



CERTIFICATE

50445

This is to certify that

Jennifer Werner

has successfully attended the program named below.

YCF KRAV MAGA FEMALE INSTRUCTOR

according to the standards set by the YCF Network.

The YCF Krav Maga Female Instructor Program includes

Understanding the YCF Logic and Background of Female Defense Trainings • Female Socialization and Effects on Female Self-perception • Objectives and Contents of the YCF Krav Maga Female Training: Disinhibition, Building Self-Efficacy, Female Mindset, Role Models, Reduction of Fears, Modification of Beliefs, Voice Training, Warrior Mindset, Tactical Education • Background on Domestic Violence, Stalking, Sexual Violence, Rape Myths, Crime Scenes, Perpetrators, Offender Strategies, Development of Traumas, Triggers, Dissociation and Adequate Treatment of Traumatized Trainees, Stabilization Techniques, Instructor Role and Skills • Building Special Girl and Women Trainings • Role-Playing.

YCF Krav Maga is a professional tactical self-defense concept adapted to the needs of military personnel, law enforcement officers as well as civilians. For more information visit www.you-can-fight.com.

This certificate does not include any special graduation to the trainee.



Cologne, GE 2022-02-20

Director YCF Female Defense Program

Validation of this certificate can be checked at www.you-can-fight.com/validation.