



# 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'08 Conference Schedule

**Self Defense Teacher Training**  
 Hobart and William Smith Colleges  
 Geneva, New York  
 July 16-17, 2008

### *"Tools for Transformation and Healing"*

Draft Schedule	
<b>Wednesday July 16 2008</b>	
8:00 am	<b>Conference Check-In</b>
8:15 am	<b>Opening Circle</b>  <a href="#">with Anne Kuzminsky and Crystal Middlestadt</a> <i>Your Pre-ST Conference Coordinators</i>
9:00 am	<b>Workshop #1:</b>  <b><i>"Self-Defense as Self Care: Tools for Transformation and Healing"</i></b> <a href="#">with Diane Long</a>  <p>How do we create more safety, comfort and ease for ourselves and our students while practicing self-defense? How can self-defense help people better manage fear and anxiety in all areas of life? In what ways can we adapt our teaching practices to be more sensitive to the needs of survivors? How can self-defense help people heal from traumatic experiences? What are some ways that self-defense can foster social engagement and promote social justice? These are the questions we will explore in this workshop. Through a combination of lecture, discussion, and interactive exercises, we will explore ways to reduce fear for class participants, such as:</p> <ul style="list-style-type: none"> <li>• Slowing the pace of our classes and breaking concepts down into manageable parts</li> <li>• Using warm ups as a means to help people orient to their own bodies, to build rapport as a group, and to introduce movements that will be used in self-defense techniques</li> <li>• Engaging in activities designed to build emotional literacy and to increase internal and external sensory awareness</li> <li>• Allowing participants to shape the content and direction of class</li> </ul> <p>The models we use in our teaching can both reflect and create the changes we want to see.</p>
10:45 am	<b>Workshop #2:</b>  <b><i>"Teaching Self-Defense: 101 Ways to Reach Across Cultures"</i></b> <a href="#">with Sarah Trembath, and a panel including Darlene DeFour, Michele Elefante, Janet Gee, Zosia</a>

[Gorbaty, 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. Attendees who attended the 2007 Pre-ST panel will find this panel to be an informative continuation of questions and ideas raised then. New attendees will receive information on improving cross-cultural relations in their self-defense instruction.

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. This meeting is also for anybody who may be interested in serving as a mentor for those applying for certification.

2:00 pm

**Workshop #3**

**"De-Escalation Skills Training Inspiring Nonviolence in Youth"**

[with Destiny Arts Center Presenters Lauren Benjamin, Bryia Daniels, Marianna Martinez, Damie Nazapas, and Alicia Otis-Levins](#)

The Destiny Arts Center, in Oakland, California, exists to end isolation, prejudice and violence in the lives of young people. We accomplish our mission by providing dance, martial arts, conflict resolution, self-defense, and youth leadership classes and workshops. DESTINY supports multicultural youth in developing an individualized sense of artistic expression, leadership skills and personal empowerment that they understand has an impact on their communities. We reach out to youth of color and low-income youth and offer outreach programs at local schools and community centers that serve primarily youth of color.

DESTINY believes in giving youth the opportunity to share the message of peace and empowerment through performances, events, workshops, and teaching opportunities in the community. The youth instructors undergo continual training in the DESTINY curriculum as well as mentorship with adult instructors as they reach out to other youth within their community as peers and as teachers. The Destiny Arts Center celebrates its 20th anniversary this year.

This workshop will cover techniques used to teach the 5 fingers of violence prevention and conflict resolution to different age groups, from elementary to high school students, through games, discussion and movement (i.e., martial arts and dance). The last 30 minutes will be a panel discussion between the presenters and the Pre-ST conference participants.

3:45 pm

**Self Defense Workout**

[with Janet Gee](#)

Whether you are stepping onto the mat for the first time or have been teaching self defense for years, join us for this energizing afternoon workout with Master Instructor and 7th degree black belt Janet Gee. We'll be working on moving, flowing, breathing and sensing ourselves and our centers as we move through various training drills. This class is designed to help us connect with our inner awareness and wisdom with greater ease when distressed. Please bring training knives and simulated training guns if you have them. Also wear an old T-shirt and bring water pistols and color safe markers.

5:30 pm

**Dinner**

7:00 pm

**Workshop #4**

**"I'M WORTH DEFENDING: How Self-Defense is Changing Lives in Kenya"**

[with Lee Sinclair and Susannah MacKaye](#)

What does self-defense look like in a world with no effective police presence, no reliable legal system, and very few laws that support women's rights? What does prevention look like in a country roughly twice the size of the state of Nevada where it is estimated that over 1200 rapes occur daily and aftercare strategies drain every resource dollar available?

The place is Kenya, but it could be anywhere in the world where the prevalence of rape has reached epidemic proportions. Why isn't self-defense on every list of recommended anti-rape strategies put out by global gender-based violence (GBV) watchdog organizations? How can we change this?

This presentation begins with the story of Lee Sinclair's work with AIDS orphans in Kenya and continues into the experience of two self-defense instructors from the US who spent two weeks training and collaborating with eight young women and men in the slums of Nairobi. These eight instructors went on to develop and design the "I'm Worth Defending" program of today.

Since February 2007, IWD ([www.imworthdefending.org](http://www.imworthdefending.org)) has brought anti-rape awareness and the life-saving skills of self-defense to over 20,000 Kenyans. In this workshop, we'll discuss:

- How this program was created
- How its success relates to the self-defense model we shared
- Expanding the boundaries of what is considered self-defense to fit community needs
- Self-Defense's role in the overall global gender-based violence equation
- How *you* can get involved

8:30 pm

### **Social Networking & Snacks**

**AND**

### **Handout & Skill Swap**

*with [Martha Thompson](#)*

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 17, 2008**

7:45 am

### **Wakeup Workout**

*with [Destiny Arts Center Presenters Lauren Benjamin, Bryia Daniels, Marianna Martinez, Damie Nazapas, and Alicia Otis-Levins](#)*

Start the morning off by stretching, strengthening and conditioning with hip-hop based dance movement. Various techniques and styles will be introduced, including Popping, Waving, Breaking, House, Dance Hall and Hip Hop choreography. These dance styles are all very aerobic, requiring muscle control and resistance on an intense level. This class is fun, energetic, and completely engaging.

9:00 am

### **Workshop #5:**

#### **1) The Business of Self Defense 101**

*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 300,000 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](http://www.girlsfightback.org).

**OR**

#### **2) "Building Peace through Self-Defense: An Exploration of Peace Education Concepts"**

*with [Yuko Uchikawa](#), assisted by [Jennifer Lee](#)*

From stranger to intimate violence, the reality of our daily lives is such that we seek self-defense to gain crucial skills that we use to live in this world. Self-defense responds to what we experience today: violence-both individual and institutional. Through self-defense, we develop emotional and physical confidence and power, and self-defense functions as a way to "maintain peace" in our lives. Turning our thoughts to concepts beyond maintaining peace, this workshop will explore how we can shift our focus from the realities of violence to futures of peace. The peacekeeping aspect of self-defense is one of the many steps toward creating a safer world. This workshop will consider how we, as self-defense instructors and practitioners, can visualize peace and actively participate in building peace in our communities. This workshop is experiential, with discussions, activities, and group work.

10:45 am

### **Workshop #6:**

#### **1) "Business and Strategic Planning"**

[with Erin Weed](#)

Take your marketing and outreach to the next level. Join Erin Weed for a discussion on converting ideas presented in her Business 101 program to action. In this interactive workshop you will learn the key elements for any business and strategic growth plan, and how to effectively implement them. Bring your plans-in-progress, and be prepared to engage.

**OR**

**2) "Welcoming and Icebreaker Activities"**

[with Janet Aalfs](#)

This workshop will include activities and ideas for promoting a positive and transformative space, bringing a group together, building bridges, creating an encouraging atmosphere, and supporting participants to take risks in healing ways. With emphasis on FUN - for greater self-defense learning possibilities... Feel free to bring handouts describing one or more of your favorite welcoming or icebreaker activities to share with the group.

12:00 pm

**Conference Wrap Up**

[with Anne Kuzminsky and Crystal Middlestadt](#)

12:30 pm

**Lunch**

**AND**

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

The NWMAF Self Defense Instructors' Certification Board will host a lunch meeting to discuss any aspects of NWMAF's Self Defense programming, including the Special Training Self Defense Track, Self Defense Instructor Networking, and the Pre-ST Conference.

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