

## Comparison Chart

FEATURES	ONLINE COURSE	HYBRID COURSE	HYBRID COURSE: EARLY BIRD
		\$45	\$299
Intro to Self-Defense Mindset & Basic Skills	✓	✓	✓
In-person instruction & practice with trained attackers		✓	✓
Dynamics of Sexual Violence & Relationship Violence	✓	✓	✓
Defenses Against Grabs & Pins	✓	✓	✓
2 weeks unlimited Kickboxing and Shaolin Kempo Karate		✓	✓
Lifetime access & support through private online community	✓	✓	✓
2 extra weeks unlimited Kickboxing and Shaolin Kempo Karate & Hand Wraps			✓