



## National Women's Martial Arts Federation

# NWMAF Certified Self-Defense Instructor – Recertification Form

Adopted January 2012, Revised 2019

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### Criteria for Recertification

Certified instructors must re-certify every 5 years. To recertify, instructors should pursue professional development opportunities, especially via attendance at the annual SDIC conference sponsored by the NWMAF. Instructors must also be members in good standing with the NWMAF and pay a \$125 re-certification fee. The recertification application is also an opportunity to tell us how your teaching has grown during the recertification period.

### Contact Information

Name:

Year certified or year of most recent recertification:

Address:

City/State/Postal Code:

E-Mail:

Cell Phone/Other Phone:

### Submission Instructions

**Application Submission Options** (please check the option you choose)

- Online** (Preferred method) Complete the online form at <https://www.nwmaf.org/SD-Recertification>
- By Email** Complete this form electronically and send a copy of the file to [certification@nwmaf.org](mailto:certification@nwmaf.org) **or** manually complete the form, scan it, and send the scanned copy to the same email address.
- By Mail** Complete this form manually and request current mailing instructions by emailing [certification@nwmaf.org](mailto:certification@nwmaf.org).

### Payment Options

- Online** (Preferred) at <https://www.nwmaf.org/SD-Recertification> You may pay online even if you don't recertify using the online form
- By Mail** Make your \$125 check payable to NWMAF and mail to:  
National Women's Martial Arts Federation  
attn: Certification renewal  
9450 SW Gemini Drive  
Beaverton OR 97008-7105



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### Professional Development

Instructors need a total of 25 hours of Professional Development during the recertification period.

- 5 hours must be from SDIC, the Self-Defense Instruction Conference held annually in conjunction with the NWMAF training camp. All 25 hours may be from this source
- Up to 10 hours may be from participating as a teacher or student (beyond initial instructor training) in an NWMAF-accredited instructor training program
- CEUs from any helping profession (social work, nursing, et al) can also count towards this total, as long the CEUs are relevant to self-defense, violence prevention, or understanding violence-induced trauma

To be recertified, you must meet the following criteria:

1. Maintain current NWMAF membership.

My NWMAF membership is current

2. Pay a renewal fee of \$125 at the time of recertification.

- A. I paid the recertification fee online (preferred)
- B. I am mailing or have mailed a check

3. Professional Development:

- A. List at least 4 SDIC sessions (5 hours) or

i. Session 1: \_\_\_\_\_

ii. Session 2: \_\_\_\_\_

iii. Session 3: \_\_\_\_\_

iv. Session 4: \_\_\_\_\_

B. Years attended SDIC (all or most sessions): \_\_\_\_\_

C. Organizations and month/year that I have participated in instructor training:

i. Organization: \_\_\_\_\_

ii. Month/Year participated: \_\_\_\_\_

D. CEUs from helping professions:

i. Topics: \_\_\_\_\_  
\_\_\_\_\_

ii. Hours: \_\_\_\_\_



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4. Provide a short description of how you have grown as a self-defense instructor. Please choose from the following examples or add one of your own:
- You may have added/changed your curriculum in a meaningful way.
  - You may have begun teaching a different group or mix of students, i.e., middle schoolers, men, mothers and daughters, etc.
  - You may have taught at SDIC.
  - You may have volunteered your services to NWMAF to further grow the SD program.
  - Other.

*Describe here*



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5. Provide a short description of your teaching, mentoring, and other community activities. Please list examples of classes you've taught over the last 5 years (need not be totally comprehensive), any students or other teachers you have mentored, and any other community activities. In other words, how are you using the information you've learned to make your community a better place?

*Describe here:*