

Irina Elan

WU-WEI GUNG-FU TRAINER
EMPOWERMENT SELF DEFENSE TRAINER



ABOUT ME

Since the age of 15, I have been teaching and later developing training programs and methodologies in informal, humanistic education systems for youth and families.

I am a martial artist practicing Wu-Wei Gung-Fu since 2008. In 2021, I started teaching, and opened a first of a kind Wu-Wei "women only" class.

After being certified in 2022 in an international course for Empowerment Self Defense instruction, I have been working with groups of women, girls, boys, children, and mixed-gender and multi-age groups regularly. I teach independently & work in partnership with El HaLev, Israeli leading NGO that has been teaching and developing ESD for more than two decades.

As an independent instructor, I conduct online and in presence workshops on "Personal Safety in Daily Life and Emergency Situations," providing accessible, simple, and effective tools for physical and verbal self-defense and boundary-setting. These workshops are suitable for any group size and composition and can vary in duration, ranging from 1.5 hours to an extended course over several sessions.

SKILLS

INFORMAL EDUCATION..25Y

WU-WEI GUNG-FU:

PRACTICE.....12Y

TEACHING.....4Y

ESD.....3Y

REFUGEES, LGBTQ, KIDS, FAMILIES, ELDERLY, SPECIAL NEEDS,

EDUCATION & TRAINING

ESD LEVEL 1 ALL GENDERS
2022, PRAGUE, CZECH REPUBLIC

MARTIAL ARTS BASICS
INSTRUCTOR CERTIFICATE
2021, ISRAEL

MA IN NGO MANAGEMENT
THE HEBREW UNIVERSITY
2016, JERUSALEM, ISRAEL

TRAINING EXPERIENCE

WU-WEI GUNG-FU
SINCE 2020

WOMEN'S GROUP
SINCE 2021

ESD
SINCE 2022



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