



National Women's Martial Arts Federation



Promoting the involvement of women and girls in the martial arts

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SDIC-ST 2011

Class Description and Schedule

Session A-1 Wednesday Afternoon 1:00 pm - 1:45 pm

SDIC Opening Circle

SDIC opens with introductions and a program overview. We'll cover ground rules, meditation, affirmations, shared intentions for camp, announcements and Q and A.

Session A-2 Wednesday Afternoon 1:45 pm - 3:00 pm

Trust Building in Groups

Long

Share strategies to create more safety, choice and agency within a self-defense class, through dialogue, pair work, and small group activities. Explore non-threatening ways to introduce movement and touch into workshops as a way to increase rapport and reduce anxiety prior to learning defensive techniques. Learn the difference between stress and trauma and the basic physiology of fight-flight-freeze responses and how these impact learning. Help participants build a sensory and emotional vocabulary, learn to trust and track body cues and practice simple ways to identify and express personal needs and preferences. Develop verbal and physical skills to manage fear and anxiety, recognize and maintain boundaries and improve communication inside and outside of class.

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	Teens-Adults

Session A-3 Wednesday Afternoon 3:30 pm - 5:00 pm

Integrating Movement into Your Self Defense Class

Richardson

Self-defense and martial arts instructors use warm-ups for all ages and audiences. Movement and action-based ice-breakers serve as an effective method for students to become aware of their surroundings, introduce self-defense essentials and explore an array of body-mind strengths. In addition, movement drills performed with partners or in a group among class participants help expedite development of trust and camaraderie--truly beneficial in creating a comfortable setting and optimal learning environment. In this class we will practice movement exercises as offered by the instructor as well as brainstorm new ones with one another. We can use this conference class both to learn new material and share valued knowledge and experience we have with others.

Exertion Level	Skill Level	Clothing	Appropriate For
Low	All	No Req	All

Session A-4 Wednesday Evening 8:30 pm - 10:00 pm

The Power of Engagement: Bluffing, Humor and Distraction *Dragonfire*

Explore early intervention strategies. Learn to honor your own awareness and take initiative to reduce tension right away. Use humor and distraction to engage or make a connection as a way to interrupt and de-escalate potential conflicts. Tune in to catch cues along the way and learn how exaggeration can help you get past embarrassment as you take charge of your own reactions. Practice saying what you see, using your power to name and frame what is happening in the moment, and honing your ability to set limits. Conscious awareness allows you to change the dynamics of situations in which you feel threatened.

Exertion Level	Skill Level	Clothing	Appropriate For

Transforming Denial into Awareness and Intuition*Koch*

Anger is often viewed as a bad thing - and it can be destructive - however, we can harness this emotion as a powerful tool for change. Anger can help mobilize us through fear and into action, on behalf of ourselves and our communities. In this session we will examine how we assign responsibility to ourselves and others and how anger can be a potent tool of self-care. This class is based on Nadia Telsey's workbook, "Self-Defense from the Inside Out, A Women's Workbook for Developing Self-Esteem and Assertiveness Skills for Safety (Breaking Free, 1994).

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	Teens-Adults

Bring note taking materials

Session A-5 Wednesday Evening 8:30 pm - 10:00 pm**Skill Share and Networking**

Network and share activities and handouts with other self-defense teachers. Build on core competencies for the empowerment model of self-defense with exercises that are engaging and accessible. Whether it's a favorite ice-breaker, an activity to build cultural awareness, a creative way to adapt for different ages and abilities, a trauma sensitive approach, tips for working with underserved groups, or tried and true SD techniques, this is a valuable opportunity to share skills and experience as a group. Includes time for Q and A and feedback.

Exertion Level	Skill Level	Clothing	Appropriate For
<i>Discussion-Low</i>	<i>All</i>	<i>No Req</i>	<i>Teen-Adult</i>

Session B-1 Thursday Morning 8:30 am - 10:00 am**Transforming Conflicts 1***Uchikawa*

Problems cannot be solved at the level of awareness that created them." --Albert Einstein

Who we are and how our society views conflict affect how we navigate difficult situations. In litigious societies such the United States, disputes are often handed over to advocates, and a judge makes the final decision. Such conflict systems encourage us to compete when faced with conflict. When we compete, we dig into our positions and cease to understand the needs and interests of the other party. We focus more on what the conflict entails rather than how we are handling the conflict. We lose sight of options and become more invested in the outcome rather than the process.

In this two part workshop, we will explore conflict through exercises, games, theory, and discussions. We will gain an awareness of our own conflict reactions, understand how our approach may influence the dispute, and consider alternative approaches. By increasing our skills and our understanding of ourselves and the other party, we will attempt to reach another level of awareness and to engage with conflict in a new way.

The path to peace and nonviolence begins with "peacekeeping." Self-defense functions as a way to maintain peace in our lives, thus we learn to be peacekeepers. Conflict Resolution is the next step and functions as "peacemaking." By learning to resolve or transform conflicts in a peaceful way, we move towards the ultimate goal of building an everlasting peace in our lives, our communities, and our world.

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	Teens-Adults

Bring note taking materials

Session B-2 Thursday Morning 10:30 am - 12:00 pm**Transforming Conflicts 2***Uchikawa**Conf*

Continues from session B-2. Participants are required to attend Transforming Conflicts 1 in order to participate in Transforming Conflicts 2.

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	Teens-Adults

Bring note taking materials

Session 1-1 Thursday Afternoon 3:00 pm - 5:00 pm**Opening Ceremony and Workout***Rothenberg*

Join us for the Opening Ceremony of the 35th ST and the first joint SDIC-ST! After announcements and opening activities Majikan Nancy Rothenberg will lead us in the first workout of SDIC-ST 2011! Women and girls from both programs are welcome and encouraged to attend.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	No Req	All

Session 1-2 Thursday Evening 6:30 pm - 8:00 pm

Hanbo

Masi

Hanbo, a 3' staff, is the main weapon used in the martial art of Jujutsu. Hanbo techniques can also be done using many common items such as a newspaper, umbrella, cane, and walking stick, making hanbo a practical self defense weapon. A basic blocking and striking sequence will be practiced followed by the use of the Hanbo to defend oneself with throws and lockups. All techniques will be taught with a self defense perspective, with the bunkai (application) quickly introduced. No falling experience is needed.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	Full Uniform	Adults

Bring hanbo/jo/escrima stick if possible (I will have some)

Flow Drills 1: Simple And Effective Flow Drills

Dragonfire

Through various flow drills we will feel the basic principles of martial arts of Give-Take-Take Over using the other person's energy to accomplish your defensive goals.

Exertion Level	Skill Level	Clothing	Appropriate For
Low-High	All	No Req	All

Meet And Greet For Young Martial Artists

Spiro

Would you like to have fun, make new friends and learn about your sister martial artists near and far? Instructor Santi, Sensei Jaye and the teens from Turn of the Tide Martial Arts in Detroit have put together some playful and martial activities to engage our teens and girls with each other. These games will help us creatively explore who we are and help everyone interact. Adults attending to support the girls are welcome.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	No Req	Girls-Teens

Journey From Afrikan Soil To American Shores The History Of The Afrikan Martial Arts And Discipline Sciences

Miller

The purpose of this class is to introduce participants to the Afrikan systems in relation to movements and defense techniques. Much of the class is centered around history to assure that the students are not left just doing movements, but that they have a strong link to the subject matter - especially in relation to their own systems. This class is also a source of information as to the warriorship of the Afrikan continent in conjunction with other cultures. Visual aids will be a strong part of this class in addition to warrior routines that can be easily learned and maintained.

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion- Med	All	No Req	All

Bring two arnis/kali sticks or (2ft) long medium weight and thickness dowels

Sparring Drills - Tae Kwon Do Style!

BB

We'll focus on ball of foot front kick, side kick, roundhouse turning kick, hook, axle, and straight leg back spinning kick. At least half a dozen Tae Kwon Do Kicks in their multiple variations on a similar theme. These kicks can be executed as singles (from front or back leg), doubles, jumping, spinning to the back, in-to-out, out-to-in, and even out of rolls (forwards and backwards) down on the ground. Kickin' can be fun!

Exertion Level	Skill Level	Clothing	Appropriate For
Med-High	All	No Req	All

Body Image Issues, Eating Disorders, and Empowerment - Strategies for Self-Defense Teachers

Raimondo

Addressing eating disorders and body image issues can greatly strengthen self defense programs, since devaluing one's body often blocks any attempts at empowerment for self-protection. The consequences of eating disorders and body image issues are very real and very negative. There is ample evidence to suggest that these issues can impact physical and mental health, as well as healthy sexual development. When a girl feels badly about her body, she is not likely to take care of it or herself, leaving her at risk for violence and other unwanted behaviors.

This interactive workshop will review the research around eating disorders and body image, focusing on cultural and psychosocial dynamics, especially the media. The workshop will also include some teaching modalities one can bring to a self-defense workshop for girls. This workshop is designed to bring participants' experiences and viewpoints into collaboration, with the aim of proposing strategies to address eating disorders and body image issues in our self-defense programming.

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	All

Bring note taking materials

Early Bird Friday Morning 6:00 am - 7:00 am

Early Bird Workout

Lathrop

Borrowing from the marital arts and dance worlds, we'll do some gradual morning warm ups to open the body, and then address whatever kinds of aches and pains women are having by doing related stretches and massages. Nice morning fare designed to prepare your mind and body for the day ahead.

Exertion Level	Skill Level	Clothing	Appropriate For
Low	All	No Req	All

Session 2-1 Friday Morning 8:30 am - 10:00 am

Take A Seat 1

Hale

Practicing from a seated position and exploring motion, intention, awareness and action. Most human sit, but most martial artists train from standing, a few from seiza. What responses to an attack are available to a seated person? Molly has practiced Aikido for twenty years, nine of those years from a wheelchair, and is discovering effective movements for seated individuals. Suitable for anyone willing to come and sit awhile. An aid to any teacher who encounters potential students using wheelchair mobility or any student in a wheelchair. Session 1 and 2 complement each other, but you can attend either or both sessions.

Exertion Level	Skill Level	Clothing	Appropriate For
Low-Med	All	Long Pants, Uniform Top	Teens-Adults

Those Nine Basic Skills - And What We Still Need To Improve

Miller

Participants will be reintroduced to the kinetic concepts of basic skills in relation to martial arts and their own bodies (especially useful for those over the age of 30!). We will identify what skills are limited and how to readjust, especially in a combat direct situation with individuals who are exceptionally large and/or strong. We will be looking at the new way that urban predators attack with knives and guns. All participants will be asked to demonstrate one of their best and/or favorite techniques to be analyzed from an urban perspective.

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion- Med	All	No Req	All

Bring a length of rope, like a jump rope for a single person

Basic Bo (bo No Kihon Kata)

Factor

Kobudo - traditional arts that employ weapons - bring out unique aspects of our training. In this introductory class we cover shito-ryu basics for handling the bo (long staff), and learn the first kata. Through this kata we will work on both offensive and defensive techniques, and the stances deployed to deliver these techniques. We'll also look at analogous empty-hand forms, and how the shape of a technique changes to optimize the bo's strengths. The eventual ideal is to naturalize the use of the weapon so that it becomes a true extension of one's body.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	1+ years training	Uniform Top	All

Bring a staff or bo

Board Breaking 101

Chapaty

Sparring is necessary in many arts, but for some women it can be an anxiety-causing experience. Many of us don't like to get hit, but if you spar you're going to get hit. For women with a history of abuse, this can be troublesome. This workshop offers a gentler, more powerful approach to becoming confidently centered in a fight. Do you need a breakthrough in this area? Then this class is for YOU.

Exertion Level	Skill Level	Clothing	Appropriate For
Low	All	No Req	All

Bring an open heart!

Aikido Knife and Sword

Zimron

Disarming an attacker when you are unarmed/"empty-handed," or holding a seemingly less powerful weapon than your attacker, requires facing fear, making wise movements and turning the situation around in some very cool ways. Come learn vital principles and classic disarming techniques in the face of blade attacks. Transformational training!

Exertion Level	Skill Level	Clothing	Appropriate For
Med-High Adv	- some ability to take falls	Long Pants, Uniform Top	All

Bring knife (tanto) and/or sword (bokken) if possible

Developing a Self-Defense Program for Middle School Girls

Zotigh

Girls face a lot of challenges in today's world. A self-defense program at the middle school level empowers them to develop assertiveness, courage, and trust in their own intuition and abilities. During this workshop, we'll explore exercises and drills to teach this age group verbal and physical self-defense skills in a safe and supported way. In addition, we'll gain insight into how middle school students behave, and consider why and how this behavior can

work to our advantage in teaching self-defense. We'll also have a chance to practice what we've learned, and to discuss ways to set up after school and community-based programs. By developing programs for middle school age students, we can build bridges to our youth and empower them to say "I am worth defending."

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	Teens-Adults

Bring note taking materials

Session 2-2 Friday Morning 10:30 am - 12:00 pm

Defenses Against Random Attacks

Dragonfire

Bring ideas and questions about techniques from your own martial art and we'll practice them and come up with new ideas on how to expand and simplify responses to attacks.

Exertion Level	Skill Level	Clothing	Appropriate For
Low-High	Adv	No Req	All

Arnis Applications to Strengthen Your Self-Defense

Turnbull

Regardless of your preferred style or martial arts experience, incorporating the fundamentals of Arnis can transform your self-defense capability and improve overall effectiveness. Working through a series of empty-hand and weapons drills (including sinawalis), participants will acquire new techniques as well as discover the practical applications behind the theory of "give, take, take over!"

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	Long Pants	Teens-Adults

If you have them, bring your kali/arnis sticks and training knives, and wear comfortable clothing and footwear.

Introduction to laido

Masi

A rare opportunity for girls to learn Japanese sword from Shihan Masi. A style usually reserved for adults, this time the girls get to learn laido.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	Full Uniform YMA Class, Others welcome	

Bring bokken/wooden sword (I will have some)

Facing Your Sparring Ghosts

Chapaty

Get a taste of how Olympic Taekwondo athletes prepare for competition through drills meant to strengthen core muscles in the body and build stamina. This high-level workout is open to anyone who wants to test her mind and body. You don't have to be in excellent condition to take this class. Come as you are, and prepare to emerge tired, but serene and strong.

Exertion Level	Skill Level	Clothing	Appropriate For
Low-Med	All	No Req	All

Sparring gear preferred

Introduction to Silat Seni Gayong 1

Para

This introduction to Silat Seni Gayong will teach empty hand techniques including both soft and hard techniques. Bunga (bay flower dance) and yoi (art of slapping/female strike) will be taught as well as an overview of the hard techniques including tangkapan (art of locking and choking), belian (art of tearing), and pukulan and kombat (arts of striking). This class will also feature a demonstration to showcase the diversity of Gayong.

Exertion Level	Skill Level	Clothing	Appropriate For
Low-Med	All	Long Pants, Uniform Top	Teens-Adults

Engaging Men and Boys as Activists and Allies

Porter

Yes, 95% of perpetrators of sexual assault are straight men. But 94% of men will never perpetrate this crime. So what is their role? To work to promote change. Come discuss and experience ways to engage men and boys in preventing and responding to violence against women. Challenge the dominant story of masculinity, and help to formulate a counter story. Learn about the research of David Lisak on "The Undetected Rapist." Check out what is happening on college campuses and in young adult programs to engage men as activists and allies in this work.

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	Teens-Adults

Quad-A-Thon - Friday Afternoon 1:00 pm - 5:00 pm

Flow-A-Thon

With the guidance of our instructors, participants will explore inner, outer and integrative martial arts practices to cultivate these foundations of Flow Power: Centering, Grounding, Relaxation, Breath, Heart, Connection, Unified

Expression. We will experience the power to harm or to nurture; water, wind and all elements that flow; how we can draw from how other creatures express their life-force; the energies of heaven, earth, and all things alive, growing and flourishing. We will also consider well how Flow Power can benefit us in our lives as women, as martial artists, and as citizens of a global society facing critical transformation.

Instructors: Barbara Feldman Qigong and Tai Chi Chuan Wendy Lathrop Kung Fu and Tai Chi Chuan Jamie Leno Zimron Aikido, The Art of Peace

Exertion Level	Skill Level	Clothing	Appropriate For
Low-Med	All	No Req	

Sweat-A-Thon

Shifu/Sensei Kore' Grate - Starting from the Ground: warm-ups and techniques from Judo-newaza (ground/wrestling). Safe-falling drills, arm bars, and chokes to start the journey.

Shihan Linda "Ramzy" Ranson - Takin' it to the Streets: High energy, energizing, and power-packed self-defense drills that will get you going.

Sifu Sonya Richardson - Working it Out: Sparring drills and techniques. Apply your skills, connect with partners, and take your sparring to the next level.

Gura Sally Johnson Van Wright – Modern Arnis: Because we're never too tired to have fun...games and drills from Modern Arnis.

Exertion Level	Skill Level	Clothing	Appropriate For
Med-High	All	Uniform Top	

No falling or arnis experience required. Bring 2 canes if you can.

Session 2-3 Friday Afternoon 1:30 pm - 3:00 pm

Martial Arts Olympics For Girls 1

Spiro

Calling all girls 4-16 for the Martial Arts Olympics! Here every girl can push herself to do more than she thought she could. To win you need to do your best and you will earn a brilliant star to wear proudly on your uniform. First session competition events will include most kicks without setting your foot down, most push ups, sit ups, most back breakfalls in 30 seconds and flag sparring. Come to one or both sessions. Older teens and adults are encouraged to come and judge or support these young athletes. Fun for all!!!!

Exertion Level	Skill Level	Clothing	Appropriate For
High	All	No Req	Girls-Teens

Basic Tonfa

Dibelka

This class will cover the history and basic use of the tonfa including: blocks, strikes, punches, and flips. We will learn combination waza (techniques) and a short kata to reinforce skills.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	Long Pants, Uniform Top	All

Tonfa available for purchase from instructor or bring your own.

I Bet He Didn't See That Coming: Improvised Weapons

Davis

If attacked we may get caught empty handed - or at least the attacker thinks we are. Learn how to use the simple things we carry and walk past everyday as weapons against an aggressive and overconfident attacker.

Exertion Level	Skill Level	Clothing	Appropriate For
Low-Med	All	No Req	Teens-Adults

Bring things you carry everyday to use as improvised weapons

Inclusive Self-Defense Practice: LGBTQ Panel

Webster

In our self-defense practice, we all teach gay/lesbian/bisexual/transgender/queer-questioning people, whether we are aware of it or not. This interactive, practical workshop will help you to make your self-defense classes more relevant and welcoming to LGBTQ people and, if you'd like, to develop an LGBTQ-specific curriculum. We'll also explore reasons to be good at teaching LGBTQ individuals; similarities and differences in risks that LGBTQ and straight/gender-conforming people face, and strategies for responding to a range of threats, from micro-aggressions to physical attacks.

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	Teens-Adults

Session 2-4 Friday Afternoon 3:30 pm - 5:00 pm

Martial Arts Olympics For Girls 2

Spiro

The Martial Arts Olympics continue! This session events will include a short race, focus high kick, flying kick, forms and improvised forms. Come to one or both sessions. Older teens and adults are encouraged to come and

judge or support these young athletes. Fun for all!!!!

Exertion Level	Skill Level	Clothing	Appropriate For
High	All	No Req	Girls-Teens

Self-Defense Empowerment Model Course 1: Laying the Foundation *Heffernan*

Let's take a look at violence in a social context and build an understanding for what true personal safety looks like. We will examine the role of the "isms" (sexism, racism, size-ism and more) in our perceptions of ourselves and in the way others perceive and interact with us. We will examine the violence continuum and use of force continuum as it relates to everyday life and gain an understanding of our rights and responsibilities as strong, capable self-defenders and wonderwomen. You can attend any or all of the SDEMC classes.

Exertion Level	Skill Level	Clothing	Appropriate For
Low	All	No Req	Teens-Adults

Bring notebook and pen/pencil

Hojojutsu - The Japanese Martial Art of Securing Prisoner with Rope *Masi*

Hojojutsu is the Japanese martial art of securing a prisoner with rope and is in use today by police officers in Japan. Hojojutsu uses principles of body mechanics to create an increased amount of discomfort should the prisoner try to escape. Basic rope safety will be discussed followed by a presentation and practice of hojojutsu rope bundling, required to perform a hojojutsu technique. A hojojutsu rope tie will be taught in conjunction with a Jujutsu takedown and lockup. To assure safety and comfort, the class will be split into three sections: super light, moderate, and full with regard to the tightness of the hojojutsu tie.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	Full Uniform	Adults (21+ only)

Teaching Special Populations: When Your Sexual Assault Survivor is also a Military Veteran *Factor*

You've seen the news articles, maybe heard some stories from your own students and friends. Sexual assault against women in military service is being called "epidemic" in the media. And there are fewer avenues for redress - and more risks around reporting - for women in military service than for civilian women.

Almost a third of all women who have been sexually assaulted will develop some symptoms of long-term post-traumatic stress disorder (PTSD); female military veterans face unique risk factors that affect their diagnosis and subsequent treatment. While there is a lot that both civilians and women in the military share when it comes to sexual assault and PTSD, there are also significant distinctions that self-defense instructors need to understand to better serve these women. In this seminar you'll look at the kinds of situations that are more likely to give rise to chronic PTSD, circumstances specific to women veterans, and the Seattle Veterans Administration Medical Center's (VAMC) treatment protocol, Taking Charge. You will engage in some of the exercises done by Taking Charge participants. And you may even challenge yourself to dig into your own beliefs about the military and those who serve.

This material is drawn from Joanne Factor's seven years of experience with the Taking Charge team, led by Drs. Wendy David and Ann Cotton, at Seattle's VAMC as the Self-Defense Physical Skills Instructor and co-author of the Taking Charge Therapists' Treatment Manual.

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	Teens-Adults

Bring note taking materials

Session 2-5 Friday Evening 6:30 pm - 8:00 pm

Kata - Thinking Outside the Box *Dragonfire*

This Kata classes challenges participants to think outside their normal kata performance practice. We will be working with themes within the kata that relate to actual defenses.

Exertion Level	Skill Level	Clothing	Appropriate For
Low-High	All	No Req	All

Ba Gua Qigong *Feldman*

Ba Gua Qigong (energy work) opens, strengthens, makes more flexible, and knits together the body and mind. It prepares the body for twisting, spiraling movements evident in Ba Gua and present in all martial arts. It also has the ability to deepen our understanding of and improve many martial arts techniques. Ba Gua Qigong exercises are based on four pairs of animals, one yang, one yin: lion, rhinoceros, chicken, snake, dragon, phoenix, bear, and monkey. All but the snake have three levels of exercise, each with an accompanying bounce or shake. Most of them are easy to remember but not necessarily easy to execute. Traditional training was to learn one animal at a time by doing it for 100 days. Of the eight animals of Ba Gua Qigong, we will cover two or three: Lion, Rhinoceros, and Phoenix. Each one, in its own way, strengthens the body, makes it more flexible, and builds internal connections.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	Long Pants	All

The Art of No Defense

Hale

Many years ago an incorrect address found me at a Model Mugging course. Acting from a place of "no coincidences", I signed up for the program, learning self-defense techniques and moving through the shadows of my own rape encounters. I felt empowered and a deep sense of responsibility when it became clear that I could take a human life. "Looking for openings" in any attack continued to resonate.

27 years training in Aikido, plus becoming quadriplegic, kept bringing it home to me that the "openings" I was looking for were within me. How do we care for ourselves from a place of Center? How do we move in the world physically, mentally, emotionally, and spiritually in balance and receptivity? How do we be aware of conditions within and around us, assess a situation, and act with compassion?

The founder of Aikido, said "The Art of Peace begins with you. Work on yourself and your appointed task in the Art of Peace. Everyone has a spirit that can be refined, a body that can be trained in some manner, a suitable path to follow. You are here for no other purpose than to realize your inner divinity and manifest your innate enlightenment. Foster peace in your own life and then apply the Art to all that you encounter."

In this workshop, we will explore, through talking and physical practices, how to honor our respective martial art and self-defense practices, while engaging an idea of No Defense. "Your spirit is the true shield."

Exertion Level	Skill Level	Clothing	Appropriate For
Low	All	No Req	Teens-Adults

Self-Defense Empowerment Model Course 2: Stocking the Toolkit *Heffernan*

What if we could prevent an attack before it happened? "You are already an expert in predicting human behaviour" (Gavin de Becker). In our time together for class 2, we will examine the stages of assault and learn to recognize aggression in its earliest stages. We will learn to move about our world with confidence and an ability to see danger and react early. Understanding body language (our own and others) and communication (non-verbal and verbal) will put us on the track to creating a safe and happy world for ourselves, our loved ones, and our students. You can attend any or all of the SDEMC classes.

Exertion Level	Skill Level	Clothing	Appropriate For
Low	All	No Req	Teens-Adults

Bring notebook and pen/pencil

Introduction to Silat Seni Gayong 2

Para

Continuation of hard and soft techniques. Bunga (bay flower dance) and yoi (art of slapping/female strike) will be taught as well as an overview of the hard techniques including tangkapan (art of locking and choking), belian (art of tearing), and pukulan and kombat (arts of striking). This class will also feature a demonstration to showcase the diversity of this art.

Exertion Level	Skill Level	Clothing	Appropriate For
Low-Med	All	Long Pants, Uniform Top	Teens-Adults

Bully Me? You Picked the Wrong Girl!

Rothenberg

This class focuses on various choices we have when faced with a bully. Lots of role-plays will give us lots of chances to practice the following techniques: ignoring, walking away, agreeing, disagreeing and standing up for yourself, saying something random, acting crazy, screaming, and distracting.

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	YMA 6-12

Early Bird Saturday Morning 6:00 am - 7:00 am

Early Bird Workout

Lathrop

Borrowing from the marital arts and dance worlds, we'll do some gradual morning warm ups to open the body, and then address whatever kinds of aches and pains women are having by doing related stretches and massages. Nice morning fare designed to prepare your mind and body for the day ahead.

Exertion Level	Skill Level	Clothing	Appropriate For
Low	All	No Req	All

Session 3-1 Saturday Morning 8:30 am - 10:00 am

Take A Seat 2

Hale

Practicing from a seated position and exploring motion, intention, awareness and action. Most human sit, but most martial artists train from standing, a few from seiza. What responses to an attack are available to a seated person? Molly has practiced Aikido for twenty years, nine of those years from a wheelchair, and is discovering effective movements for seated individuals. Suitable for anyone willing to come and sit awhile. An aid to any teacher who encounters potential students using wheelchair mobility or any student in a wheelchair. Session 1 and 2 complement each other, but you can attend either or both sessions.

Exertion Level	Skill Level	Clothing	Appropriate For
Low-Med	All	Long Pants, Uniform Top	Teens-Adults

Flow Drills 2: Elbow Flow Drill

Dragonfire

The Elbow Flow Drill builds on the techniques introduced in Flow Drills 1, but even if you didn't come to that session you can come to this one! The Elbow Flow Drill is a wonderful drill that incorporates elbow strikes, joint locks, and simple blocking movements. This drill encourages fluid movement from one defense to another using effective defensive themes.

Exertion Level	Skill Level	Clothing	Appropriate For
Low-High	All	No Req	All

Olympian Conditioning

Chapaty

Who knew challenging the body while practicing martial arts concepts could be so much fun? In this fun, interactive class, students will learn to improve balance with Chicken Fight, keep a lower center of gravity with Sumo, and learn how to dodge and duck attacks with Matrix.

Exertion Level	Skill Level	Clothing	Appropriate For
High	All	No Req	All

Intermediate Bo (rohai No Kon)

Factor

In this intermediate class we cover additional shito-ryu for handling the bo (long staff), and learn an intermediate kata, Rohai No Kon. This kata takes the traditional Rohai form, characterized by quick, graceful and balanced movements, and adds the challenge of a bo. This kata covers a greater variety of techniques, and uses the full length of the bo and builds on qualities of speed, grace and balance while extending our reach. The eventual ideal is to naturalize the use of the weapon, so it becomes a true extension of one's body. Participants who already know the empty-hand kata Rohai will appreciate the contrast to this version using a bo.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	Experience w/ bo required	Uniform Top	Teens-Adults

Bring staff or bo

The "Ju" in Judo

Sidikman

The "Ju" in Judo will analyze the use of energy shifts that makes Judo a "soft-style." Using different techniques, some from the very traditional Joshi Judo as taught by Fukuda Sensei in California, to simple across-the-styles throws and takedowns. We will use our bodies to build machines for transferring weight and analyze the action-reaction physics of "Ju" - gentle, flowing, flexible.

Exertion Level	Skill Level	Clothing	Appropriate For
Med-High	Adv Gi (Full Uniform)	Preferred	Teens-Adults

Basic falling and rolling (ukemi) are a benefit. Bring a smile

Business Boot Camp

Weed

Conf

Do you run a martial arts school that offers self-defense classes? 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? Do you already teach martial arts or self-defense as a full-time career? Do you want to kick things up to the next level?

Erin and her team of international speakers have reached one million women with the message of peace and girl power, and she brings her business and non-profit consulting experience to this special double session workshop. She will cover the basics of business, public relations and community outreach and apply these principles specifically to the world of women's self-defense and martial arts. By first identifying the "ecosystem" in which we exist, each participant will leave with a customized plan to create and maintain a brand, implement effective marketing techniques, utilize the media, and prepare for financial issues that face professionals teaching women about safety.

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	Teens-Adults

Bring note taking materials

Session 3-2 Saturday Morning 10:30 am - 12:00 pm

Am I Wrong For Wearing It Long?: Defense Against Hair Pulls *Davis*

In attack situations attackers like to pull hair, and our hair can be used as a weapon against us. In this class you will use your hair against your attacker by applying leverage and body mechanics.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	No Req	Teens-Adults

Bring a notebook and pen

Kwan Dao Power

Rothenberg

Channel your warrior self while practicing with the Kwan-Dao, also called the Green Dragon or Crescent Moon Broadsword. It is made up of a long curving blade used for slicing and chopping attached to a long pole that tapers up to a sharp pointed end used for stabbing and thrusting. Long ago this heavy weapon was used on horseback by only the strongest of men. It was also used to test one's strength against another. Practicing with the Kwan-Dao builds strength, stamina and flexibility.

If you have never wielded a weapon, or if you are adept at weapons training, join me for an introduction to this majestic weapon. We will learn Kwan-Dao techniques and begin to learn a Kwan-Dao form. A fun challenge for your mind and body!

Exertion Level	Skill Level	Clothing	Appropriate For
Med	Int-Adv	No Req	Teens-Adults

Bring staff or bo

The Sister Twins - Dance And Martial Arts *Miller*

Participants will be introduced to the various historical connections between dance and martial arts. Students will have plenty of opportunity to participate in this workshop. It is a YMA class, but all women young at heart are welcome to attend!

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	No Req	All

Bring a long scarf or flowing length of cloth

Kick Like You've Never Kicked Before! *BB*

After a short, sweet 'n sweaty warm-up we'll partner up for a progression of sparring drills aimed at combinations, counters, footwork, fakes, and you name it. Whatever you think it takes to get in and make your move successfully and succinctly! Besides learning new techniques we'll also share our favorite attack or defense for all to try! Then we'll get down to the business of sparring with single & multiple attackers, ultimately having some rounds of tag team sparring. Come further your skills and have fun doing it!

Exertion Level	Skill Level	Clothing	Appropriate For
Med-High	Int-Adv	Long Pants	All

The Pressure Points Of Hakkoryu Jujutsu *Masi*

Hakkoryu Jujutsu uses many points along the body's meridian system (energy pathway) to cause pain but not injury to an attacker. Rather than strike and cause injury, pressure is put on points to distract and control the attacker. In this class, we will learn techniques making use of pressure points on various meridians and then apply them to joint locking and throwing techniques. Plenty of detail and practice time will be given so that everyone goes away with success. This class will be taught on an advanced level and open only to black belts or equivalent (of any martial art).

Exertion Level	Skill Level	Clothing	Appropriate For
Med	Adv	Full Uniform	Adults

Business Boot Camp (continued) *Weed*

Continued from session 3-1. This class will run from 8:30-12:00 and participants must attend starting with session 3-1.

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	Teens-Adults

Bring note taking materials

Session 3-3 Saturday Afternoon 1:30 pm - 3:00 pm

Introduction to Silat Seni Gayong - Weapons *Para*

Overview of weapons and weapon techniques for Silat Seni Gayong. Demonstrations with weapons specific to Malay Silat. Weapon instruction including jurus (forms), kombat, and locking techniques with weapons. Knife and Cindai (flexible weapons) techniques will be featured.

Exertion Level	Skill Level	Clothing	Appropriate For
Low-Med	All	Long Pants, Uniform Top	Teens-Adults

Kata Crystals: Body Conditioning Through Kata *Feldman*

Body conditioning is often treated as a separate part of our martial arts training, apart from basics, sparring, and forms. As such, it is sometimes frustrating for those women whose muscles and structures make performing traditional conditioning exercises such as push ups and leg lifts an experience in failure. However, practicing kata or forms can be a useful vehicle for improving body conditioning, making our martial arts journey feel more successful while building muscles and strengthening the whole body. This class uses visualization and imagination. It helps tailor our journey to meet our individual needs as we improve our martial arts techniques. And it hones and polishes our forms.

Exertion Level	Skill Level	Clothing	Appropriate For
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Med-High

All

Long Pants

All

Need to know at least one form

Gee Games!

Chapaty

Buoy your self-confidence through the empowering practice of board breaking. Learn how the technique-focused martial artist uses accuracy, power, and follow-through to break whitewood pine. The workshop ends with the popular “Breaking for a Breakthrough” exercise. Students of all arts—even those that do not break boards as part of their practice—are welcome!

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	No Req	All

Bring a fun attitude!

Self-Defense Empowerment Model Course 3: Building Walls and Windows *Heffernan*

Good fences make good neighbours. Take control and ownership of your personal bubble as we work on boundary setting. We are capable of communicating to others our boundaries and limits, it’s just that many of us have spent a lifetime doing the opposite. Let’s use our voice, our brain and our breath. Come in and work on your politeness disorder with Janet. She knows politeness, eh. She’s a Canadian. You can attend any or all of the SDEMC classes.

Exertion Level	Skill Level	Clothing	Appropriate For
Low	All	No Req	Teens-Adults

Bring notebook and pen/pencil

Getting Down! Rolling and Falling For Everyone

Zimron

Fear of Falling is an instinctual human sense that can be scary - but also fun! Rolling and falling skills increase agility, enhance every martial art and sport, and could save your life. Falling can be easy, safe, natural, and even hard-core cases have learned how using Jamie Sensei's aiki-approach!

Basic skills will be taught, including forward and backward rolls, side and front falls, and break falls for those ready to fly. Then we'll drill being thrown and falling. Open to both adults and kids. No experience necessary - only childlike willingness to try new things and become more agile and free.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	Long Pants, Uniform Top	All

"Did That Really Just Happen?": Taking A Look at Racial Micro-Aggressions *DeFour*

As noted in the February 2009 Journal of the American Psychological Association, "some racism is so subtle that neither victim nor perpetrator may entirely understand what is going on -- which may be especially toxic for people of color." What tools do self-defense instructors need to respond to racist micro-aggression? What strategies can we offer our students? We will take a special look at racial micro-aggressions as they occur in organizations. This workshop is sure to provide insights, raise questions, and offer practice opportunities for women of color and white allies.

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	Teens-Adults

Session 3-4 Saturday Afternoon 3:30 pm - 5:00 pm

Safe, Strong And Smart: Girls And Teens Confront The Shadow *Spiro*

This self defense class is an opportunity for young women to confront fears in an atmosphere of encouragement and support. Participants will strike full force blows against a padded attacker in simulated scenarios. These situations will range from having one's personal space invaded to more serious attacks. Instructors will carefully prepare the girls to successfully stop each incidence of assault. Parents or another support person is welcome to attend if invited by the youth.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	No Req	Girls-Teens

Self-Defense Empowerment Model Course 4: Opening up the Possibilities *Heffernan*

We are going to get an understanding of what happens to the body and mind under the stress of a physical attack. Let’s figure out what tools are useful in these situations; stance and hands, escapes and strikes, weapons of opportunity. Then, since owning a wrench doesn’t make you a mechanic, let’s get some practice in on using all of the tools at our disposal. Some times you have to get in to get out. You can attend any or all of the SDEMC classes.

Exertion Level	Skill Level	Clothing	Appropriate For
Low	All	No Req	Teens-Adults

Bring notebook and pen/pencil

Introduction To Tai Chi Chuan

Feldman

Many external stylists are interested in learning more about internal martial arts and how they are similar to and different from external martial arts. This class nurtures this curiosity and interest. The purpose of the workout is to introduce the main concepts and philosophy of Tai Chi Chuan and to provide a short form to practice. The class will have four main parts: Tai Chi warm-up exercises; Standing meditation to make internal connections; Exercises to develop and sense internal energy; and a short Tai Chi Chuan form.

Exertion Level	Skill Level	Clothing	Appropriate For
Low	All	No Req	Adults

Defense Against The Japanese Sword

Masi

Your attacker stands before you, sword in hand. You stand empty handed, watching for the attacker's next movement. Now what? We will discover answers to that question in this class. Applications of the basic techniques of Hakkoryu Jujutsu will be applied as empty handed defense against sword attacks. Though based on the Japanese sword, these defense techniques may be applied to defend against attacks from many different weapons. The class will begin with movement practice, learning that the smallest distance to the blade is actually the safest place. Principles of distance, direction, and center will then be applied to joint locking techniques to move safely out of the blade's path, control the weapon, take the attacker down, and disarm the sword.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	Full Uniform	Adults

Bring bokken/wooden sword (I will have some)

Transforming Self-Blame into Anger

Koch

Have you ever had a "funny feeling" about someone, and then talked yourself out of it? Have you ever handled an emergency? Some of the same skills we use in handling everyday difficulties apply in self-defense situations, but we may have additional barriers to self-care when it comes to acting on our gut feelings. In this session we will examine our willingness to recognize trouble, trust our intuition, and take action! This class is based on Nadia Telsey's workbook, "Self-Defense from the Inside Out, A Women's Workbook for Developing Self-Esteem and Assertiveness Skills for Safety (Breaking Free, 1994)."

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	Teens-Adults

Bring note taking materials

AikiAqua

Hale

We will practice holding base while in a water medium. The benefits to one's Aikido or other martial practice are extraordinary in terms of feeling and finding one's center in a seemingly weightless medium, and examining your motions and body positioning at a slowed down rate. The buoyancy and resistance of water support gaining new insights into connection and breathing.

Exertion Level	Skill Level	Clothing	Appropriate For
Low-High	All	Swim suit or shorts and tshirt	Teens-Adults

Session 3-5 Saturday Afternoon 6:30 pm - 8:00 pm

Teen And Girls' Demo Practice

Spiro

SDIC-ST campers look forward to watching our young girls and teens exhibit their exciting martial arts skills at the demo every year. Everybody under the age of 21 is welcome to participate. Under the leadership of our brilliant teens and young adults, we will showcase each of you and your art: whether you are a baby beginner or an advanced black belt. This practice session is mandatory for all who would like to be included.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	No Req	Girls-Teens

Bring what you need for your demo - weapons, sparring equip, boards for breaking, etc.

Intermediate Tonfa

Dibelka

This class will build upon your current skills or those taught in the basic class and include: defense against other weapons such as a shinai, bo, and sai. A kata that builds upon one taught in basic class will be taught.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	Int-Adv	Long Pants, Uniform Top	All

Tonfa available for purchase from instructor or bring your own.

Open Demo Practice and Set Up

Utilize available space in Gym 3 and 4 to work out any last minute details with your demo team. Connect with the demo coordinator to hand off music and finalize open issues.

Exertion Level	Skill Level	Clothing	Appropriate For
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Open Sparring

Come play with new sparring partners. You and your partner will agree to ground rules (slow/fast, contact/no contact, target zones, etc) so that you both have fun during this minimally structured session. Black belt volunteers will supervise.

Exertion Level	Skill Level	Clothing	Appropriate For
Low-High	All	No Req	All

Bring sparring gear for controlled contact sparring.

Kokyu Nage: "Breath-Power" Throws*Zimron*

Can you imagine throwing people without needing to force, hit, twist or even touch them? The founder of Aikido was widely known for his unique powers and had just one name for every technique he employed: "Kokyu Nage" or "Breath Throw." This class will incorporate various yogic breathing and aikido breath throw techniques to increase your ability to effectively utilize breath power and to bring this energy source to your own style.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	Int-Adv	Long Pants, Uniform	Top Teens-Adults

Bring knife or bokken (wooden sword) if possible

Adapting Self-Defense*Dragonfire*

Learn to adapt self-defense techniques to make them more accessible regardless of age or physicality. Practice how to use your bluff, how to engage, how to use the tools at your disposal to stay safe. Use stereotypes to your advantage in abusive situations. Come with your questions and ideas ready to share information and resources.

Exertion Level	Skill Level	Clothing	Appropriate For
Low	All	No Req	All

Business Fireside Chat*Weed*

Good intentions may spark a women's self-defense business, but they won't keep the fire going... you gotta have a plan! We discussed some business and marketing success principles during this morning's "Business Boot Camp." Now join Erin Weed for a follow up discussion and question and answer session. Come ready to learn from others and share your successes in the business of teaching women to become their own best protectors. Join your fellow martial arts and self-defense instructors for a rich discussion full of information to help you move forward!

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	Teens-Adults

Bring note taking materials

Early Bird Sunday Morning 6:00 am - 7:00 am**Early Bird Workout***Lathrop*

Borrowing from the marital arts and dance worlds, we'll do some gradual morning warm ups to open the body, and then address whatever kinds of aches and pains women are having by doing related stretches and massages. Nice morning fare designed to prepare your mind and body for the day ahead.

Exertion Level	Skill Level	Clothing	Appropriate For
Low	All	No Req	All

Session 4-1 Sunday Morning 8:30 am - 9:45 am**Martial Artist As Healer: Essential Bodywork Techniques***Zimron*

Soreness, strain and injuries happen in our dojos. My aikido sensei always said: "You break 'em you fix 'em!" And my osteopathic teacher always said: "The sooner you get to 'em the quicker they'll heal!" Knowing key bodywork techniques can reduce the severity of injury and duration of healing time. Jamie Sensei has studied with many bodywork masters and worked on thousands of people for over 3 decades. In this clothes-on hands-on session she will share powerful healing information to work on the hip, neck, back, shoulder, elbow, wrist, ankle, fingers and toes. Know more, feel better and help others!

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion- Low	All	No Req	Teens-Adults

Sparring for fun*Dragonfire*

This training will use different aspects of moving together to create a safe and fun sparring class. If you are afraid of sparring or like to move harmoniously and softly this is for you. But if you like to work a bit harder and faster, that is also possible - it's a matter of making agreements with your training partners.

Exertion Level	Skill Level	Clothing	Appropriate For
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The Stance Dance*Factor*

A defining feature of shito-ryu karate is the contrast between moving and stillness. Balance and tension in stance are essential components. In this class we will look at how to create strong stances yet move quickly and powerfully: weight distribution and centering; foot positioning; smooth transitions; and use of tension. The main stances we'll train are zenkutzu dachi (front stance), shico dachi (square, or sumo, stance), and neko ashi dachi (cat stance). We'll work with the basics, move to transitions, and finally utilize stances in defenses and counters against simple punch and kick attacks. We will use individual exercises to learn the stances and moving into transitions, and paired exercised to apply them in both offensive and defensive moves.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	No Req	All

Dynamic Stretching -- The New And Improved Warm-up*Smith*

In this class we will look at alternatives to traditional warm-ups, stretching, and flexibility training. We will explore the differences between static and dynamic stretching and apply this using the latest research on human performance dynamics. This is an active class which will take a student through a warm up designed to prepare her for a class and improve her flexibility as she uses it in her martial art.

Exertion Level	Skill Level	Clothing	Appropriate For
Low-Med	All	No Req	All

El HaLev: To the Heart of Empowerment*Sidikman*

El HaLev, means "straight to the heart". This is a Hebrew acronym for IWMAF and was chosen by an angel. El Halev was created as a safe space for women to give and receive support and grow together as martial artists or through our self-defense and empowerment programs. Yudit will talk about the bumps and bruises that came with building a national organization and share the rewards and challenges of working with diverse and sometimes conflicted populations; including cross-cultural, interfaith, and pro-diversity. In this workshop, we will explore some of the unique approaches El HaLev uses to promote women's health and safety. The workshop will include discussion, video and hands-on activities with practical empowerment exercises to help us connect to the power of our voices, our bodies, and our determination.

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	Teens-Adults

Session 4-2 Sunday Morning 10:45 am - 12:00 pm**My Back Against The Wall And The Fight Just Started: Wall Techniques And Defenses***Davis*

What to do when our backs are against the wall? Learn how we can defend ourselves in an elevator or at home using our wits and all available weapons.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	All	No Req	Teens-Adults

Internal And External Journeys*Feldman*

This workout will use principles of internal martial arts: relaxation; expansion and contraction; sinking into the feet and sinking energy into the dantien or tanden; unity of internal and external, upper and lower; and twisting/spiraling (silk reeling) movements to examine and delve into external arts and self-defense techniques. Once the principles are introduced, this will be an exploratory class, with participants choosing familiar forms or techniques to work alone and in small groups. My interest in teaching this workout comes from my experiences training in external and internal martial arts styles for over 25 years. I am continually excited by how each informs the other.

Exertion Level	Skill Level	Clothing	Appropriate For
Med	Int-Adv	Long Pants	Teens-Adults

Defenses Against Knife Attacks*Dragonfire*

Learn to adapt self-defense techniques to make them more accessible regardless of age or physicality. Practice how to use your bluff, how to engage, how to use the tools at your disposal to stay safe. Use stereotypes to your advantage in abusive situations. Come with your questions and ideas ready to share information and resources.

Exertion Level	Skill Level	Clothing	Appropriate For
Low-High	All	No Req	All

Everybody Was Kung-fu Fighting!*Rothenberg*

Let's dance and spar together. When we are relaxed and having fun, our reflexes are faster and our vision clearer. Let's take the fun to the sparring floor where we will play with tactics of the four animals of Indonesian Kung-Fu: foot parries and distancing from the Crane, ground fighting and intention from the Tiger, evasion and fast strikes from the Snake and grabbing and mischief from the Monkey.

Exertion Level	Skill Level	Clothing	Appropriate For
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Bring sparring gear

Online Marketing for Schools and Individuals

Factor

As potential students increasingly use the internet to find information, you need to ensure that your information is readily found. In this workshop we will cover several ways to boost your online presence, including:

- Organizing your website
- Making your website search-engine friendly as well as engaging to human readers
- Using blogs and Google Alerts to generate content
- Using and tagging photos
- Using videos
- What you can learn using Google Analytics
- Navigating the ever-changing landscape
- Do-It-Yourself options, or working with copywriters and web designers

And, most critically, how to decide what's most important and what you can outsource, so that you can keep your focus on your own strengths -- teaching awesome classes!

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion	All	No Req	Teens-Adults

YMA Closing: Harmonizing Our Purpose, Revealing Our New Passions

Spiro

Show and Tell takes on a whole new meaning at the Girls and Teens Wrap Up session. Your "Secret Sister" will disclose herself. We want to see some of what you learned during the last few days. We'll take some time to listen to each other about our ST 2011 experiences and discuss how we have grown. We will create a souvenir to take home and recall and appreciate those who made ST 2011 so much FUN and TRANSFORMATIVE. And we will send you off with appreciation for your contributions this year.

Exertion Level	Skill Level	Clothing	Appropriate For
Discussion-Low	All	No Req	Girls-Teens

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