



National Women's Martial Arts Federation



Promoting the involvement of women and girls in the martial arts

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Self Defense Instructor Training

2007 Conference

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

Prior to Special Training, we offer a 2-day conference for Self Defense teachers. This stimulating retreat begins at 8:00 AM on July 25, and will be full of networking, skill sharing, and professional development opportunities. Whether you are just starting out, or have been teaching self-defense for years, plan to join us! Highly accomplished leaders have volunteered to facilitate workshops and to mentor women who are working towards NWMAF Self Defense Instructor Certification. All are welcome!

[CLICK HERE FOR THE 2007 SCHEDULE INCLUDING SESSION DESCRIPTIONS AND PRESENTER BIOS](#)

The Self Defense Teacher's Conference costs only \$175 for non-Certified NWMAF members, or \$145 for Certified members. This price includes all classes, all meals from Wednesday breakfast through Thursday lunch, and a double-occupancy room for Wednesday night. For those traveling from out of town, a double-occupancy room for Tuesday night is available for an additional \$30.

Featuring

Daria Bolon
Anne Kuzminsky
Deb Abbate-Fedon
Crystal Middlestadt
Martha Thompson
Sarah Trembath
Zosia Gorbacy
Nancy Lanoue
Linda Ramzy
Janet Aalfs
Ellen Keyt
Carol Middleton
from KIDPOWER
and Erin Weed of
Girls Fight Back!

Self Defense Classes at ST'07

Special Training 2007

Texas Woman's University
Denton, Texas
July 26-29, 2007

At Special Training, we offer a Self Defense Track to experience a variety of self defense classes as a student. This year's classes will be taught by NWMAF Certified Self Defense Instructor Carol Middleton.

Carol Middleton is a 7th degree Black Belt in Tae Kwon Do who has studied various martial arts and self defense systems since 1968. Her main school, the [D.C. Self Defense Karate Association](#), celebrated its 30th anniversary in 2006. She has also run a full-contact padded assailant self defense program, [D.C. IMPACT](#), since 1989, and she was the first President of IMPACT International. Her most recent program, [Krav Maga D.C.](#), started in 2001 and now has over 300 students. She is also a tactical master in CDT (low force compliance and control techniques), and has had a KidPower program under the tutelage of Irene van der Zande.



Carol's efforts express a lifetime commitment to martial arts, self defense, and the empowerment of women. Her roots in the NWMAF run deep, as she has been a founding member, the first lifetime member, the first Member of the Year, and organizer of Special Training 1998. She has been an instructor at NWMAF's Special Training, as well as at conferences for KidPower, IMPACT, and the [American Women's Self Defense Association](#) among others. Her television appearances include the Today Show and most recently Good Morning America (April 6, 2007).

Carol loves to learn all she can, especially about self defense, and she hopes to bring you new ideas and perspectives.

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