



Amy Ratekin

Owner / Head Instructor

C.O.B.R.A Self-Defense Iowa

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Amy is a 5th Degree Black belt in Taekwondo and has been instructing students age 5 through adult effective, reality based self-defense for 16 years. She owns C.O.B.R.A. Self-Defense Iowa with her husband Mark and their three children. Along with instructing Active Shooter Response Plan, they teach Bully Response Action Plan, Avoiding Violence in the Workplace, industry specific corporate self-defense programs, defensive tactics, and Kid/Teen Safe programs.

When she is not teaching self-defense, Amy and her husband instruct students of all ages and abilities in Taekwondo. She enjoys reading, spending time with family, and traveling.