



# National Women's Martial Arts Federation



Promoting the involvement of women and girls in the martial arts

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## SDIC'09 Conference Schedule

### Self-Defense Teacher Training

Oberlin College  
 Oberlin, Ohio  
 July 7-9, 2009

### "Moving into Leadership"

Draft Schedule	
<b>Tuesday July 7, 2009</b>	
5:30 pm	<b>Dinner</b>  <b>AND</b>  <b>Presenter Dinner</b>
7:00 pm	<b>Conference Opening</b>  <a href="#"><i>with Anne Kuzminsky, Mamie Chow, Cadelba Lomeli-Loibl, and Joyce Mende Wong</i></a> <i>Your SDIC Conference Coordinators</i>
<b>Wednesday July 8, 2009</b>	
7:30 am	<b>Breakfast</b>
8:15 am	<b>Morning Opening Circle</b>  <a href="#"><i>with Anne Kuzminsky, Mamie Chow, Cadelba Lomeli-Loibl, and Joyce Mende Wong</i></a> <i>Your SDIC Conference Coordinators</i>
8:30 am (90 min)	<b>Workshop #1:</b> <b>"When She's Already Been Hurt – Challenges for Self-Defense Instructors"</b> <a href="#"><i>with Katy Mattingly</i></a>  Helping a woman who has experienced sexual or other violence gain the skills to protect herself in the future may be the most rewarding teaching experience you will ever have. It can also be one of the most challenging. Survivors of trauma require highly-skilled instructors prepared to work with their strengths and deficits. This workshop will give you specific tools to incorporate in your classroom, whatever method or techniques you teach. We'll cover basics like establishing an emotionally safe environment and setting and respecting boundaries, and progress to advanced topics including working with volatile students, recognizing and responding to dissociative states, and the sometimes competing needs of non-traumatized students. Instructors of all skill levels are

welcome to attend. Some of us may have been working with survivors for years and would like to benefit from connection with other teachers who understand the challenges. Some of us may have never considered the implications of having a survivor in the classroom or the ways in which our own experiences of trauma may have an impact on our teaching work. In a safe and friendly environment that honors your choices as an instructor, we'll explore the fears that can stop us from effectively reaching out to survivors, as well as the immense rewards that can result.

10:30 am  
(90 min)

**Workshop #2:**

***"Powerful Responses to the Increased Attacks on LGBTQ Communities"***  
[\*with Mamie Chow, and a panel including Brenda Jones, Crystal Middlestadt, Sonya Richardson, and Lauren Taylor\*](#)

In recent years, we have witnessed a disturbing increase in violent attacks on LGBTQ (lesbian, gay, bisexual, transgender, queer/questioning) people, and particularly on younger LGBTQ people of color. Too often the stories are ignored or misrepresented by media. This panel will offer insight and data on what's happening nationally and why younger LGBTQ people of color are becoming prime targets. Panelists will also include self-defense instructors and leaders who will share their schools' responses to the increased violence and the powerful role they have played in fighting back and healing. Practical and concrete tips for instructors who identify as straight or LGBTQ on modifying curriculum for students who are straight or LGBTQ will be offered. Ample time will be allowed for audience questions.

12:00 pm

**Lunch**

**AND**

**Self Defense Instructor Certification Board: Open Meeting**

The NWMAF Self Defense Instructors' Certification Board will host a lunch meeting for anybody interested in the organizational aspects of NWMAF Self Defense Instructor Certification, and/or the application process.

2:00 pm  
(90 min)

**Workshop #3:**

***"Hey lady, what time is it?"***  
[\*with Cadelba Lomeli-Loibl, Mamie Chow, and Brenda Jones\*](#)

"Hey lady, what time is it?" As self-defense teachers, we often find ourselves using the same scenarios and role plays over and over again. In this workshop we'll explore ways to diversify and adapt role plays to include race, age, sexual orientation, gender identity, and a variety of real-life situations in which we are targeted. We will also discuss the role of bystanders and intervention and include role-play scenarios where bystanders can practice intervening when they witness harassment. The workshop will include time to develop new scenarios as well as re-work old ones. Look forward to interactive activities and opportunities to address outcomes and questions. Resource lists will be provided to facilitate future exploration of these topics.

3:50 pm  
(90 min)

**Self Defense Workout**

[\*with Clara Porter and a great supporting cast:\*](#)  
[\*Darla Bolon, Kore Grate, Johanna Hattendorf, Peg Strain, Lauren Taylor, Martha Thompson, Lynne Marie Wanamaker, Kate Webster, and Joy Williamson!\*](#)

Welcome to the Self-Defense Buffet! This workout will use a stations structure to get your body moving and engage your mind. Think of it as a mini Special Training in one room, with great self-defense instructors at each station, leading you through physical techniques, centering exercises, verbal responses, and more!

5:30 pm

**Dinner**

7:00 pm  
(90 min)

**Workshop #4:**

***"Reframing Self-Defense as a Human Rights Issue"***  
[\*with Ellen Snortland\*](#)

How do we as compassionate, ethical, and responsible self-defense providers reframe the idea of self-defense so that learning to protect yourself becomes "mainstream" and common sense? Don't we dream of the day when our classes fill gracefully and easily and not in a climate of fear? Indeed, how do we avoid using fear to motivate women and girls into taking a self-defense class? Sadly, many of our students finally get into class because something terrible happened to them. They often seek us out when their veil of denial about violence has been lifted once and for all. Ellen Snortland will speak about her experiences in the United Nations Commission on the Status of Women and her stand that all self-defense providers are actually human rights activists and educators. Self-defense is a matter of physical literacy and can be logically framed within the

Universal Declaration of Human Rights, adopted and proclaimed by all the member nations of the U.N. in 1948, as well as reaffirmed by all countries of the U.N. in 1993. As of 2000, all the countries of the world signed onto the 8 Millennium Development Goals which are all tied into the empowerment of women and girls. Ellen says, "Think Globally, Act Locally" is vital and we are here to say that your body is as local as you can get. It's a human right to know how to protect it.

8:45 pm

**Social Networking & Snacks**

**AND**

**Handout & Skill Swap**

[with Lynne Marie Wanamaker](#)

Join us for an exciting opportunity to network and share skills, activities and handouts with other self-defense teachers.

10:00 pm

**Bedtime**

**Thursday**

**July 9, 2009**

6:30 am

**Wakeup Workout**

[with Sonya Richardson](#)

(60 min)

We will rise and shine together in this combined cardiovascular, stretching, and strengthening class. Sonya integrates exercises and partner-work that build and strengthen community. Blending her 20 years of knowledge as a physical therapist with a truly positive approach, Sonya's workout offerings meet the needs of a vast spectrum of individuals. Get up early and help create joy

7:30 am

**Breakfast**

8:30 am

**Workshop #5:**

(90 min)

**1) "The Business of Self-Defense Part 1"**

[with Heather Turnbull](#)

If you've ever wondered about the real financial worth of your skills as a self-defense or personal safety instructor, now may be the time to explore this intriguing concept.

As a follow up to their provocative "Business of Self-Defense" session at the 2006 Self-Defense Instructors' Conference, *Goddess Martial Arts* returns with two workshops designed to advance your thinking even more on this important subject and help lay the ground work for adding corporate revenue to your bottom line.

Each session will feature practical models, tools, and tested approaches that are scalable and adaptable to your unique situation. Come prepared with your business plans, marketing materials, and an open mind as we venture into the business world 'armed' with our various self-defense commodities. Regardless if you attend one or both of these sessions, at the very least your mindset will be enhanced regarding the notion of: "I have something of worth, and people will pay for it!"

**OR**

**2) "Transgender 101"**

[with Crystal Middlestadt](#)

More and more women's self-defense programs are recognizing the importance of creating transgender inclusive programs. Transgender people experience alarmingly high levels of violence, ranging from domestic violence to hate motivated, transphobic violence. Participants will learn concrete tips for creating trans inclusive workshops, materials, and environments. We will discuss basic terminology, our notions about gender and sexuality, and how to be effective allies. We will also explore the complexity, and the resistance often encountered, when introducing trans people into traditional, women-only spaces.

10:30 am

**Workshop #6:**

(90 min)

**1) "The Business of Self-Defense Part 2"**

[with Heather Turnbull](#)

This workshop will build on the concepts explored in "The Business of Self Defense Part 1", with particular emphasis on:

- Creating a Business Plan (or adapting a current one)
- Prospecting and target marketing

- Developing effective communication pieces that get attention and access
- Designing and executing the exploratory discussion
- Customizing your own business improvement workshop

Participants are encouraged to bring their own materials and be prepared to share what's working – as well as incorporate and practice some new approaches to breaking into the corporate market. Various tools and examples will be provided in the session.

**OR**

**2) "I'm Worth Defending"**  
[with Lee Sinclair](#)

In 2007 Lee Sinclair went to Kenya to form a resident team of self-defense instructors to work full time, year round, in the slums of Nairobi. The program reached some high highs and, recently, some low lows. What worked and what didn't is the engine driving the dialogue in this presentation of national and international self-defense efforts and initiatives. There will be a short film and a discussion of the research data on I'm Worth Defending staff and activities. This will be followed by a question and answer session and a discussion about the state of our art in the 21st century.

12:00 pm

**Lunch**

1:15 pm

**Workshop #7:**

(90 min)

**1) "Self-Defense as Self-Care: Practical Tools for Building Resiliency"**  
[with Diane Long](#)

How does engaging with the external environment contribute to a sense of safety? How can greater sensory awareness help you identify and manage triggers inside and outside of class? In this interactive workshop, learn creative ways to help people track sympathetic (fight or flight) and parasympathetic (rest and digest) responses in the body. Experience first-hand activities designed to build trust and establish connection. Practice simple ways to help people stabilize emotions or sensations that may feel overwhelming. Explore the science behind many of the tools we use instinctively in our self-defense classes to make teaching more intentional, more effective, and more fun.

**OR**

**2) "Media Basics"**  
[with Ellen Snortland](#)

Author of "Beauty Bites Beast" and journalist / columnist Ellen Snortland will talk with workshop participants about the how-tos of working with the media: What to expect, what NOT to expect, and the highlights and pitfalls involved with interacting with the media. Can't live with'em, can't live without'em!

- What do we face and how can we provide our own media self-defense?
- In this workshop, work for a half hour on writing your own press release. Bring paper and pens or your laptop!
- Go over the basic W's of a press release: who, what, where, when, and why.
- Learn basic journalist rules like: don't bury the lead.
- Learn basic media etiquette

2:45 pm

**Conference Closing**

[with Anne Kuzminsky, Mamie Chow, Cadelba Lomeli-Loibl, and Joyce Mende Wong](#)

*Your SDIC Conference Coordinators*

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