

## Instructor, Jade Rayne

Jade took her first women's self-defense class when she was 19 years old at the University of CA Santa Cruz. After taking numerous classes from different instructors, she trained for a year to become an instructor. Jade has been teaching women's self-defense for 30 years since her early 20s. First, in Santa Cruz and Monterey for 11 years and then in Sonoma County and the greater SF Bay Area for the last 19 years. Jade has a MA in Counseling Psychology, has worked with children of all ages and has worked as a social worker for 14 years. Jade assumes that in each class, there are survivors of sexual violence, dating and domestic violence, sexual harassment, etc. Jade is trauma-informed and strives to create an emotionally safe classroom environment.

Although for the majority of Jade's career, she has primarily taught girls and women (including Lesbian, Bi and Trans women), Jade believes everyone should know how to defend themselves and everyone should be able to train in self-defense. With this in mind, Jade recently expanded the classes she offers to include a broader range of students.

### Including Self-Defense & Assertiveness for...

#### Adult Women & Teen Girls

Girls age 13-15 should attend with a mother, older sister, aunt, or other supportive adult woman. Girls 16-17 may attend on their own without an adult as long as they have signed parental consent.

#### Mothers and Daughters

For girls age 10-14 to attend with a mother, stepmother, resource mother (foster mother), aunt or grandmother or any other supportive adult woman in the girl's life. Older daughters are welcome to attend but the class discussions are geared towards girls age 10-14.  
(verbal and physical skills are the same in all classes)

Teen Girls (age 14-19)

Teen Boys (age 14-19)

LGBTQIA/Gender Fluid/Non-Binary Teens  
(age 14-19)

Adult Female Survivors of Sexual Violence (18+)

Girls under 18 can only attend with a mother or other supportive adult woman.

Co-Ed/LGBTQIA+ Survivors of Sexual Violence

Students under 18 can only attend with a supportive adult.

Classes in the Schools

Middle School:

for Girls, for Boys or Co-Ed

High School:

for Girls, for Boys or Co-Ed

LGBTQIA+ Students:

those who are female-identified can attend the "Girls" classes, those who are male-identified can attend the "Boys" classes, anyone can attend the Co-Ed classes and schools may choose to offer classes specifically for LGBTQIA+ students.

Parents with Young Children  
for Girls & Boys (age 5-10)  
to attend with either or both parents

Senior Women (age 60+)

Seniors Co-Ed (age 60+)

### Private Classes

Jade offers private classes to individuals and groups, including groups of friends, schools, non-profits and businesses/corporations. Contact Jade to discuss options for private classes.

### Private Classes for Non-profits and Businesses

These classes are geared towards your organization's specific needs.

### Parental Consent

Signed parental consent is required for all students under 18. Parents/Guardians can provide an email address so the instructor can send the parental consent form to print, sign and the minor student can bring the signed consent to the first class session. Otherwise, blank forms will be provided at the first class session. In this case, the parent or guardian must be physically present to sign in order for the minor to participate.

### Payment Options

Prior to the start of class, Jade accepts Venmo, CashApp and PayPal.

Reserve your spot in the class by paying in advance.

If students choose to pay the day of the class, Jade accepts cash, check, Venmo and CashApp.

In cases where 2 people are attending together (like a mother and daughter, 2 sisters, 2 friends) you may submit the fee for one person in advance to hold the spot for both students and pay for the second person no later than one week prior to the start of class.

### Discounts/Scholarships

Jade offers various discounts for those who need them, including:

- Social Media Discount:  
for people on Facebook and/or Instagram.

- Multiple Family Member Discount

- For every person who attends the class who learned about the class from you, Jade will deduct \$15 from your class fee. Two people enrolled = \$30 off.

- Community Agency Discount  
for anyone receiving services from the YWCA, Verity, any of the local homeless service agencies, any of the local substance abuse treatment programs or are receiving County Aid such as Medi-Cal, CalFresh or Sonoma Works.

Tips to help you

have a great experience:

- Get a good night's sleep the night before
- Eat a healthy dinner the night before
- Eat a healthy breakfast (or lunch, if it is an afternoon class) at least 1 hour prior to the class starting
- Drink plenty of water before and during class
- Wear comfortable clothing and wear layers
- Bring lunch or snacks and water
- Arrive 10 min early so we can start on time
- Plan to stay for the entire class session