



SMART DEFENSE

Malouf
Foundation

ELIZABETH
SMART
FOUNDATION



Smart Defense™ is a self-defense training program created by the Elizabeth Smart Foundation and designed specifically for women and girls. After being sexually assaulted on an airplane in the summer of 2019, Elizabeth Smart decided to help women and girls everywhere learn how to defend themselves.

The Smart Defense™ curriculum was designed by hand-picking self-defense techniques and skills from a number of martial arts styles including Krav Maga, Brazilian Jiu Jitsu, and Muay Thai. Each technique was selected with the objective of giving women and girls the skills to potentially stop an attack and to feel in control of their bodies and boundaries.

Traditional Smart Defense™ classes take place in a physical facility, usually a local martial arts gym, with at least two Smart Defense™ instructors. All instructors are thoroughly vetted and trained to be trauma-informed. To find a class, visit www.elizabethsmartfoundation.org/smart-defense.

SMART DEFENSE+

Smart Defense+: Smart Defense+ is the full Smart Defense™ curriculum available in an online streaming format. Videos depict Program Director Miyo Strong, instructor Jason South, and Elizabeth Smart performing various skills. Each video ends with homework and further instruction. It is accessible to women and families across the country by joining the Victory Club monthly donor program at www.elizabethsmartfoundation.org/victory-club-sign-up.



Smart Defense™ for Kids: Smart Defense™ for Kids is designed specifically for children ages 5-10. Kids learn how to protect themselves against bullies and predators, set boundaries, and practice consent all in a fun, active environment. Smart Defense™ for Kids is currently available periodically in Salt Lake City in a camp format. We plan to extend this program to more physical locations and an online option in the future.

SMART DEFENSE BUSINESS

Smart Defense™ for Business: Businesses are able to provide Smart Defense™ for their employees in a number of ways. Depending on Smart Defense™ resources available in an area, businesses can host a full four-week program, a weekend seminar, or offer employees access to Smart Defense+. Contact miyo@elizabethsmartfoundation.org for details.

Prospective participants can sign up for classes or online training by visiting www.elizabethsmartfoundation.org/smart-defense-enrollment.

If you have questions, please reach out to miyo@elizabethsmartfoundation.org.