



# LISSETTE C. DELGADO-FITZGERALD

MARTIAL ARTS AND  
EMPOWERMENT SELF DEFENSE INSTRUCTION  
KSAMARTIALACADEMY.COM AND YOUCANBEASSERTIVE.COM

## MISSION

To help empower Women, Children, Men, and Vulnerable Groups to feel confident, find their inner strength, and live their lives safely and to the fullest.

## SKILLS

- Bi-lingual/ Bi-cultural: U.S. English and Latin American/ International Spanish
- Award-winning Marketing and Editorial writer and editor

## EXPERIENCE

### CHIEF INSTRUCTOR, OWNER

#### KSA MARTIAL ACADEMY • 2013 AUG - PRESENT

All curriculum design, business management, and marketing duties; Teach daily classes in Aikido, Filipino Kali, Jeet Kune Do, and Tae Kwon Do; Manage student base.

### CO-CREATOR, CHIEF TRAINING OFFICER, OWNER

#### ASSERT EMPOWERMENT AND SELF DEFENSE • 2004 - PRESENT

Co-created the ASSERT Program, a liability-conscious, scalable, empowerment self-defense-based system for Civilian, LEO/ Security Pros, and Military/ Mission Critical Teams. Responsible for: All curriculum design, business management, and marketing duties; Design defensive tactics programs and policies for social groups; Update information; Research and development; Design and maintenance of Instructor Certification Curriculum: Teach regularly scheduled workshops.

## VOLUNTEER EXPERIENCE OR LEADERSHIP

Our organization, as well as me personally, volunteer services, classes, and workshops with various at-risk youth groups, previously victimized groups, public schools, and several social organizations.

ASSERT Empowerment Self Defense

International Women's Day Nashville • Co-Chair

ESD Global, Inc. • Board Member

Girl unKnown, Inc. • Board Member



LIZSENSEI@  
KSAMARTIALACADEMY.COM



305.609.7528



LIZ-SALAZAR-FITZGERALD-  
AA40225

**LF**

**LISSETTE C. DELGADO-FITZGERALD**

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## **CERTIFICATIONS**

- ★ **5<sup>TH</sup> DAN TAE KWON DO**
- ★ **NIDAN IN AIKIDO**
- ★ **INSTRUCTOR JEET KUNE DO**
- ★ **APRENTICE INSTRUCTOR ● JEET KUNE DO ATHLETIC ASSOCIATION**
- ★ **MILITARY/SPEC OPS JKD TACTICS INSTRUCTOR ● JEET KUNE DO ATHLETIC ASSOCIATION**
- ★ **ELITE PFS EDGED WEAPONS TACTICS INSTRUCTOR FOR CIVILIAN, LEO, AND SPECIAL OPS ● PROGRESSIVE FIGHTING SYSTEMS**
- ★ **APPRENTICE INSTRUCTOR ● PROGRESSIVE FIGHTING SYSTEMS**
- ★ **LAW ENFORCEMENT EDGED WEAPONS DEFENSIVE TACTICS INSTRUCTOR ● SIGUNG PAUL VUNAK**
- ★ **RAPID ASSAULT TACTICS INSTRUCTOR ● SIGUNG PAUL VUNAK**
- ★ **EXPANDABLE BATON TACTICS INSTRUCTOR**
- ★ **CHEMICAL SPRAY TACTICS INSTRUCTOR**
- ★ **FAST COMBATIVES INSTRUCTOR ● FAST DEFENSE**
- ★ **ASIST SUICIDE FIRST AID INTERVENTION CERTIFICATION ● LIFEWORKS**
- ★ **EMPOWERMENT SELF DEFENSE INSTRUCTOR ● ESD GLOBAL, INC.**



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