



National Women's Martial Arts Federation



Promoting the involvement of women and girls in the martial arts

[Home](#)
[Events](#)
[Awards](#)
[Member Activity](#)
[Self-Defense](#)
[My NWMAF](#)
[About Us](#)

SDIT'07 Conference Schedule

Self Defense Teacher Training

Texas Woman's University
 Denton, Texas
 July 25-26, 2007

Draft Schedule	
Wednesday July 25, 2007	
8:00 am	Conference Check-In
8:15 am	Opening Circle  with Darla Bolon, Anne Kuzminsky and Deb Abbate-Fedon <i>Your Pre-ST Conference Coordinators</i>
9:15 am	Workshop #1: De-escalation Strategies  "When Hope & Fear Align: Trusting Our Inner Voice" with Deb Abbate-Fedon <p>When we work with students of all ages and cultures who have verbal violence directed at them, what strategies can we teach them? What happens when someone is being tested, or threatened by one or more people? Whether verbal violence happens at home, work or school, this workshop looks at how people can embrace their own wisdom and develop the power of their inner voice.</p> <p>Part verbal communication and part non-verbal communication, this workshop explores how to focus a strong, confident voice, use body posture, and gauge a safe distance to communicate a consistent message. In this workshop we will practice de-escalation strategies that apply to people of all ages and cultures, using both verbal and nonverbal communication in a confident manner.</p>
11:00 am	Workshop #2: Transference Issues in Teaching Self-Defense  "Teaching in a House of Mirrors -- The Psychology of a Self-Defense Class" with Ellen Keyt <p>Have you ever walked through an old-fashioned house of mirrors? The basic reflections are you -- sort of -- but each mirror has a unique way of stretching or exaggerating some features while others are shrunk almost to invisibility. In some of these mirrors, the image is so distorted that you can hardly recognize yourself.</p> <p>Teaching can be its own house of mirrors, as each student perceives the teacher in a unique way based on her/his expectations and experiences. In psychology, such distortions are called transference. We also hold up our own mirrors to students; this is called counter-transference.</p> <p>In self-defense instruction, the concepts of safety, empowerment, and defending oneself can bring up very personal issues for both student and teacher. Left unrecognized, these dynamics can</p>

distort teacher-student interactions and create confusion.

This workshop presents an opportunity to talk about this house of mirrors and the psychology of teaching self-defense. How does this process work and what are some ways we can recognize and respond when distortions are happening? Could these mirrors actually inform and guide us to be more effective teachers? Workshop facilitator Ellen Keyt brings her experience in clinical psychology to explore concepts of transference and counter-transference in the teaching relationship.

12:30 pm

Lunch

1:30 pm

Afternoon Ice-Breaker



with [Darla Bolon](#), [Anne Kuzminsky](#) and [Deb Abbate-Fedon](#)

2:00 pm

Workshop #3: Teaching Self-Defense



"Reaching All Communities"

with [Sarah Trembath](#) and a panel including [Darlene DeFour](#), [Janet Gee](#), [Lynette Oliver](#) and [Lauren Wheeler](#)



This workshop begins with the premise that it is the teacher's responsibility to meet the needs of diverse learners. Ethnicity, culture, and race influence the experience of both the teacher and the student, but it is the teacher's responsibility to be relevant and flexible. A panel of experienced self-defense instructors who have mindfully bridged ethnic, cultural, and racial barriers will relay testimonials of both their successes and frustrations, and offer practical tips based upon their experiences. Through exercises and small group work, the audience will be encouraged to self-reflect so that they may bring new and useful material back to their own self defense teaching practices.

3:45 pm

Self Defense Workout



with [Linda Ramzy](#)

Linda Ramzy is a 7th degree black belt in Fuji Ryu Jujutsu who has been training in self defense and martial arts for over twenty-five years. She was the host of Special Training 1993, which was attended by a record-setting 567 women, and she currently serves on the NWMAF Board of Directors.

5:15 pm

Dinner

6:30 pm

Workshop #4: Issues in Women's Self Defense



"Feminist Empowerment Model"

with [Martha Thompson](#) and [Nancy Lanoue](#)

Since the beginning of NWMAF Self-Defense Instructor Certification, a feminist empowerment model has been implicit in the application for instructor certification. Over the last few years, the model has taken concrete form and earlier this year, the Self-Defense Instructor Certification Board (SDICB) added a description to the NWMAF Self-Defense Instructor Application.

The purpose of this Pre-ST session is to explore what a feminist empowerment model means and how it can guide teaching decisions we make. Through demonstrations, exercises, small group work, brainstorming, and skill sharing we will explore ways to make feminism and empowerment come alive in our teaching.

Martha Thompson and Nancy Lanoue are currently members of the Self Defense Instructor Certification Board.

8:15 pm

Social Networking & Snacks

AND



Handout & Skill Swap

with [Crystal Middlestadt](#)

Join us for an exciting opportunity to network and share skills, activities and handouts with other self-defense teachers. We are also inviting you to request in advance that others share particular skills and materials. This invitation is open to everyone! For more information please contact Crystal at cmiddlestadt@raap.org.

Thursday July 26, 2007

8:00 am

Wakeup Workout

with [Zosia Gorbaty](#)



Zosia Gorbaty is an 8th degree black belt in Zujitsu who has been training in self defense and martial arts for more than thirty years. She is also an NWMAF Lifetime member, former NWMAF Board Chair (2002-2003) and currently a member of the Self Defense Instructor Certification Board.

8:45 am



Workshop #5: The Business of Self Defense
with Erin Weed

Are you a self-defense instructor and want to start holding classes, but don't know where to begin when it comes to marketing, finance, media exposure or other business issues? Would you like to teach women's self defense as a side job, or even as a full-time career? If so, you will need to know the basics of business, public relations and community outreach as it applies specifically to the world of women's self defense. In this session, you will learn how to: create a brand, implement effective marketing techniques, approach the media for publicity and manage financial and liability issues that face self-defense programs and schools.

Erin Weed is a professional speaker, author, violence-prevention advocate and self-defense instructor. She is the founder of Girls Fight Back and since 2002 has spoken to over 200,000 people across the United States. Erin is the author of two books (*Girls Fight Back!* and *Teens Fight Back!*) and has been featured in print media as well as on national television. More info about Erin Weed and Girls Fight Back! can be found at www.girlsfightback.org.

10:30 am

Workshop #6: Teaching Special Populations and Skill Sets



1) "KIDPOWER -- Teaching KIDS to use their POWER to stay SAFE"
with Carol Middleton

Long-time KIDPOWER advisor and advocate Carol Middleton will introduce the KIDPOWER method for teaching personal safety, self-protection, confidence, and advocacy skills to young people. KIDPOWER International is a non-profit organization that is known world-wide for teaching skills and concepts in a way that is hands-on, effective, empowering, emotionally and physically safe, and relevant to people of different ages and abilities. This organization is recommended by a wide range of experts including Ellen Bass, co-author of ground-breaking book for women survivors' of child sexual abuse, *The Courage to Heal* and Gavin de Becker, bestselling author of *The Gift of Fear* and *Protecting the Gift*. Participants will practice core skills and concepts, as well as have an opportunity for interactive discussion and sharing.

Note: Thank you to KIDPOWER TEENPOWER FULLPOWER International for sharing ideas and activities from their copyrighted program. More info about KIDPOWER can be found at www.kidpower.org.

OR



2) "Teaching Core Self Defense Skills"
with Janet Aalfs

This workshop will feature presentations, sharing, and discussion about core skills, especially physical skills, which are important to include in a basic self defense course. This session is open to all, including those already involved in the process of or interested in pursuing NWMAF Self Defense Instructor Certification. Janet Aalfs currently serves as Co-Chair of the NWMAF Self Defense Instructor Certification Board.

12:00 pm

Conference Wrap Up



with Darla Bolon, Anne Kuzminsky and Deb Abbate-Fedon

12:30 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.

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