

YOU CAN BE A MEAN GIRL TOO!



Train with us!



WHITE TO WHITE + PINK



BEGINNER - INTRODUCTION & FOUNDATION

Basic understanding of the fundamentals of self defense, violence prevention, defensive tactics, movement drills, introduction to hand to hand combat, introduction to striking, introduction to ground defense and grappling, defense from common grabs and holds, and bringing it all together. 20+ hours of training.



WHITE + PINK TO PINK + WHITE



STRIKING & GRAPPLING BASICS

Solidifying basic techniques learned in level 1 to gain muscle memory. Foundational skills in striking, kickboxing, and grappling techniques, building resilience and aggressiveness in order to take on a bigger stronger attacker. Introduction to abduction defense. 50+ hours of training.



PINK + WHITE TO SOLID PINK



INTERMEDIATE

Intermediate striking and grappling, incorporating transitions from standing to ground (throws and takedowns). Weapons defense, incorporating techniques from additional arts including FMA & Intermediate Krav Maga. 80+ hours of training.



SOLID PINK TO PINK + BLACK



ADVANCED

Bringing a level of proficiency to a solid intermediate level in Krav Maga (green belt - mid level) and BJJ (blue belt), as well as a good understanding of striking, movement, and weapons defense. Should be able to help teach levels 1-3 at this point. Focus on weapons defense, offense and firearms training. 150+ hours of training.



PINK + BLACK TO BLACK + PINK



ADVANCED - EXPERT

Focus is on classroom learning and workshops. Certificates in CPR, First Aid, Firearms CCW (in states where applicable), Hunting Safety Course, Trauma Informed Certification, Criminology studies, Human Trafficking, cross training and more. 300+ hours of training plus**



BLACK + PINK INSTRUCTOR

BLACK BELT - EXPERT INSTRUCTOR

Level 6 is only obtained by instructors who have completed all levels, have completed 1000+ hours of teaching self defense, and have obtained a black belt in Krav Maga, and/or Brazilian Jiu-Jitsu - both of which can be obtained through our classes and programs. 400+ hours of training plus**.