

JULY 2022



# **SASS GO INSTRUCTOR TRAINING**

DALLAS, TX

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# WELCOME TO TRAINING

**SASS Go Instructor Training is a landmark national program. It is eight weeks of intense physical, mental, and emotional training through which SASS Go Instructors are built.**

Each trainee is hand selected and extensively trained ensuring the utmost standard of care for every participant entrusted to us. SASS Go does not look for just anyone to become an instructor. We look for THE one. Digging in, moving through, and successfully completing a training of this magnitude empowers and equips our instructors to shoulder the responsibility of saving and restoring lives while fostering the courage, love, hope and ability it takes to change the world, one priceless human being at a time.

There are three distinct phases of training. Each phase is designed to target specific areas of growth. Trainees must successfully test out at the end of each phase to enter the next phase of training.

**Phase 1:** This is an in-person, 5 day/40-hour training week. Phase 1 focuses on intense physical defensive techniques, personal risk reduction, identifying predatory tactics and individual leadership development.

**Phase 2:** This is 6 weeks of interactive distance learning. Phase 2 focuses on the mental and emotional tools required to cultivate trauma-informed instruction, the pedagogy of tactical defense, SASS Go teaching methodology, and personal ethics.

**Phase 3:** The final step is demonstrating the mastery of skills acquired in Phases 1 and 2 within a 4-hour period. Trainees teach a simulated SASS Go course with their trainers acting as their participants. Trainees participate individually in this 3rd and final evaluation on all core competencies.

**In the end, SASS Go Instructors embody strength and sensitivity, fueled by a determination to see a world where women and girls are free from fear and abuse.**

# OVERVIEW

## Selection: FINDING THE RIGHT FIT

- Application & Background Check
- The Formal Interview
- The Audition Presentation
- The Fitness Test

## Phase 1: BUILDING A FIRM FOUNDATION

5 day/40 hour in-person training

- Intensive Physical Defense Training
- Threat Assessment Training
- Recognizing Predatory Tactics and Current Criminal Trends
- Leadership Development

## Phase 2: SOLIDIFYING SKILLS THROUGH STUDY

6-weeks of interactive distance learning

- Trauma Informed, Healing Focused Instruction
- Pedagogy of Tactical Defense
- SASS Philosophy
- Teaching Methodology
- Business & Ethics

## Phase 3: PREPARING FOR REALITY

4-hour individual evaluation

- Final Evaluation
- Course Simulation
- Instructor Certification

### Important Dates

- Applications Deadline: March 1/22
- Interviews: October 1/21 - March 14/22
- Phase 1: July 18 - 22/22
- Phase 2: August 1/22 - September 9/22
- Phase 3: Completed by October 1/22

### Training Costs

\$35 Application fee  
\$1000 Training Fee \*

\*Travel costs not included. \*Training costs may be reduced or waived in certain circumstances, including financial constraints of individual. \*If accepted into the Instructor Training Program, \$500 of the training cost is due by May 5, 2022. The remaining \$500 is due on June 1, 2022. Once paid, these amounts are non-refundable. \*Candidates who successfully complete training receive certification. \*Each certified instructor must enter into a licensing agreement with SASS prior to teaching. \*Participation in training does not guarantee certification or licensing as a SASS Go Instructor. \*Not included in this proposal are costs associated with mats and bags, insurance and LLC setup once certified.



# SELECTION

## THE CANDIDATE

SASS Go is on a mission to eradicate violence against women and girls globally. SASS Go participants celebrate self-worth, advocate for their inherent dignity, find their voice and gain the physical skill necessary to defend it all.

SASS Go Instructors personify everything the organization represents in their daily lives, and in the classes they lead. In the search for candidates the application process is stringent, not to discourage the general population, but to discover authentic depth and a shared commitment to saving lives and providing hope. We are searching, not for any candidate, but for the right candidate.

There is joy in all SASS Go does, but harder facts surrounding abductions, assault, violence, manipulation and stalking are approached and uncovered to protect the lives of the people we serve. The candidate we seek is prepared to shoulder the responsibility of teaching women to defend themselves as necessary, and to do so with enthusiasm and encouragement. SASS Go Instructors, Trainees, and Applicants hold themselves to impeccable standards to ensure the highest quality of care for every participant that walks through the door.

The SASS Go Standard of Demonstrated Ability (SODA) was created to gauge candidate ability and progression in an unbiased way and to ensure the very best, brightest, and most committed women stand ready to inform, lift up, lead and protect communities around the world as SASS Go Instructors. These standards are used throughout the duration of Instructor Training.

## STANDARD OF DEMONSTRATED ABILITY

### Individual Readiness

- Integrity
- Responsibility
- Leadership
- Teamwork
- Empathy
- Perseverance

### Physical Aptitude

- Strength
- Cardio
- Endurance
- Physical Coordination

### Instructional Ability

- Engaging
- Clear
- Versatile
- Confident
- Accurate

# THE APPLICATION PROCESS

All candidates must complete the following:

## •Application Form

For your convenience, our application process is completed entirely online. We can't wait to meet you! Before starting your online application, we strongly encourage you to review the application (included in this packet) to ensure you have the documents required to submit your application. There is a \$35 (nonrefundable) application fee. Applications are reviewed when all required attachments and fees are received.

## •Formal background check

Prior criminal activity of any kind may prevent a candidate from entering SASS Go Instructor Training for the safety of each of our participants and the integrity of the program.

## •Reference & Recommendation Form

Each candidate must provide SASS Go with three references, and two letters of recommendation to provide a view of their work and personal integrity. These references may not be family, and it is preferred that at least one is a current or former direct supervisor. PDFs of your recommendation letters will be uploaded to your online application.

## •Physician Approval

Instructor Training is a physically demanding program. Before training begins, for the safety of the candidate, a physician must complete the approval form confirming that the candidate is physically able to train without risk of bodily harm.





## THE INTERVIEW

We want to know you. A panel interview will be conducted to gain further insight into each candidate's desire to become an instructor, their individual character, personality and strengths. The interview will also provide candidates with an opportunity to tell SASS Go Leadership why they would like to be a part of the organization and further the mission of SASS in their community and beyond

### **The Presentation**

During the interview process candidates are required to give a 5-minute educational presentation teaching SASS Go Leadership about a particular topic or instruction on how to complete a task. The subject of this presentation is up to the discretion of the candidate. Candidates will be evaluated based on their clarity in delivery, ability to engage the audience, accuracy of information, preparedness, confidence, professionalism, and creativity throughout the presentation.

Each presentation **MUST** include the following statement at some point:

"Education is not preparation for life. Education is paramount for a successful life. When we develop a passion for learning, we will never cease to grow. Knowledge is liberating."



## THE FITNESS TEST

Lifelong health and fitness is important to SASS Go as an organization overall. For SASS Go Instructors general fitness is paramount to be able to educate, engage, and inspire their students with energy, accuracy, and endurance in every class. All SASS Go applicants must be able to meet the minimum requirements of the physical fitness test prior to attending Instructor Training. On-site fitness testing will be conducted at the beginning of training and passing the minimum standards is a prerequisite for entering Phase 1 of training.

### PHYSICAL FITNESS TEST

ACTIVITY	REPETITIONS	ALLOTTED TIME
Push ups	10 full/ 20 modified	2 minutes or less
Sit ups	20	2 minutes or less
Squats	30	2 minutes or less
Run	1 mile	12 minutes or less





**There are three distinct phases of training. Each phase is designed to target specific areas of growth. Trainees must successfully test out at the end of each phase to enter the next phase of training.**

# PHASE 1

## **Building a Firm Foundation**

In Phase 1 Candidates will participate in a 5 day, 40-hour in person training that provides the foundation for becoming a SASS Go Instructor. This is a time of intense physical training, in depth education, and exciting personal growth designed to be met with determination, passion and commitment from the candidates.

### **The Curriculum**

- Intensive Physical Defense Training
- Threat Assessment Training
- Recognizing Predatorial Tactics and Current Criminal Trends
- Leadership Development

### **Instructional Support**

Each day will include large group, small group and individual instruction concluding with an After-Action Review (AAR) providing candidates an opportunity to receive feedback regarding performance, encouragement, support, and highlight individual areas of focus for improvement.

### **The Evaluation**

Phase 1 culminates in individual candidate evaluations based on the SASS Standard of Demonstrated Ability (SODA). Training to become a SASS Instructor means there are 3 core competencies that have to be demonstrated on an exemplary level to move to Phase 2 of training. These core competencies are physical aptitude, individual readiness, and instructional ability. SASS Instructors demonstrate precision and strive for excellence in each of these areas to meet SODA Requirements.

**Passing the Phase 1 Evaluation is a prerequisite to entering Phase 2 of training.**

# PHASE 2

## **Solidifying Skills Through Study**

Candidates will spend six weeks adding to their educational repertoire through interactive distance learning, live webinars, supplemental articles, books and case studies while physically mastering each defensive skill they've learned.

### **The Curriculum**

- Trauma Informed, Healing Focused Instruction
- Pedagogy of Tactical Defense
- SASS Philosophy
- Teaching Methodology
- Business & Ethics

### **Instructional Support**

During this time candidates will get direct instruction, individual feedback, educational support and encouragement from group discussion, instructor mentoring, and an opportunity for candidates to express needs, ask questions, and provide feedback to the organization.

### **The Evaluation**

Phase 2 is a cumulative process. Each candidate will complete weekly online examinations demonstrating comprehension of the curriculum and support content provided.

**Passing the Phase 2 exams is a prerequisite to entering Phase 3 of training.**

A vertical photograph on the left side of the page shows the profile of a woman with blonde hair, looking towards the left. She is wearing a dark jacket. The background is slightly blurred, suggesting an outdoor setting.

# PHASE 3

## **Preparing for Reality**

The final step in Instructor Training is demonstrating mastery of all skills acquired through Phases 1 & 2 of training within a 4 hour period. Candidates will teach a simulated SASS Course in a safe environment with their trainers acting as participants. Candidates participate individually in this third and final evaluation on all core competencies.

### **The Curriculum**

- Course Simulation
- Physical Aptitude Demonstration
- Phase 3 Evaluation

### **Instructional Support**

Phase 3 of training is an opportunity to celebrate perseverance, endurance, commitment and accomplishment. It is a honor, and a joy, for SASS Leadership to partner with candidates through this process. Upon successful completion of Phase 3 evaluation, Candidates will receive their official SASS Instructor Certification.



# FROM THE TEAM

We look forward to each graduation of trainees, but also the process by which they earn their certification and become SASS Go licensed instructors. Although the process is arduous and demands a standard of excellence, there is a confidence that blossoms deep within the core of each instructor that has roots in compassion, joy, purpose and wisdom. These are the very virtues that will help them to thrive as they change the world one priceless human being at a time. It is our sincere honor to meet the candidates and guide them forward with honor and great intent.

Thank you for trusting us through this process.



-The Team at SASS Go Headquarters

