

STAY SAFE, STAY STRONG



Online Summer Safety Workshop for Girls



Saturday, June 13, 2026



10:00 AM - 10:45 AM (CST)

Live Online Session



Ms. Maggie Messina

🏆 World Champion

🏆 U.S. Gold Medalist

🏆 Two-Time Author

Award-Winning Entrepreneur

Founder of *Female Fighters Matter Too*



What You'll Learn

- Self-defense basics **every** girl should know
- Staying safe at summer camps & sports competitions
- Situational awareness & recognizing warning signs
- Building confidence, independence & empowerment



Who Should Attend:

- Girls attending summer camps
- Competitors traveling for sports/events

Why Join?

- 👊 Strong 🧠 Aware
- 😊 Confident
- ✅ Prepared

REGISTER NOW!



The Girl Shield Project

Empowering girls through self-defense, leadership, and medical education.



THE GIRLSHIELD
PROJECT



Aakya Manamperi

Founder & President of The Girl Shield Project



Clotilde Gurivoal

Community Ambassador – Abu Dhabi, UAE.

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THE GIRLSHIELD
PROJECT

OUR MISSION

The Girl Shield Project empowers young girls by providing accessible self defense training, martial arts, leadership skills and medical education to foster their physical confidence, emotional strength, and well-being. Through inclusive programs, workshops, and community partnerships, we create safe spaces where every girl can build confidence, rise with courage to protect herself, make informed decision about her health, and inspire others.

OUR VISION

A world where every girl is safe, respected, and empowered to realize her potential and shape her own future with confidence and dignity.





MEET MAGGIE MESSINA

Maggie Messina is an award-winning entrepreneur, world champion martial artist, US gold medalist, and two-time author. She has spent her life breaking barriers, not just for herself but for those who come after her.

WHY SHE STARTED FFM2

She understood that you can't break the rules effectively unless you understand them deeply.

Martial arts taught her discipline, focus, and respect, but also how to challenge systems that don't serve everyone.

MEET MAGGIE



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OUR IMPACT

Measuring progress on and off the mat.

60+

25+

\$100k+

2,500+

OUR STORY

Maggie Messina founded Female Fighters Matter Too (FFM2) to challenge inequality in martial arts, where women often receive less recognition and rewards than men. By doubling cash prizes for female fighters, she sparked change across tournaments. FFM2's mission is to ensure equal opportunities, recognition, and respect for women in martial arts worldwide.

[MEET MAGGIE](#)



EVENTS WE IMPACT

US CAPITOL CLASSICS
CHINA OPEN

AUGUST 1ST-2ND | NATIONAL HARBOR, MD

SPONSORED BY **FFM2**
FEMALE FIGHTERS MATTER TOO

BATTLE OF CAMDEN
Allen Sport Karate

AUGUST 2ND | CAMDEN, SC

SPONSORED BY **FFM2**
FEMALE FIGHTERS MATTER TOO

THE BATTLE OF ATLANTA

JUNE 12TH-14TH, 2025 | ATLANTA, GA

SPONSORED BY **FFM2**
FEMALE FIGHTERS MATTER TOO

WHAT WE DO

At FFM2, we take action to level the playing field for female fighters by creating opportunities, raising awareness, and driving change in martial arts.



EVENT SPONSORSHIP

We partner with promoters to elevate women's divisions, ensuring equal prizes and recognition at tournaments.



ATHLETE SPONSORSHIP

We directly support women and male fighters with funding, resources, and visibility to help women compete and gain awareness across all levels.



COMMUNITY & ADVOCACY

Through seminars, workshops, public speaking engagements and media, we support the next generation and spread the message of equality in sport.



ShieldHer SECURE



Self-Defense & Empowerment

Summer Safety & Situational Awareness



ShieldHer SECURE



ShieldHer COMMUNITY



ShieldHer LEADERSHIP

Community & Leadership

Q&A

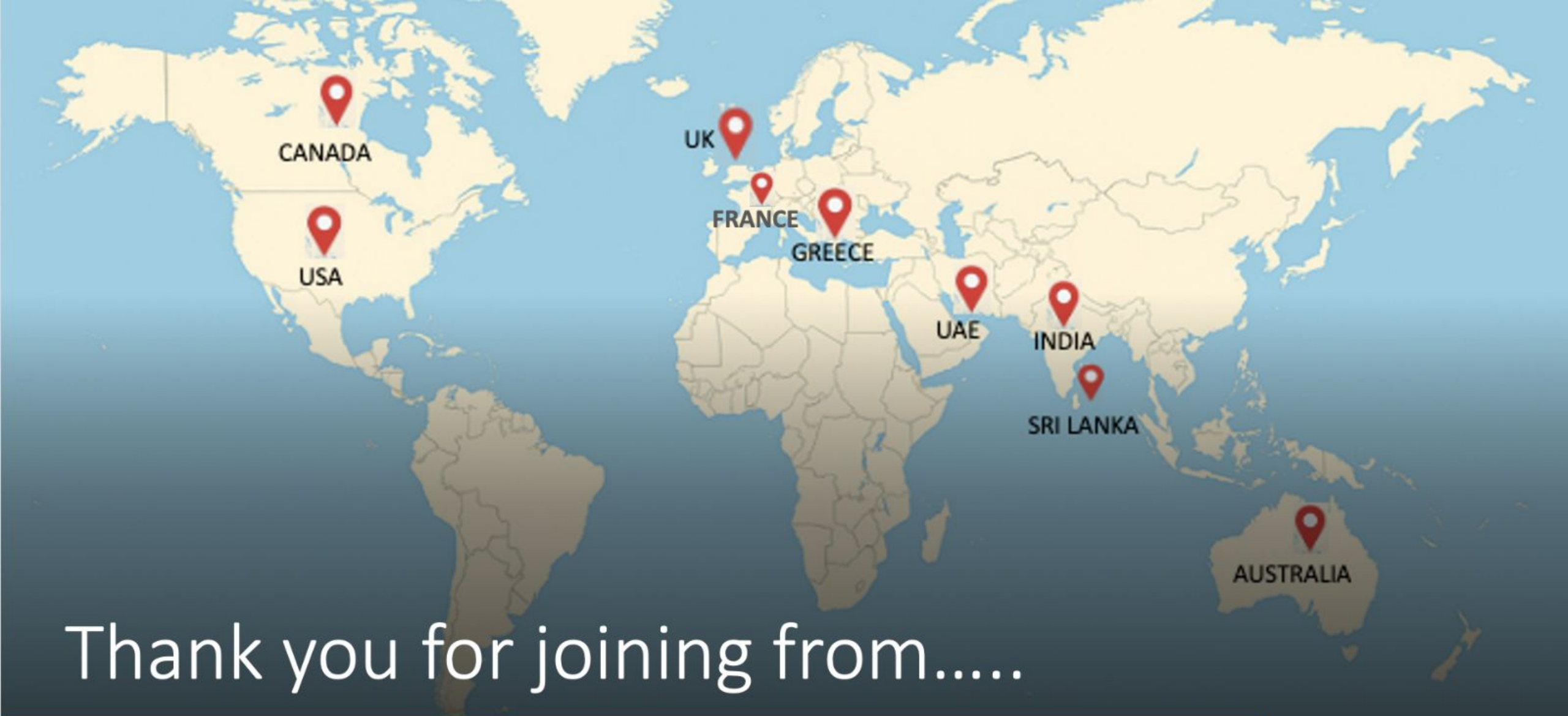
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@the_girl_shield_project:



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