



JOB DESCRIPTION: Suited Instructor

REPORTS TO: Executive Director

IMPACT instructors provide opportunities for people to experience victory over fear and trauma. We teach life-saving skills designed to build confidence and safety. We work with an exclusive team of instructors who believe that self-defense is about much more than physical strikes, and are committed to helping others access their own power. Our graduates describe the experience as "life changing," "empowering," and as an important part of their trauma healing.

ABOUT THE POSITION

This position includes extensive training (200+ hours) to become part of a teaching team instructing persons of a wide range of ages and backgrounds to stay safe using awareness, boundary-setting, and full-force physical defense skills. Suited Instructors work in teams with our Whistle Instructors by playing the role of assailants or possible assailants while Whistle Instructors coach students. Suited Instructors present verbal and physical threats to students and serve as the target for students to practice physical strikes. IMPACT provides all training, gear, and equipment. Because of the significant cost and extensive training required for this position, we are looking for applicants willing to make a minimum 3-year employment commitment.

PAY RATE & SCHEDULE

Training is paid at \$16.30/hour and instructor pay starts at \$25/hour. The number of monthly hours per week after training is based on instructor availability and can range from 5 to 50 hours per month. Training and public classes take place on evenings and weekends. Private classes for schools, companies, etc. take place on weekdays; therefore weekday availability is also preferred.

QUALIFICATIONS

- Able and willing to teach a physically demanding curriculum (up to 8 hours per day / up to 3 days in a row) while wearing approximately 40 pounds of body armor and, while wearing the armor, sustain full-force strikes to the head and groin area
- Able and willing to provide support to class participants through a training process that at times may be difficult and emotionally charged
- Willing to play the role of primarily male assailants in simulated assault scenarios
- Substantial experience in at least one of the following areas: teaching, counseling, martial arts, work with trauma survivors, working with youth, social work, criminal justice, acting, improv, or personal safety
- Demonstrated capability in working with people of different ages, genders, and nationalities through teaching, customer service, etc.
- Reliable access to a car with cell phone preferred
- Evening/weekend availability required; occasional weekday availability preferred
- Bilingual (English/Spanish) preferred
- Personal qualities of reliability, flexibility, honesty, excellent communication skills, emotional intelligence and ability to set and keep healthy boundaries

JOB RESPONSIBILITIES

- Teaches IMPACT full-force physical self-protection skills to students
- Teaches IMPACT verbal de-escalation and self-protection skills to students
- Wears IMPACT body armor and utilizes it during classes

- Acts the role of primarily male perpetrators or untrustworthy males in simulated assault and potential assault scenarios
- Presents IMPACT curriculum to students and guests at graduations
- Attends quarterly staff meetings
- Lifts, moves and arranges heavy gym mats and other supplies in training space and returns equipment to its proper place
- Maintains individual schedule of off-site classes and arrives at classes in a timely manner
- Works as part of a team with other instructors

ABOUT IMPACT

For over 30 years, IMPACT Bay Area has offered violence prevention programs that empower community members with the confidence and skills to defend themselves and others. Our signature full-force self-defense courses offer students the opportunity to learn and practice verbal and physical skills under adrenaline against a Suited Instructor. Our courses are trauma-informed, and our instructors are trained to work with trauma survivors. The techniques we teach are research-based, effective, and accessible to many levels of physical ability. We currently offer affinity spaces for girl-, woman-, LGBTQ-, and BIPOC-identified people.

TO APPLY

Please send a resume and cover letter describing your passion for this work to linda@impactbayarea.org.

