

Rose City Self-Defense Volunteer Application

Thank you for your interest in becoming a Rose City Self-Defense (RCSD) self-defense instructor! Volunteers are essential to providing free self-defense classes in the city of Portland.

Being a RCSD instructor is both challenging and rewarding. It is an investment of time and resources, but one which pays off in individual skill-building and community connection. Many of our volunteers describe it as a life-changing experience and one of the best decisions they have ever made. One instructor who went through training a couple years ago wrote: "joining RCSD is the best thing I have done for myself in a very long time. The training was incredible (I still miss it!) and I love teaching. I am always in such a good place emotionally and physically after I teach. I love it!"

We would like to orient you to the process of training to be a RCSD self-defense instructor. Instructors first complete a classroom-based training and then apprentice. Our training begins in January of 2024. There are two parts of training. The first part happens on Saturdays, in which volunteers will learn basic physical self-defense skills as well as concepts and theory on topics like intimate partner violence and understanding oppression. Saturday training dates for 2024 are: January 6th and 27th, February 10th and 24th & March 9th from 9:00am-5:30 pm. The second part of training will be participating as an apprentice in introductory level self-defense classes from March-May. The dates and times will be determined by the spring class schedule.

The process of becoming a RCSD instructor requires the following: 1) application, 2) please answer the question: why would you like to volunteer with Rose City Self-Defense 3) an interview with the Director, Youth Coordinator, and volunteer instructors and 4) a background check (for the youth program). We ask you to commit to teaching at least one year (and hopefully many more!). Our longest volunteer has taught since 1998!

We hope that you will apply. Don't hesitate to ask if you have questions along the way. Please specify if you would like to work with the youth program (classes during SUN school afternoons & evening & weekend workshops), or woman-identified community-based program (which is offered in the evenings and on weekends) or our queer- identified class (which are offered quarterly on evenings and weekends)

Welcome to Rose City Self-Defense!

Sara K. Johnson
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Volunteer Staff Application

Name Pronouns

Address

City/State/Zip Code

Email

Home Phone Cell Work

May we call you at work? Yes No

How did you hear about Rose City Self-Defense?

Presently employed? No If yes, where?

What is your position?

Do you presently volunteer elsewhere? No If yes, where?

Educational background (highest grade completed & field of study)

Are you bilingual? Yes No If yes, in what language?

Do you have reliable transportation? Yes No

What hours are you available? (Check all that apply) Day Evening Weekend

Please list three references not related to you by blood, adoption, or partnership:

Name	Email	Relationship
<input type="text"/>	<input type="text"/>	<input type="text"/>
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