



How to Join SheFighter Movement

SheFighter is a Self-Defense/ Martial arts system for women only. It has its own Manuals, Uniform and testing systems.

SheFighter is designed to empower women physically, mentally and emotionally through Self-Defense training.

SheFighter has been founded in 2012 and has trained more than 18 thousand women and certified 550 Instructors all over the globe.

The TOT (Training of Trainers Level System) consists of 5 Levels:

- Pink Level (Beginner)
- Silver Level (Intermediate)
- Black Level (Advanced)
- Gold Level (Professional)
- Master Level (Master)

WHAT ARE THE REQUIREMENTS TO RECEIVE Pink and Silver Level TRAINER CERTIFICATE?

To receive a **Pink Level**, and **Silver Trainer** Certificate, one must:

- Attend the entire 6 days course (approximately 24 hours/ 4 hours each day). Attendance includes full exposure to all lectures, full participation in all practical breakout sessions, and full participation in all workouts.
- Pass the SheFighter Pink and Silver test.
- Sign the SheFighter Trainer License agreement and agree to the policies outlined in the SheFighter trainer Handbook, the Waiver and Release of Liability, and the Confidentiality Agreement.
- Pay all course/test fees in full.

If you do not meet these requirements, you are issued a Certificate of Attendance.



Note: In order to be qualified to teach the SheFighter System, one must get certified with both Pink and Silver Levels together.

WHAT ARE THE REQUIREMENTS TO RECEIVE Black and Gold Level TRAINER CERTIFICATE?

To receive a **Black Level**, and **Gold Trainer** Certificate, one must:

- Attend the entire 7 days course (approximately 28 hours/ 4 hours each day). Attendance includes full exposure to all lectures, full participation in all practical breakout sessions, and full participation in all workouts.
- Pass the SheFighter Black and Gold test.
- Sign the SheFighter Trainer License agreement and agree to the policies outlined in the SheFighter trainer Handbook, the Waiver and Release of Liability, and the Confidentiality Agreement.
- Pay all course/test fees in full.

If you do not meet these requirements, you are issued a Certificate of Attendance.

- **SheFighter Self-Defense Seminars consists of one of the options:**
- 4 hours /Day: You will be provided with a certificate of participation
- 8 hours (4 hours each day / 2 Days: You will be provided a Self-Defense Manual and a certificate of participation



SheFighter Trainers Levels Prices

TOT Prices (Training of Trainers) :

Level	Full Course	Early Bird/ Before 5 days of actual starting date	Number of hours	Number of Participants
Pink & Silver	530 USD	480 USD	24 hours	Minimum 10 and maximum 20
Black & Gold	675 USD	590 USD	28 hours	Minimum 6 and maximum 20
Master	890 USD	790 USD	24 hours	Minimum 6 and maximum 20

Self-Defense Seminars Prices:

Item	Price/ Per Person	Number of Participants
Seminar for 4 hours	150 USD	Minimum 10 and maximum 30
Seminar for 8 hours	250 USD	Minimum 10 and maximum 30

- **SheFighter Merchandise/ Uniform Prices for Trainers Level System:**

Products	Price (USD)	Sizes
SheFighter Gloves (Mandatory)	\$45	8,10 and 12
Handwraps	\$15	5 meters
SheFighter Pants (White/Black)	\$35	S,M,L (White), Black (M,L)
SheFighter T-Shirts	\$30	S,M,L and Kids sizes
SheFighter Hoodies	\$40	S, M, L, and XL

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