

Empowering girls with self-defense, safety and faith.



A fun, playful and empowering online learning experience for girls, ages six and up. Learn self-defense, safety and faith-filled empowerment skills for homeschool and after school enrichment.

THE GreatFlip
Self Defense and Life Skills

The Great Flip is an American Heritage Girls national program alliance.
Coach Jody writes content for True Girl, a ministry of Dannah Gresh.