman completes our program she will be:

Safe on the street.

Safe in her home.

Safe in relationships.

And capable of teaching self-defense because she truly understands it.





What Is Mean Girl Self Defense?

Mean Girl Self Defense (MGSD) is a nationwide women's self-defense program built to create confident, resilient, self-aware women—not just fighters. We believe self-defense is a human right, and our classes are high-energy, educational, and actually fun for women of all ages and abilities. We build community, confidence, and a tribe of women who refuse to live small. MGSD isn't a one-off class or a gimmick. We offer a full, evolving curriculum that teaches real-world violence prevention and progresses students to an intermediate level in Brazilian Jiu-Jitsu and Krav Maga—using them as tools, not labels.

● What Sets Us Apart?

We teach:

- Violence prevention, awareness, and defensive tactics
- Laws of self-defense, abuse, and trafficking awareness
- Striking (Boxing, Kickboxing, Muay Thai)
- Grappling (BJJ, Wrestling, Judo)
- Weapons and firearms fundamentals

Advanced levels include certifications in First Aid, CPR, survival, stop the bleed, and hunting safety, leading to expert and black belt qualifications.

This isn't about looking tough.
It's about being prepared, empowered, and dangerous in the right way.



● Why Teach With Us?

Because it works.

Our system is built, tested, and proven—90% completion, 30–40% continue, 25% move into ongoing martial arts training.

Because tribe matters.

We've built a strong, positive community of leaders. Teams > ego.

Because the brand fills mats.

200+ courses. 21–30 women per class. The name carries momentum.

You bring the skill.

We bring the system.

● What Makes Us the Ultimate Self-Defense Company?

Because we don't do this alone. Our executives, instructors, and members work as one team to create real impact—making women, families, and communities safer worldwide.



● How Can You Get Involved?

- Train as an MGSD instructor and teach seminars or programs
- Support the mission by helping fund outreach to underserved communities
- Spread the word and help grow the movement

What's Next?

Instructors begin by attending an Instructor Weekend or starting as a student, then completing an Immersion /Instructor Training Course (ITC) to certify.



Instructor Guidelines (The Non-Negotiables)

- Progress through all levels in order—no skipping. Experience it as a student first.
- Advance under certified instructors and test at official ITC weekends.
- You may begin at an Immersion / ITC.
- Background check required.

Do I Qualify as an Instructor?

The short answer is; ANYONE CAN DO THIS!
The harder answer is; ITS GOING TO TAKE A LITTLE ELBOW GREASE...

Level 1 – Seminar Instructor (2-Hour Seminars)



Requirements:

- Course 1 (online)
- Violence Prevention 101 (online)
- In-person ITC certification (1 weekend training with the team)
- Background check
- *50 hours of self-defense teaching experience (Assistant instructor hours count) WE HELP YOU WITH THIS!

Newer instructors may start as assistant instructors and repeat ITC at no cost until fully ready.

No ego.
No shortcuts.
Just capable, confident leaders.

Paid Courses

This is where it starts. Those ready to train deeper, teach more, and lead at a higher level can request our full instructor information packet, outlining access to Levels 1–5, mini-courses, private seminars, and advanced certifications within Mean Girl Self Defense.