WELCOME TO THE TEAM

GETTING STARTED

THE SELF DEFENSE COMPANY

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Getting the Most from the System Defense Company Training Platform

This is a 100% on demand and live interactive learning experience. It combines on demand video, social media and live training all in one place. You’ve logged in and you’re here – that’s a great first step.

1. If you ever run into trouble, make sure you:
   · Log out
   · Clear browser history and cache
   · Log back in here: https://www.myselfdefensetraining.com/login/
2. If that doesn’t work contact mailto:customerservice@theselfdefenseco.com
3. Access your program(s)

You will have access to the program purchased and under the membership.

If you click on a program to which you don’t have access you will get the ACCESS DENIED page. When that happens you can either UPGRADE or click BACK to your dashboard.

If you purchase a single program you will be brought to the BASIC DASHBOARD. You will only have access to the programs you have purchased.

Membership levels BRONZE, GOLD and ELITE will have access to all the programs on their dashboard with the EXCEPTION of Operation Phoenix. That is separate from the SDTS.
ALL MEMBER ACCESS

All programs and memberships have access to

Download all of the books and manuals to your device
The SDC LIBRARY: https://www.myselfdefensetraining.com/self-defense-library/

Latest news, articles and announcements

Post questions and comments and interact with other training members and instructors
The Training Forum: https://www.myselfdefensetraining.com/forums/

From your profile, click on the SITE ACTIVITY to see the latest comments and posts.
Site Activity: https://www.myselfdefensetraining.com/site-activity/
See a list of all the members on the SDTS platform and profiles.
All Members: https://www.myselfdefensetraining.com/members/

HOW TO USE THE PLATFORM

1. Start by clicking on the program you purchased or Module 1 of the SDTS program.

2. If you have any questions of comments, just post directly under the video – a Self Defense Company Instructor will respond.

3. SDTS Members
   a. After you complete a module – there is a quiz. Get 80 % or above and you will receive a COURSE COMPLETION Certificate. This is NOT a certification. In order to do that you will need an instructor to certify you, for that you will need LIVE TRAINING.

   Start with a live training Intro lesson. Click the link above and book the session there.
   a. After you purchase an Instructor will contact you to set up a time to meet. All you need is an internet connection – we will take care of the rest.
   b. You do NOT need to be an SDTS member to take advantage of the live training. All of the Instructors are certified Level 3 or above and will be able to move you through the course. Expect to finish the intro lesson with a clear path based on your goals and ability.
BECOMING AN INSTRUCTOR

a. If you are interested in becoming a certified SDC Instructor, just fill out the form here [https://pages.myselfdefensetraining.com/teachselfdefense](https://pages.myselfdefensetraining.com/teachselfdefense)

b. After you submit your application an Instructor mentor will contact you to answer your questions and see if you’re a good fit.

Thank you for choosing The Self Defense Company. Remember protecting yourself and your loved ones is a lifelong journey that changes every day. It’s a skill set that can be developed and maintained with minimal but consistent effort.

We are here to help and are only a click, and post or an email away.

Train Honestly,

The Self Defense Company