

## Maryam Aziz

Maryam Aziz (she/they) is a self-defense instructor who teaches Anti-Hate Crime Self Defense Seminars. She has a B.A. from Columbia University, an M.A. from the University of Michigan, and is currently a Ph.D. Candidate at the University of Michigan. Her research constructs a social and cultural movement history of martial arts practice during the Black Power Era. She has trained in martial arts for 16 years and has a 2nd degree black belt in karate. She has also trained in other arts such as Japanese Jujutsu. She served as the inaugural chief self-defense instructor for Malukah (formerly the International Muslim Women's Initiative for Self-Empowerment). Since 2015, she has taught over 50 workshops specifically people of who live at the intersection of multiple marginalized identities. Her pedagogy centers people of color, queer folx, non-binary and gender nonconforming folx, and trans folx. All her classes are ability-, age-, experience-, and body type-inclusive.

### Hate Crime Self Defense Part 1: Applying Research to the Self-Defense Workshop

Saturday | 8:30-10am | Res Rec 3rd Floor Conference Room

This class will use historical research and hate crime statistics to suggest ways to change our self-defense workshops. We will think through how we can diversify the techniques we share and think intersectionally about our participants and the potential dangers they face. We will then discuss other ways we can use research to inform our pedagogies and create inclusive self-defense workshop outlines that will better inform a range of identities.

Exertion: Discussion

Experience: All Levels

Intended for: Adults & Teens, All Genders

### Hate Crime Self-Defense Part 2: Teaching Defenses Against Hate Crimes

Saturday | 1:30-3pm | Gym Area #4 (Blue)

This class will teach defenses from common hate crimes that people who are people of color and/or activists face, such as shoves and scarf grabs. It will cover ways to incorporate these techniques in workshops and will discuss ways to approach them verbally and pedagogically. It will demonstrate how to create an applied pedagogy from the research examples provided in Part 1.

Exertion: Mild

Experience: All Levels

Intended for: Adults & Teens, All Genders

### Martial Arts, Sports Education, and the Politics of the Black Panther Party

Sunday | 8:30-10am | Classroom #2 (Yellow)

This workshop will share research from Maryam Aziz's PhD Dissertation, "Built with Empty Fists: The Rise and Circulation of Black Liberation Martial Artistry During the Cold War." It will share with attendees how martial arts became a significant form of activism for the Panthers during the

1970s. Attendees will learn about the Party's overall commuting organizing strategy and how they incorporated Tae Kwon Do and Jeet Kun Do into gender- and age- inclusive self-defense and community engaged sports. Attendees will also learn how the Panthers' martial arts practice and physical education program were a part of a larger network of Black community schools and centers that used martial arts as a form of Black Power and self-determination.

Exertion: Discussion

Experience: All Levels

Intended for: Adults & Teens, All Genders

## Jacqueline Barco

I am a martial artist, mental health therapist, and doctoral candidate in Counseling Psychology. My primary combat arts and self-defense background is in karate and boxing. I am a second-degree black belt in Goshin Jutsu Karate and compete in amateur boxing. I have been training in the martial arts and in boxing for approximately 14 years. I have four years of competitive boxing experience and have trained in other martial arts such as jujitsu, judo, and aikido. As a doctoral candidate in Counseling Psychology, my research explores trauma, healing, the body, and women of color in the martial arts.

### Ichi No Hebi: First Movement of The Snake

Thursday | 3:30-5pm | Gym Area #2 (Yellow)

This class provides instruction of Ichi No Hebi kata, which means "first movement of the snake." Participants will learn the kata from beginning to end, including stances, striking, and movement representative of the snake. Participants will learn to practice the kata from slow, medium, to full speed.

Exertion: Flexible

Experience: Intermediate to Advanced

Intended for: Adults, All Genders

### Fundamentals of Boxing

Friday | 6-7:30pm | Gym Area #1 (Red)

This class provides instruction on the fundamentals of boxing, including stances, footwork, striking and defense. Participants will also learn about protection gear and other ways to increase safety in training. Boxing exercises will be practiced individually, with a partner, and as a group.

Exertion: Mild to High (Flexible)

Experience: All Levels

Equipment Needed: Hand wraps, boxing gloves

Intended for: Adults, Teens & YMA, All Genders

### Trauma-Sensitive Martial Arts Training

Saturday | 1:30-3pm | Res Rec 3rd Floor Conference Room

This class provides an educational overview of psychological trauma as it relates to the impact on martial arts school settings, students, and instructors. The purpose of this class is to increase basic knowledge about psychological trauma so that students and instructors may better tailor their practice and classes with a trauma-sensitive lens. Participants of this workshop will apply the trauma-sensitive concepts to martial arts/self-defense practice.

Exertion: Discussion/Mild (Flexible)

Experience: All Levels

Intended for: Adults, All Genders

## Beth Bowman

Beth Bowman has been a practitioner and student of the martial arts since 1990. By profession, she is a licensed therapist and has always looked for ways to incorporate the life lessons as a martial artist into her clinical practice. When she is not practicing karate, she can be found in a kayak, playing her guitar, or somewhere near a beach, and not necessarily in that order.

### Relentless Warriors

Friday | 8:30-10am | Gym Area #3 (Green)

For anyone who has ever faced a traumatic event, there exists the possibility of recovery through resilience and a tenacious spirit. This workshop is designed to point out the parallels in training as a martial artist and navigating the turbulent waters of significantly painful experiences. Its focus on empowerment, humor and determination will be explored as useful tools to aid in championing adversity.

*Content warning: The instructor will share a painful experience that may be difficult to hear for some audience members. Participants are advised to opt out if they are not in a place to hear about a traumatic event.*

Exertion: Discussion/Mild

Experience: All Levels

Intended for: Adults

## Corrina Callahan

Corrina Callahan is 17 and has been a martial artist since 2010, first in Judo and now in Modern Arnis at Mejishi Martial Arts, and has assisted with classes and seminars. She has been attending Special Training Camps since 2012 and was part of the YMA and Teen programs, so she is excited to teach this year for the first time!

### Modern Arnis (YMA)

Thursday | 3:30-5pm | Gym Area #1 (Red)

Learn Filipino Stick Fighting in a fun and exciting class for young people of all ages but geared towards the YMA. Youth will be learning stick twirling, as well as sinawalis (weaving sticks) and talking sticks, and then preparing a fun Arnis demo for each other!

Exertion: Medium

Experience: Beginner

Equipment Needed: Arnis sticks (if you have them)

Intended for: YMA

## Cathy Chapaty

Cathy Chapaty is a fourth-degree Taekwondo black belt with more than 25 years of martial arts training. An NWMAF member since the mid-1990s, Cathy has been a trainer at two NWMAF Special Training camps; she was named NWMAF Member of the Year in 2011.

In 2006, Chapaty founded Tao of Texas Martial Arts Institute in Austin, Texas, where she specialized in teaching a character development-focused children's program. She is currently on a teaching sabbatical.

She is the author of *No Pouting in the Dojo: Life Lessons through Martial Arts*; *Sports Planet: Sports Played Around the World*; and *Searching for Grasshopper: A Martial Artist's Quest for Peace*. In 2012, the Embassy of the Republic of Korea honored Chapaty for her essay on the transformational power of Taekwondo. She has also had dozens of essays and articles published in newspapers, magazines, and newsletters on topics such as integrity in sports, anger management, and mentorship through martial arts.

## Gi Games

Saturday | 3:30-5pm | Gym Area #2 (Yellow)

Who knew practicing martial arts concepts could be so much fun? In this interactive class, learn to improve balance, keep a low center of gravity, and duck, dodge, and roll out of danger.

Exertion: Medium (Flexible)

Experience: All Levels

Intended for: Adults, Teens & YMA, All Genders

## Board Breaking 101

Sunday | 8:30-10am | Gym Area #1 (Red)

Buoy your self-confidence through the empowering practice of board breaking. Learn how to use accuracy, speed and power, and follow-through to break whitewood pine.

Exertion: Mild

Experience: All Levels

Intended for: Adults, Teens & YMA

## Cynthia DeCastro

In the summer of 1998, Sifu Cynthia enrolled in Hand to Hand's ten-week self-defense class, and in September of that same year she started the new beginner's class in Kajukenbo. Almost concurrently with her Kajukenbo, she began her training in the Internal Arts with Sifu Jen Resnick (Taichi, QiGong and meditation). She finds that the Internal Arts training complements

her Kajukenbo training by creating a well-rounded balance between internal and external energies. She loves teaching and finds it a challenge to come up with ideas to keep the practice new and fresh. She continues to explore the balance of mind, body, and spirit through her training and hopes to share her experience and knowledge through teaching.

Sifu Cynthia received her black belt in March of 2009 from Head Instructors Sigung Sonya Richardson and Sifu Jen Resnick. She is a self-defense instructor who is currently finalizing her SD certification, a Kali/Modern Arnis practitioner, and also started training in Danzan Ryu Jujitsu under Sensei Mike Esmailzadeh. She has served for many years as a Hand to Hand Board Treasurer and is a 3rd degree Black Belt under the leadership and support of Sigung Sonya Richardson, Head Instructor and Executive Director at Hand to Hand Kajukenbo Self Defense Center.

### Five Elements Qi-Gong

Friday | 8:30-10am | Res Rec 3rd Floor Conference Room

In this class students will learn the movements of five elements Qi-Gong, three burners and four poses of standing meditation. We will also focus on breathing, alignment and mindful awareness and how all that improves the circulation and balance of the body's vitality or "life force energy".

Exertion: Mild

Experience: All Levels

Intended for: Adults & Teens, All Genders

### Stick Sinawali Exercises

Friday | 1:30-3pm | Gym Area #1 (Red)

Flow drills practice angles of attack, and develop ambidexterity, eye-hand coordination, power, speed, and strength. Your weak side will, in effect, copy the strong side, thereby developing your weak side motor movement. If time permits, students will have fun creating their own flow.

Exertion: Mild

Experience: All Levels

Intended for: Adults & Teens, All Genders

### Joint Lock Flow

Saturday | 10:30am-12pm | Gym Area #1 (Red)

Flow drills designed to help us remember how to apply a range of different locks, understand the mechanics of how locks work and how to control your partner and learn how to adapt if locks don't work. If time permits, students will have fun creating their own flow.

Exertion: Mild

Experience: All Levels

Intended for: Adults & Teens, All Genders

### Yang Style Tai Chi 24

Saturday | 6:30-8pm | Gym Area #2 (Yellow)

In this class students will learn the form in sections through line drills with focus on breathing and alignment.

Exertion: Mild

Experience: All Levels

Intended for: Adults & Teens, All Genders

## Joan Dehnert

I began my martial arts journey in Okinawan Karate and studied it for ten years, reaching the rank of Godan. I began Aikido, starting over as a white belt, in 2008, reaching the rank of Sandan in February of 2019. I am currently assistant instructor of the Adult, Teens, and Kids Aikido program as well as the volunteer office manager at Soseikan Dojo in Worth, Illinois, and Co-Dojo Cho/Head Instructor of Onshinkan Dojo in Merrillville, Indiana, both member dojos of Sosei Aikido Kyokai Aikido Organization. I have a passion for Aikido. I realize how important it is for females to be empowered in today's world and feel Aikido is an especially good art for females and children as it does not rely on strength to be effective.

### Aikido Basics: Falling, Body Movement, and Grab Defenses

Saturday | 10:30am-12pm | Gym Area #4 (Blue)

Aikido basics: Students will learn basic Aikido falling techniques, body movement techniques, and grab defense techniques.

Exertion: Medium

Experience: All Levels

Clothing: Uniform preferred

Intended for: Adults, Teens & YMA, All Genders

## Jane Dillon

I began training in 1999, earning my 1st degree black belt at age 8. By the time I was 16, I was a 4th Degree and had won the USA Taekwondo National Championships in Weapons. Since then, I opened a dojang of my own at age 19, and won two consecutive Poomsae National Championships in AAU. In 2016 I was inducted into the Universal Martial Arts Hall of Fame. My goal in life has always been to motivate and inspire young women both in the martial arts and in life in general. Model for and sponsored by Adidas (via All American Martial Arts Supply, AAMASupply.com)

### Competition Forms

Saturday | 8:30-10am | Gym Area #4 (Blue)

Forms training designed for any martial arts style: improve front and side kicks, rhythm, and competition strategy—how to get the most out of your competition.

Exertion: Mild to Medium (Flexible)

Experience: All Levels

Intended for: Adults, Teens & YMA, All Genders

## Flexibility for Martial Arts

Saturday | 3:30-5pm | Gym Area #3 (Green)

This class will take students through a mix of static and dynamic stretches to improve range of motion and flexibility.

Exertion: Medium (Flexible)

Experience: All Levels

Intended for: Adults, Teens & YMA, All Genders

## Carmel Drewes

Carmel Drewes is the outgoing NWMAF Membership Coordinator (2016-2019). She has been training in martial arts since 1998 and empowerment self-defense since 2001. She currently holds the rank of Nidan in Seido karate and runs a small school outside Boston where she teaches karate and ESD. She is part of the Empowerment Self Defense Alliance and ESD Global. Carmel is a clinical social worker, specializing in trauma healing and targeted violence/oppression. She applies trauma-informed approaches to her martial arts and self-defense practices. From her experience teaching English to adult immigrant learners, she applies adult learning & cultural adaptation strategies to her karate and self-defense teaching.

### Empowerment Self-Defense Model Course 1: Introduction & Overview

Thursday | 8-9:30pm | Res Rec 3rd Floor Conference Room

*Co-presented with Yehudit Sidikman. See description under Yehudit Sidikman.*

### Empowerment Self-Defense Model Course 2: Verbal Skills

Friday | 10:30am-12pm | Res Rec 3rd Floor Conference Room

*Co-presented with Yehudit Sidikman. See description under Yehudit Sidikman.*

### Empowerment Self-Defense Model Course 3: Escapes from Grabs

Friday | 6-7:30pm | Res Rec 3rd Floor Conference Room

*Co-presented with Yehudit Sidikman. See description under Yehudit Sidikman.*

### Empowerment Self-Defense Model Course 4: Fighting Back

Saturday | 10:30am-12pm | Res Rec 3rd Floor Conference Room

*Co-presented with Yehudit Sidikman. See description under Yehudit Sidikman.*

### Empowerment Self-Defense Model Course 5: Scenarios & Wrap-Up

Saturday | 3:30-5pm | Res Rec 3rd Floor Conference Room

*Co-presented with Yehudit Sidikman. See description under Yehudit Sidikman.*

## Robin Dyer

Robin is a massage therapist, licensed in Rhode Island and Massachusetts. She runs It's Time for Massage at InnerStrengths Jiu-Jitsu in Providence, RI. She also works as a registered Professional Engineer and is an instructor at InnerStrengths Jiu-Jitsu. She is a Certified Myoskeletal Therapist through the Freedom from Institute, Reiki Level 2 from Candace Rushton and Thai Massage therapist thru East West Massage Therapy. She has taken additional trainings in Neuromuscular therapy, Medical Massage Therapy and Integrated Structural Massage. She is currently working towards the Master Myoskeletal Therapist and Medical Massage Practitioner certifications. She has taught massage classes at the Newport Massage School and on her own for former students who needed more training.

### Stretching for Optimal Health

Thursday | 8-9:30pm | Gym Area #4 (Blue)

The goal of this training is to provide effective, safe stretching techniques. We will discuss the end feel of muscles when stretching and when it is okay and not okay to stretch them. Proper stretching can improve range of motion, flexibility, improve circulation, and provide some muscle toning. Often people try to stretch the wrong muscles because that is what hurts. Improper form can increase the likelihood of injuries. Proper form is beneficial for health. We will use straps to assist with stretching and target muscles. We will use foam rollers to assist in relaxing tense muscles.

Exertion: Flexible

Experience: All Levels

Intended for: Adults, All Genders

### Melting for Stress Relief

Saturday | 10:30am-12pm | Gym Area #2 (Yellow)

The goal of this training will be to learn the technique of melting to assist with stress relief. We will use different size balls on various muscles. The process of melting helps to increase circulation and decrease tension and knots. We will use back and forth movements to milk the muscles. The balls can be used on neck, face, hands, arms, calves, and feet. The movements taught will be simple and easy. Each participant will take away two size balls to practice the techniques.

Exertion: Mild

Experience: All Levels

Intended for: Adults, All Genders

## Corrin Eckert-Chu

I have been studying martial arts for nearly 30 years, since my very first self-defense class. When I began training in GoJu Karate at Brooklyn Women's Martial Arts in 2000, I knew that I had found a home in the martial arts. I joined the Center for Anti-Violence Education in 2008

and am now a senior teacher in the empowerment self-defense program. After my first Special Training in 2002 I became interested in other styles and started training at the Wu Tang Physical Culture Association, learning Northern Wu-style Tai Chi sword and saber, Chen-style open hands and the Xing Yi Quan sword and linking forms. I am currently learning Sun-style tai chi, and I hear there is a sword form...

## Sword Explorations

Thursday | 1:30-3:00pm | Gym Area #1 (Red)

Weapons have an interesting place in martial arts, where more styles are known for open-hand techniques than for their weapon versions. In this class we will examine our own forms and katas and take the opportunity to imagine them adapted to include a sword. To end, we will learn a short form from the Xing Yi Quan lineage.

Exertion: Mild

Experience: All Levels

Equipment Needed: Practice sword, if available (several will be available to borrow)

Intended for: Adults & Teens

## Joanne Factor

Joanne Factor has been teaching safety and self-defense for over 25 years. As owner and instructor at Strategic Living, LLC, Personal Safety and Self-Defense Training, she's worked with middle-aged and older women concerned with going out and about, younger women looking to travel and date, girls off to college, girls navigating high school, middle school girls wanting to baby-sit and take the bus by themselves, female veterans dealing with chronic PTSD, abused women looking to make safer choices, LGBTQ folks wanting to keep our community safer, homeless women, and women in transitional and low-income housing. Joanne's expertise has been featured on KIRO-TV, Q13's Washington's Most Wanted, KUOW 94.9 FM, and *The Seattle Times Magazine*. (see <http://www.StrategicLiving.org/press.php> for the media).

Joanne is a long-time member of the NWMAF, and is an NWMAF-Certified Self-Defense Instructor. She's served on the Board of Directors for two terms (2006-2009) as the Director-at-Large for Self-Defense. She's taught at ST, PAWMA, and AWMAI several times, including the NWMAF Empowerment Model Course in 2014. Joanne is also a member of PAWMA and AWMAI. She's been training at Seattle's Feminist Karate Union for 27 years.

Originally from Brooklyn, New York, Joanne holds a BA from Cornell University, a black belt in karate, and was named Seattle's Best Feminist Butt-Kicker in 2007 by the Seattle Weekly. She is author of the forthcoming book *Self-Defense 101: What Every Woman Absolutely, Positively Needs to Know for Her Own Safety*.

## If It's Valuable, Shouldn't We Charge for It? The Merits of Offering Self-Defense Classes for Free

Thursday | 1:30-3pm | Res Rec 3rd Floor Conference Room

*Co-presented with Amy Jones and Joyce Mende Wong. See description under Joyce Mende Wong.*

## Liz Fitzgerald

Lisette Fitzgerald, Sensei and Sifu, ASSERT Empowerment and Self Defense, Jeet Kune Do, Filipino Kali, Rapid Assault Tactics, Tae Kwon Do, and Rock Steady Boxing Against Parkinson's Certified Coach.

Liz Sensei is a Yondan in Traditional Tae Kwon Do, Nidan in Aikido as well as a member of the Jeet Kune Do Athletics Association Instructor Team under Sifu Harinder Singh Sabharwal, PFS Edged Weapons Law Enforcement Instructor, and Apprentice Instructor under Sigung Paul Vunak. She is a Rock Steady Boxing Certified Coach.

She is co-creator, Chief Training Officer, and Chief Instructor of the ASSERT Empowerment and Self-Defense program, is working towards her CNVC Non-Violent Communications Certification, and has been studying Cat Sensei's blend of martial arts for over twelve years. Liz is an award-winning marketing editor and writer.

## Marketing ESD: Identifying and Speaking to Your Audience

Friday | 10:30am-12pm | Classroom #1 (Red)

Are you having trouble marketing your classes and workshops successfully? This is the class for you.

Exertion: Discussion

Experience: All Levels

Intended for: Adults, All Genders

## Building Training Scenarios: Creating Successful Self Defense Scenarios

Saturday | 10:30am-12pm | Classroom #1 (Red)

One of the hardest but most important parts of our ESD class planning is scenario training. Learn to effectively define and develop successful training scenarios designed to meet specific goals.

Exertion: Discussion/Mild to High (Flexible)

Experience: All Levels

Intended for: Adults, All Genders

## Effective Role Playing for Successful ESD Scenario Training

Saturday | 1:30-3pm | Classroom #2 (Yellow)

Learn to identify and train Role Players to assist in the development and implementation of successful ESD training scenarios. This class requires attendance to the previous class (Building Training Scenarios: Creating Successful Self Defense Scenarios).

Exertion: Flexible

Experience: All Levels

Intended for: Adults, All Genders

## Giovanna Follo

Giovanna Follo is a 3rd Degree Black Belt in Isshinryu Karate. To complement her traditional martial arts training, she has been training in Commando Krav Maga (CKM), a reality-based self-defense system. Ms. Follo has progressed through CKM and become the first Level 7 Certified Instructor. She is also a Level 4 Smartsafe instructor and Elite Instructor and a Level 4 Super Kid instructor. In addition, Ms. Follo is an Associate Professor in Sociology where her focus is on women and martial arts.

### SuperKid School-Friendly Self-Defense

Friday | 1:30-3pm | Gym Area #3 (Green)

This class will look at school-friendly ways to get out of confrontations on school grounds. This will be done on a continuum where we look at keeping distance to when the attacker grabs hair, tries for a headlock, strikes or pushes.

Exertion: Medium

Experience: All Levels

Intended for: Adults, Teens & YMA

### Commando Krav Maga (CKM) Knife Defense

Friday | 6-7:30pm | Gym Area #3 (Green)

The knife is an unpredictable weapon. The class will look at how to approach it from a dynamic stance. The objective is to engage when necessary and evade when needed. We will focus on understanding how the dynamic knife is treated differently than a static knife. This will include defense and disarms.

Exertion: Medium

Experience: All Levels

Intended for: Adults & Teens, All Genders

### Commando Krav Maga (CKM) Gun Disarming

Saturday | 8:30-10am | Gym Area #3 (Green)

Commando Krav Maga gun disarm focuses on getting out of the line of fire and gun control. Once this is done, then the goal is to survive the confrontation. Participants will learn the basic gun disarm and time permitting advance to additional gun scenarios including car scenarios. The gun can also be brought to rape and hostage scenario. The instructor prefers to work in cooperation with the participants to explore scenarios they are wanting to address.

Exertion: Medium

Experience: All Levels

Intended for: Adults & Teens, All Genders

## Justine Halliwill

Justine Halliwill is a Senior Instructor at the University of Oregon. She teaches empowerment-based women's self-defense and yoga. She is also a yoga therapist at the Oregon Heart and Vascular Institute. She is passionate about teaching and focuses on a holistic approach to health and healing. One student wrote in the course evaluation after taking her 10 week women's self-defense class. "Justine is a warm, kind, empowering instructor that listens with compassion and responds with uplifting and thought-provoking words." For fun Justine likes to stand-up paddle board, ski, dance, cook, and laugh with friends and family.

### Sexual Assertiveness: Creating Common Language & New Models

Friday | 8:30-10am | Classroom #2 (Yellow)

How can we increase a woman's ability to seek out the sex she wants, and to reject and actively resist the sex she does not want? Even if you are not sexually active, this class is intended to help you communicate about the types of intimacy that interest you.

We will explore the language of sex and discuss traditional models vs new models. We will examine Sexploration, a worksheet about intimate behaviors. We will notice what feelings come up for us when we talk about sex. We will discuss how to negotiate in a safe and healthy relationship. Discover what is important to you in a "relationship bill of rights".

Exertion: Discussion

Experience: All Levels

Intended for: Adults

### Sexual Coercion: How Do I Defend Myself?

Saturday | 1:30-3pm | Classroom #1 (Red)

How can we recognize and resist sexual coercion and acquaintance rape? We will explore ploys used by coercive people. We will examine ideas that make us susceptible to coercion, such as gender socialization. We will examine our personal ideas that we inherited from media/entertainment, religion, family, peers that contribute to the idea that we should settle for sex that we don't actually want. We will practice resistance techniques. We deserve to be treated with respect.

Exertion: Discussion

Experience: All Levels

Intended for: Adults

### Self Care: Exploring the Chakras

Saturday | 6:30-8pm | Res Rec 3rd Floor Conference Room

This Hatha Yoga class will focus on the seven main chakras or energy centers. Balance your prana, chi/ki to feel restored, centered and whole. You will be guided through the practice of asanas (postures), pranayamas (breathing), mantras and mudras (hand gestures) that are specific to each chakra. Understand how each chakra influences our daily lives and our ability to express our highest self. Explore the healing potential of working with your chakras.

Exertion: Medium

Experience: All Levels

Equipment Needed: Yoga mat

Intended for: Adults & Teens, All Genders

## Julie Harmon

Julie Harmon, Ph.D., is the Executive Director of IMPACT Safety, a Columbus, Ohio-based personal safety, violence prevention, and empowered self-defense organization with affiliates across the United States and Europe. For the past 30 years she has been involved in varied aspects of anti-violence programming; from organizational and agency safety policy development to the development of skill-based personal safety curriculum and programming implementation.

Julie has an extensive background in psychology, chemical dependency, counseling, sexual assault, trauma, and training. She has spent more than 30 years addressing the complexity of issues related to personal violence and personal safety. Julie is a frequent presenter at the Ohio attorney general's Two Days in May Conference, Association of Child Protective Workers, Rise Sister Rise Annual Conference, Transforming Care Conference, and the NASW Regional Conference.

She co-owned a martial arts school for women and children for 11 years, was a regional Tae Kwon Do champion, consulted with the National Institute of Corrections, and worked in the public and private mental health system, prior to IMPACT.

She excels in adapting and developing curriculum designed to meet the interpersonal needs of a wide range of groups—from children to adults, from those with special behavioral and cognitive needs to those recovering from trauma. She has overseen the growth of the organization from its inception in 1993.

She is Treasurer of IMPACT International, a network of IMPACT chapters across the world. She has trained staff and communities in various approaches to addressing interpersonal safety—emotional, physical, organizational and systemic—across the United States, in Mexico, and in Israel.

Allies and “Upstanders”: What am I? What do I want to be? How can I do it? A 2-Part Class

Thursday | 1:30-3:00pm | Classroom #1 (Red)

Friday | 8:30-10am | Classroom #1 (Red)

We will explore the embodiment of “allyship”, through simple physical practices and discussion. As participants gain an understanding on a somatic level of what it feels like have someone intercede on their behalf, and what it feels like to move on behalf of another, their personal understanding of what it means to be an ally is increased.

This two-part workshop will involve partner practice and small-group activities designed to increase awareness of our selves in present time. Ally practices build foundational skills that can help propel participants into “action”.

The practices in Part One will serve as the basis for continued work in Part Two. This aspect of Allies and Bystanders will explore the constructs, risks, rewards, and practices of being an “upstander” in both private and public situations. Participants will also have the opportunity to practice steps, skills, and styles of “upstander” behaviors.

Exertion: Mild

Experience: All Levels

Intended for: Adults & Teens

## Experiential Exercises for Teaching Self-Defense to Young People with Developmental Disabilities

Friday | 6-7:30pm | Classroom #1 (Red)

The fields of experiential education and SEL (social and emotional learning) offer self-defense instructors additional tools to reach participants. Choosing which one(s) might be beneficial to addressing gender norms, conflict, communication, identity, stereotyping, decision-making, values and expression, and the like is challenging. I plan to offer methods for making those choices and activities that have been tested, for folks to take and try.

Exertion: Discussion

Experience: All Levels

Intended for: Adults

## Amy Jones

Amy L. E. Jones, LSW, is the co-founder (with partner Erin Epperson) of Culture of Safety, LLC. Culture of Safety works to create cultures of safety, strength, and respect in schools, workplaces, and communities through empowerment-based violence prevention trainings across the city of Chicago and suburbs. Amy has been teaching empowerment self-defense for over 15 years, first in Austin and now in Chicago. Despite her skepticism about free self-defense, she offered a free workshop in her neighborhood on July 13th to introduce Culture of Safety to her community. She is a licensed social worker in the state of Illinois, a certified self-defense instructor, a third-degree black belt in Seido Karate, and a first-degree black belt in Kyokushin karate.

If It's Valuable, Shouldn't We Charge for It? The Merits of Offering Self-Defense Classes for Free

Thursday | 1:30-3pm | Res Rec 3rd Floor Conference Room

*Co-presented with Joanne Factor and Joyce Mende Wong. See description under Joyce Mende Wong.*

## Wendy Lathrop

Wendy Lathrop discovered martial arts in 1982 in the process of looking for activities to share with a friend, and found that the moving meditation and challenging physical skills met the needs of both the yin and yang aspects of her persona. Over the years, her martial arts path has provided her with a support network of strong and independent women, a form of physical rehabilitation after various serious injuries, and a constant source of delight in learning and applying the internal and external aspects of the various art forms. Her initial style of Tang Soo Do (3rd dan) provided the basis for her later study (since 1991) of the Chinese arts of Northern and Southern kung fu and Yang form tai chi chuan. She currently holds master ranking in That Son Vo Dao, a Vietnamese kung fu style.

## Early Bird Body Opening, Stretching, and Qigong

Saturday | 6:15-7:15am | Gym Area #4 (Blue)

Time to wake up! Need a gentle stretch or a little more energetic start to your day? You can get both with a pre-breakfast body-opening session that draws from martial arts, qigong, and dance movements. Don't be afraid to speak up about what part of your body needs particular care, as we'll tailor part of our wake-up session to those who attend. Bring a rolled-up towel, sweatshirt, or yoga mat for rolling out some of those tight spots.

Exertion: Mild

Experience: All Levels

Equipment Needed: Towel, sweatshirt, or yoga mat

Intended for: Adults, Teens & YMA

## Patty Lare

Patty Lare is a first-degree black belt and has been training at Mejishi Martial Arts for ten years. She studies Ai Mute Shotokan karate. She enjoys teaching karate and self-defense to children and adults. Patty loves to kick and have fun with games. She is a senior in high school and hopes to continue her martial arts journey in college.

## Kicks, Cartwheels, and Games (YMA)

Friday | 6-7:30pm | Gym Area #4 (Blue)

This class will be full of fun games for the YMA at Special Training. We will learn how to do some fun kicks and cartwheels. You will be able to make new friends and do some physical activities. At the end of the class we will all have a new friend!

Exertion: Low  
Experience: Beginner  
Intended for: YMA

## Arlene Limas

Arlene Limas has been training in a variety of martial arts styles for 47 years, including Kung fu, Taekwondo, Karate, and Krav Maga. She made history by becoming the first American to win a gold medal in Taekwondo in the 1988 Olympics, in Seoul, Korea. She also became the World TKD Champion in Athens, Greece, in 1991. Arlene is an inductee in the Black Belt Magazine Hall of Fame, Taekwondo Hall of Fame, and Inside Kung Fu Magazine Hall of Fame. She is a current AAU/USA Taekwondo National Coach and Executive Committee Member, and the owner of Power Kix Martial Arts in Stafford, Virginia. Arlene also participated in the inaugural ESD Global Camp in 2017.

### Tae Kwon Do – Kick Like a Champion!

Saturday | 3:30-5pm | Gym Area #1 (Red)

Want to improve your kicks? You've come to the right place! Olympic gold medalist and world champion Arlene Limas will be teaching kicks with drills to practice the techniques. The class will benefit both beginners learning to kick and experts looking to improve their technique.

Exertion: Medium

Experience: Beginner

Clothing Requirement: Long pants

Intended for: Adults, Teens & YMA

### Protecting Elite Athletes with Empowerment Self Defense

Saturday | 6:30-8pm | Classroom #1 (Red)

In the wake of the high-profile sexual assault cases within elite sports, including Taekwondo, Judo, and gymnastics, Arlene Limas and Yudit Sidikman set out to see how we can adapt Empowerment Self-Defense (ESD) to help athletes become more aware of situations where their boundaries are being crossed, and to develop strategies to protect and advocate for themselves in situations ranging from subtle coercion to more overt abuse and violence. Given the prevalence of abusive behavior perpetrated against athletes by trainers and coaches who athletes should be able to trust, and the reality that many athletes are abused when they are alone, equipping athletes to recognize and resist these abuses is a critical part of comprehensive efforts to promote safety.

Over the years, there has been a systematic backlash against survivors who reported, while perpetrators advanced in their careers. This only exacerbated the traumatic effects of the abuse on survivors.

Arlene and Yudit have invested the last two years in understanding the mechanisms within elite sport that are still resistant to change long-standing practices in order to better protect athletes,

especially women and girls. Arlene and Yudit will share some observations on how we, ESD practitioners, can help facilitate the change that must happen.

#### Class Objectives:

- Examine two case studies in confronting and reforming institutional sexual abuse within elite sport.
- Explore the conditions which foster abuse, and the fierce denial, minimization, and penalties the “first wave” of survivors face when they disclose, in particular as it effects their ability to compete and achieve their Olympic dreams.
- Discuss the “critical mass” and safety supports needed in order for more survivors to disclose, and for institutions to embrace truth, accountability, reparations, and meaningful change.
- Consider how our skills as Empowerment Self-Defense teachers, martial artists, advocates, and, in some cases, survivors, can help.

Exertion: Discussion

Experience: All Levels

Intended for: Adults

## Diane Long

Diane Long has been teaching Sex Positive Self-Defense for 28 years, to help people say “No” to what they don’t want and “Yes” to what they do. Diane is particularly interested in how self-defense, self-advocacy, and somatic education can help people interrupt and heal from trauma and oppression. They teach widely in shelters, support groups, and social service agencies, particularly with LGBTQI youth and youth experiencing homelessness. Diane is trained in various body-oriented modalities including Massage, Healing Touch, Somatic Experiencing, Trauma First Aide, Body Memory Recall and SomaYoga. Diane has provided holistic health and safety services for Native women in recovery for the past 3 years. Diane strongly believes in ESD as an adjunct to therapy and secured social work CEUs for SDIC beginning in 2012. Diane was an SDIC conference organizer for many years. They were named NWMAF Member of the Year in 2014 and served on the board from 2014-2016.

## The Energetics of Embodied Activism

Thursday | 8:30-10am | Res Rec 3rd Floor Conference Room

This class uses knowledge of the chakra system to bring the body into greater balance. Inspired by the innovative work of Anodea Judith, author of *Wheels of Life* and *Eastern Body, Western Mind*, this class combines somatic therapy with yoga, bioenergetics, hands-on techniques, guided imagery, and ritual arts. We will connect to the gifts of each of the seven chakras and explore how they relate to health and safety. First, we will feel the stability of the ground. Then, we will move with the ease and pleasure of flow. We will tap into the power of will and self-determination and experience the joy of connection. We will cultivate the strength of our

voice and creative vision. Movements can be done slowly and gently, and so are accessible to people with chronic pain or limited mobility as well as folks who want to move more vigorously.

Exertion: Mild to Medium

Experience: Beginner

Intended for: Adults, Teens & YMA, All Genders

## Self-Defense for Sexually Exploited Youth

Thursday | 3:30-5pm | Classroom #1 (Red)

As ESD teachers, we can provide essential elements of empowerment for youth, helping to restore a sense of voice and choice for youth, particularly those who have been sexually exploited. In this workshop, we will define sexual exploitation, outline the risk factors commonly associated with trafficking and explore ways to better meet the needs of youth most at risk. When we understand risk factors, we can incorporate more targeted prevention elements into our classes. We can include education about sexual exploitation and safety planning along with general safety education. Teaching needs to be strengths-based and trauma-informed. This often means moving at a slower pace, allowing participation and content to be youth-driven, meaning they can move in and out of activities as needed, and have choices about skills that are covered during class. Youth are equipped with ways to manage difficult emotions and memories that can surface during class while having opportunities to build physical and emotional confidence and self-esteem over time. It is helpful to identify and partner with trusted agencies in your local and regional community who can provide supportive services for youth like temporary shelter, counseling, and medical care. It is most important to meet youth where they are, in shelters or drop-in centers and to engage both youth and outreach staff in program development.

Exertion: Discussion/Flexible

Experience: All Levels

Intended for: Adults & Teens

## Sensory Integration and Self-Protection

Friday | 1:30-3pm | Res Rec 3rd Floor Conference Room

Sensory systems are critical for self-protection. These include what we commonly think of as the five senses—sight, sound, touch, taste, and smell—as well as balance and proprioception.

Orienting, attachment, and defense are our three main self-protective responses. The ability to orient to the environment, to get away from a dangerous situation, to fight back if threatened, or freeze (shut down when overwhelmed), is essential for survival. We also need skills for bonding and attachment, or the ability to reach out, to move towards the things we want and need, to build social connections, to get and give help. Sensory-motor systems and attachment systems that are disrupted by stress, trauma, and neglect can begin to be restored through touch and movement. In this class, we will look at ways to enhance protective responses through an exploration of primitive reflexes, righting reflexes, and playing with gravity. As teachers, we can help create more balance between survival/defense responses and pro-social behaviors by strengthening the physical, functional abilities needed for both bonding and defense. This

creates more choice and brings greater ease and efficiency to our lives. Open to all ages, all levels of experience and ability.

Exertion: Discussion/Flexible

Experience: All Levels

Intended for: Adults & Teens

## Best Practices for Seeking CEUs for Martial Arts and Self-Defense Programming

Sunday | 8:30-10am | Classroom #1 (Red)

One of the great benefits of NWMAF, PAWMA, and AWMAI camps are their interdisciplinary nature. People come together to share resources across styles. In addition to being martial artists, self-defense teachers or healing arts practitioners, many instructors are professionals in fields like mental health, healthcare and education. Research-based evidence supports the applications of empowerment self-defense and martial arts in a variety of settings. Access to our programs can be of great benefit to folks in allied professions, who can gain cutting edge, up-to-date information about best practices for violence prevention, holistic health and fitness education. This workshop will outline ideas for targeted outreach to organizations that might be willing to co-sponsor for CEUs (continuing education units), which are required by many professions (such as social work, nursing, education, fitness, etc.). Participants will gain knowledge about current research and share examples of successful partnerships. Being able to offer CEUs lends credibility to our work and helps expose a wider audience to the benefit of martial arts and self-defense. Designed for experienced practitioners but open to all who are interested in learning more.

Exertion: Discussion

Experience: All Levels

Intended for: Adults

## Joyce Mende Wong

Sifu Joyce joined Hand to Hand after taking a self-defense class taught by Professor Coleen Gragen. Professor Gragen was a guiding force in both martial arts and self defense. As a white belt, Joyce participated with Hand to Hand's team in the 1994 Gay Games in New York and won a silver medal in sparring. In 2009 Sifu Joyce was certified as a NWMAF Self-Defense Instructor and recertified in 2014. She served as a member of the Conference Coordinating Committee for NWMAF's Self Defense Instructors' Conference in 2009, 2011-2013 and on the Self-Defense Leadership Committee in 2014. Joyce taught NWMAF's Empowerment Model Course at PAWMA (Pacific Association of Women Martial Artists) in 2015. She was PAWMA's Martial Artist of the Year in 2016. She taught the ESD model course at NWMAF in 2018. Joyce is a member of NWMAF, PAWMA, AWMAI, and a lifetime member of the Kajukenbo Association of America. She has served for many years as a Hand to Hand Board Member and is the Co-Director of the Self-Defense Program under the leadership and support of Sigung Sonya Richardson, Head Instructor and Executive Director at Hand to Hand.

## If It's Valuable, Shouldn't We Charge for It? The Merits of Offering Self-Defense Classes for Free

Thursday | 1:30-3:00pm | Res Rec 3rd Floor Conference Room

Panelists discuss a variety of issues related to offering free self-defense classes. Under what circumstances do panelists offer free classes? Why offer free classes? Do free classes serve your mission?

Exertion: Discussion

Experience: All Levels

Intended for: Adults

## Nancy Moore

Nancy Jane Moore has studied martial arts for forty years and holds a fourth-degree black belt in Aikido. She is a writer and empowerment self defense instructor. A native Texan, she lived (and trained) in Washington, DC, for many years, and now lives in Oakland, CA.

## How to Teach Falling and How to Fall

Friday | 10:30am-12pm | Gym Area #4 (Blue)

An introductory class in how to teach falling to those who do not train in falling arts. It will also provide an introductory class in safe falling for any unskilled participants.

Exertion: Flexible

Experience: All Levels

Clothing Requirement: Gi or other loose clothes with long pants and long sleeves

Intended for: Adults & Teens, All Genders

## Writing for Martial Arts and Self Defense Instructors

Saturday | 8:30-10am | Classroom #2 (Yellow)

An introductory class in writing effective narratives about self defense and martial arts training. Participants will write brief essays and critique the work of others, developing skills in both writing and editing.

Exertion: Discussion

Experience: All Levels

Intended for: Adults & Teens, All Genders

## Understanding Aikido Through Use of Weapons

Saturday | 3:30-5pm | Gym Area #4 (Blue)

A look at how various weapons inspired and relate to Aikido movements and principles.

Demonstrations with a variety of weapons can also be taken into empty hand—practice weapons are encouraged but not required. No falling will be required and class is open to those with no experience in weapons training.

Exertion: Medium

Experience: All Levels

Clothing Requirement: Gi or similar uniform

Equipment Needed: Bokken, tanto, jo, shinai, or other similar weapon, if available (not required)

Intended for: Adults & Teens

## Germon “Mama G” Moriniere-Bey

Of Creole and Ethiopian heritage, after her birth in Jerusalem, Dr. Germon Moriniere-Bey was raised by her maternal Grandmother, Marie Deloach-Moriniere. She was the first Black to attend the Cecilian Academy all-girls Catholic College Preparatory, for which she was awarded a scholarship to the University of Pennsylvania. Concurrently, she pursued her love of theatre and ballet and matriculated at the Pennsylvania Ballet Company. She joined the Black Panther Party during her sophomore year. At the young age of 20 she survived being a domestic abuse captive, escaping to live homeless with two children. She began her urban combat training. In 1978 she established the first Black cultural education program in Philly and served as a community gang arbitrator. She was offered a teaching position overseas where she also achieved her PhD in behavioral sciences/urban anthropology. During her time in Europe, she introduced the martial arts world to the Afrikan Martial Sciences, winning every competition civilian and military.

Returning stateside, she was assigned to Texas, which resulted in a federal incarceration due to an altercation with an officer who grabbed one of her students. After her appeal, she returned to pioneer her R.I.C.H. Legacy Series (Rebuilding Individual Character Habits) into a 6-state/25-year crisis education system, also serving as an adjunct professor at Howard University. She has mentored over 1,628 young adults in the legal system, most of whom stay in touch with her on social media!

Concurrently she resumed her international career in the martial sciences as the first and only woman representing the Afrikan Combat fighting systems. Grandmaster Dr. Germon Moriniere-Bey has achieved: a 10th degree black belt; 4,900 trophies; 6 world titles; 8 gold medals; and 12 Hall of Fames, most recently the 2019 Platinum Lifetime Achievement in Atlantic City. Presently she serves as a cultural historian/bridging educator for the Department of Parks and Recreation and the Department of Juvenile Justice. And she is still a champion competitor in the martial arts, demonstrating the fighting system of Afrika. Truly a “Sovereign Journey of Self-Preservation”, which is the title of her manuscript to be published in July 2019.

The Back Story Of Women Warriors: Men Go to Battle, Women Wage War!

Thursday | 3:30-5pm | Classroom #2 (Yellow)

Exertion: Discussion/Medium (Flexible)

Experience: All Levels

Intended for: Adults, Teens & YMA, All Genders

## Afrikan Martial Sciences 101: Black Panther Comes Alive

Thursday | 8-9:30pm | Gym Area #1 (Red)

Exertion: Discussion/Medium (Flexible)

Experience: All Levels

Intended for: Adults, Teens & YMA, All Genders

## A Sovereign Journey Of Self Preservation: Hand-to-Hand Urban Combat

Friday | 3:30-5pm | Classroom #1 (Red)

Exertion: Discussion/Medium (Flexible)

Experience: All Levels

Intended for: Adults, Teens & YMA, All Genders

## The Twin Sisters: Dance and Martial Arts

Saturday | 1:30-3pm | Gym Area #1 (Red)

Exertion: Discussion/Medium (Flexible)

Experience: All Levels

Intended for: Adults, Teens & YMA, All Genders

## Katherine Nichols

Katherine Nichols has been a member of the NWMAF since 1995 and has enjoyed Special Training many times, including the 2018 camp where she was a trainer for the first time.

Ms. Nichols joined the NWMAF board in August 2018. She has been practicing Seido Karate as a student of Sei Shihan Nancy Lanoue and Jun Shihan Sarah Ludden at Thousand Waves in Chicago since 1994, and is a fifth-degree black belt. Ms. Nichols is employed as a staff instructor at Thousand Waves, where she also coordinates its Youth program and produces many communications materials.

Before joining the Thousand Waves staff in 2013, Ms. Nichols freelanced for more than 20 years as a graphic production artist. Her formal education is in the fine arts, and she holds a Masters of Fine Arts in painting from Northern Illinois University.

Intended for: Adults & Teens

## Sparring for Kids (YMA)

Friday | 10:30am-12pm | Gym Area #2 (Yellow)

Enjoy partnering with kids who might be new to you, as you work on your sparring strategy, taught using a karate style of kicking, striking, and defending that might be new to you.

Exertion: Medium to High

Experience: Intermediate to Advanced

Equipment Needed: Sparring gear

Intended for: YMA

### Defenses to Kicks

Friday | 6-7:30pm | Gym Area #2 (Yellow)

Learn and practice a variety of responses to kicks in sparring partnerships, including front, round, side, hook, and crescent kicks. Class will also include lots of kicking! Responses will include evasion, blocking, and blocking with counter-strikes.

Exertion: High (Flexible)

Experience: All Levels

Equipment Needed: Sparring gear (optional)

### Jay O'Shea

Author, martial artist, and empowerment self-defense advocate Jay (Janet) O'Shea has trained in martial arts since the early 1990s beginning with traditional kung fu and wing chun kung fu. For the last five years, she has trained under Guro Dan Inosanto, senior student of Bruce Lee, in jeet kune do and Filipino martial arts, and with Conrad Cayman in HKS Filipino Martial Arts. She teaches Empowerment Self Defense in the Los Angeles area and is an assistant instructor with IMPACT Personal Safety. She is the author of *Risk, Failure, Play: What Dance Reveals about Martial Arts Training* (Oxford University Press). She is a professor of dance studies at the University of California, Los Angeles.

### Managing Fight Ranges with JKD

Friday | 10:30am-12pm | Gym Area #3 (Green)

This class explores one of the primary preoccupations of Jeet Kune Do: fight ranges and how to manage them. Participants will learn how to gauge being "in the pocket" of a fight and how to move from kicking range to punching, hand trapping, and grappling ranges through a series of drills.

Exertion: Medium

Experience: All Levels

Equipment Needed: Focus mitts (if available)

Intended for: Adults & Teens, All Genders

### Theater Games for Empowerment Self-Defense Trainings

Friday | 3:30-5pm | Res Rec 3rd Floor Conference Room

This class provides ESD practitioners and martial artists with theater exercises, games, and tasks that can be used to develop self-defense skills in an accessible and non-threatening manner. Its exercises are particularly useful for instructors who want to teach ESD to individuals who are uncertain or even mistrustful of self-defense.

Exertion: Mild

Experience: All Levels

Intended for: Adults & Teens

## Getting Comfortable with Role-Play in ESD Teaching

Saturday | 8:30-10am | Classroom #1 (Red)

This class introduces ESD to the productive but sometime uncomfortable realm of self-defense based role play. The class will consist of approaches to role play, exercises to generate material for role play, and techniques to manage the discomfort inherent in playing the role of the aggressor.

Exertion: Mild

Experience: All Levels

Intended for: Adults & Teens, All Genders

## Jennifer Para

Cikgu Jen Para is a student in USGF under Cikgu "Sam" Shiekh Shamsuddin in the United States and is an instructor in Silat Seni Gayong. She has traveled to Malaysia on several occasions for additional training. She has been featured on the cover of Seni Beladiri Magazine in Malaysia twice, has written several articles for various magazines, and has given numerous demonstrations in the United States and Malaysia. She has consulted for History Channel's "Human Weapon: Silat" episode, and also for National Geographic Asia's award winning program, "Fight Masters: Silat." She is the highest ranked woman in Gayong outside of Southeast Asia, and holds the title of "Sri Kandi."

## Introduction to Bunga Teratai Form (Bay Flower Dance), the Soft Form of Silat Seni Gayong

Thursday | 8-9:30pm | Gym Area #3 (Green)

Students will learn Bunga Teratai, the Bay Flower Dance/Form found in Silat Seni Gayong (Malaysian Silat). They will learn the the complete form and learn the history and story behind Bunga Teratai as it relates to Malaysian Culture and Silat Seni Gayong. They will be given examples of how this soft form evolves into the hard style locking and striking of the art. Students should be able to see the development of the hard techniques from the soft form of the "dance". They should understand the cultural meaning of the dance and why it is used as an introduction.

Exertion: Medium

Experience: All Levels

Clothing Requirement: Long pants

Intended for: Adults, Teens & YMA, All Genders

## Keris: Traditional Dagger of the Malay Peninsula

Friday | 10:30am-12pm | Gym Area #1 (Red)

Keris techniques will be shown and culture will be discussed with regard to the keris and how it relates to the Malay peninsula. The students should get a better understanding how keris

techniques vary and how they are related to traditions in Malaysia and other Southeast Asian countries.

Exertion: Medium

Experience: All Levels

Clothing Requirement: Long pants preferred

Intended for: Adults & Teens

### Silat Seni Gayong: Traditional Martial Arts in a Modern USA

Friday | 1:30-3pm | Classroom #2 (Yellow)

Presentation on Silat Seni Gayong, a traditional martial art from the Malay Peninsula. Class will explore this traditional art, customs, ceremony, weapons, traditions, etc., and how that art is existing in the modern USA. Q&A session included. "Show and Tell" with weapons, ceremony items, photographs, etc., will help participants understand Silat Seni Gayong better.

Exertion: Discussion

Experience: All Levels

Intended for: Adults & Teens, All Genders

### Introduction to Malay Kerambit Weapon (Silat Seni Gayong)

Saturday | 1:30-3pm | Gym Area #2 (Yellow)

Techniques—slicing, slashing, cutting, tearing, along with applications building on empty hand techniques with the addition of a kerambit—will be taught.

Questions to be addressed during class: What is a kerambit? What are they used for? What is a "lawi ayam"? Why do you get six months in jail in Malaysia for possessing one?

Exertion: Medium

Experience: All Levels

Clothing Requirement: Long pants preferred

Intended for: Adults & Teens, All Genders

### Bianca Pastrana

Bianca Pastrana is an advanced-level healing arts practitioner from Portland, Maine, offering an opportunity to restore the energetic aspects of the physical, mental, and emotional bodies. She brings deep healing through blending several certified modalities and using her resonant voice in group settings and one on one in her private practice.

### Sound Bath for Physical Restoration

Sunday | 8:30-10am | Res Rec 3rd Floor Conference Room

Join Bianca Pastrana, a powerhouse of a practitioner and love warrior, for a high-vibrational experience in the healing wavelengths of sound. Bianca uses Tibetan singing bowls and blends vocal toning, chanting and singing into a blanket of sound used to cocoon each participant in a

chrysalis of healing, nurturance and support. You will leave this event feeling deeply nourished, uplifted and replenished.

Exertion: Mild

Experience: All Levels

Equipment Needed: Blankets/pillow/bolster/yoga mat, if possible

Intended for: Adults & Teens

## Tih Penfil

Tih has taught special education for 38 years, and has been a Registered Art Therapist for 34 years. She was the first Director of Very Special Arts – Genesee County, has worked with Council for Exceptional Children, American Art Therapy Association, and Puppeteers of America, and has been a workshop presenter. Author of *Art Media... What to Do with It?! Tih's martial arts form is Modern Arnis. She studies at Meijishi Martial Arts under Sensei Jaye Spiro, and received her black belt last December.*

“Origami has been a facet of my own rehab and life since the age of 15. It has been a therapy tool in my work and an art form that I have enjoyed.”

### Origami for Beginners

Saturday | 3:30-5pm | Classroom #2 (Yellow)

Participants will learn the basics of origami, create and take with them 5-8 pieces and have fun.

Exertion: Mild

Experience: Beginner

Intended for: Adults, Teens & YMA, All Genders

## Clara Porter

Clara Porter, MSW, has over 20 years of experience in the field of violence prevention. She is the founder of Prevention. Action. Change. (PAC) in Portland, Maine working to counter harassment, assault, and abuse through safety strategies, verbal and physical skills, increased confidence and awareness, and promotion of healing and growth. Porter holds a Masters of Social Work, is certified in Empowerment Self Defense with both the National Women's Martial Arts Federation and Center for Antiviolence Education, as well as in Advanced Trauma First Aide. Porter has extensive experience working with organizations and people of all ages with a focus on work with survivors of sexual violence. In recent years Porter has been engaged in translating ESD approaches to the work environment, engaging organizations in identifying the barriers that exist to a safe and fulfilling workplace and crafting health-promoting solutions.

### Workplace Sexual Harassment Training: An ESD Approach

Thursday | 10:30am-12pm | Classroom #1 (Red)

In response to #MeToo, states, cities, and businesses across the country are seeking new training tools for sexual harassment prevention, intervention, and response. Clara Porter will share the curriculum developed at Prevention. Action. Change. to meet state training requirements and expand the vision of what sexual harassment training can be. Come discuss the current state of sexual harassment training, issues in engaging resistant participants, marketing strategies, and experience curriculum elements. The 2-hour curriculum will be available to all workshop participants.

Exertion: Mild

Experience: All Levels

Intended for: Adults

## Kim Rivers

Sensei Kim began her study of self defense in 1996, while a student at Berkshire Community College. She began her formal study in both Yang style tai chi and aikido in 1997. Kim has explored a number of other martial arts including, Uechi Ryu Karate, Kajukenbo, Kook Sool Wan, Krav Maga, Modern Arnis, Systema and Kickboxing. Kim took over as lead instructor in both self defense and aikido at Berkshire Community College in 2006. She was awarded her Senior Instructor certification in aikido from Berkshire Hills Aikido in 2010 and currently holds the rank of 5th degree black belt. She continues her training in martial arts with emphasis in aikido and t'ai chi. Sensei Kim currently offers self defense and aikido classes and workshops to both children and adults and is pursuing self defense certifications with both NWMAF and ESD Global.

### The Common Center of Aikido: Nage and Uke, the Two Halves of the Whole

Thursday | 3:30-5pm | Gym Area #4 (Blue)

This class will explore shared movement of nage and uke in aikido. The common center is a concept of point outside and between two aikidoka, yet connected to each that exists in execution of a technique. Understanding this common point and how it is utilized by both nage and uke as each half then becoming a greater dynamic whole is what gives aikido its graceful, flowing, and powerful effect.

Exertion: Flexible

Experience: All Levels

Clothing: Gi or loose-fitting clothing

Intended for: Adults & Teens

### Being in the Question: Suspending Knowledge of Technique in Aikido

Friday | 1:30-3pm | Gym Area #4 (Blue)

Sometimes we think we know what comes next. In aikido both nage and uke sometimes predetermine their response within a particular technique, especially when first learning. This develops a habit of set responses. What happens when we suspend foreknowledge and step into the question? We'll explore predetermining through specific techniques and what happens when we let go of results.

Exertion: Flexible

Experience: All Levels

Clothing: Gi or loose-fitting clothing

Intended for: Adults & Teens

## Nancy Rothenberg

In 1985 I walked into my first martial arts school. Soon thereafter I knew I was going to be a teacher and have my own school. My passion for my work, helping others to find their voices and live empowered lives, is never-ending and I am grateful for this opportunity to teach at Special Training this year.

Special Training has helped shape who I am as a martial artist and a teacher.  
See you on the "mat!"

### How to Add Pizzazz to Your Kata to Stay Engaged in Your Practice

Thursday | 1:30-3:00pm | Gym Area #2 (Yellow)

Want to add some pizzazz to your kata? This class will give you different dynamics to bring to your forms. We will explore phrasing, speed, yin-yang energies, breath, elements and sound. You will enliven a form you already know and bring to it a new sense of presence and power.

Exertion: Medium

Experience: Must know a kata/form/pattern, All Levels

Intended for: Adults & Teens

### Girls Just Wanna Have Fun! (YMA)

Friday | 8:30-10am | Gym Area #2 (Yellow)

An all-out "Fun and Games" experiences for kids of all ages. Tag games, "keep away", animal races, creative strikes to the pads and more! Cooperative games, too! Lots of movement and a long stretching session to end class.

Exertion: High

Experience: All Levels

Intended for: YMA

### Kick To Your Hearts Content! Exploring Kicks from the Four Animals of Indonesian Silat

Saturday | 8:30-10am | Gym Area #2 (Yellow)

Do you love to kick? Indonesian Silat offers a multitude of kicks from many positions. Based on the movements of the monkey, tiger, snake and crane, we learn kicks from the ground, in the air, multiple quick kicks and creative kicks from every body position possible.

This is a high energy kicking class for those who love to kick!

Exertion: High

Experience: Intermediate to Advanced

Intended for: Adults & Teens

## Be Brave: Stand Up for Yourself! (YMA)

Saturday | 3:30-5pm | Classroom #1 (Red)

Let's practice standing up for ourselves and each other! Practice lots of way to deal with mean comments directed toward you or someone else. Lots of role-playing. This topic could be serious, but we will make it fun by focusing on how awesome we are and how we and every person deserves to be treated kindly.

Exertion: Mild

Experience: All Levels

Intended for: YMA

## Candace Rushton

Sensei Candace Rushton has been training in Jiu-Jitsu for 20 1/2 years and holds a black belt. She is the owner and head instructor of InnerStrengths Jiu-Jitsu in Providence, RI. For the past 35 years Candace has worked as a Home Visitor for Head Start.

She is also a Reiki Master.

Candace is a graduate from the Rhode Island Victim Assistance Academy, which is part of the National Advocate Credentialing Program. She attended many trainings through the Rhode Island Coalition Against Domestic Violence, including Economic Empowerment, Train the Trainer. She is certified for sexual abuse prevention.

Candace is a member of the National Organization for Victim's Assistance with National Advocacy Credential.

Candace held the title of North American Grappling Association Championship in the years 2000-2001 by competing consecutively and winning during that time period.

Acknowledged and given recognition as a positive role model for women in martial arts March 2008.

## Take a Stand

Thursday | 10:30am-12pm | Gym Area #4 (Blue)

Participants will learn what options they have in the event that someone grabs their wrist, shirt/jacket or hair, as well as how to escape if they are held up against a wall. All techniques are done by using leverage and technique as opposed to muscle and strength, allowing anyone to have the ability to become free of the hold. The strengths of the techniques, the hows and whys will be identified, aiding the success of each movement and release. There will be plenty of time for hands-on practice, supporting muscle memory, and the moves will be basic to ensure your recall of their delivery.

Exertion: Medium

Experience: All Levels

Clothing Requirement: Long pants

Intended for: Adults, Teens & YMA, All Genders

### Effective Escapes Made Easier

Thursday | 1:30-3pm | Gym Area #4 (Blue)

Learn how to escape from being pinned on the ground. This class is all about training our mind and body to work together to escape being pinned (what is referred to as a mounted position). Movements are effective and easy to remember. You will begin by learning how to build your frame, preventing the pressure of someone feeling heavy on top of you. You will learn traps and escapes that even the smallest of us can do. You will learn how to move your body in various ways while being pinned and you will know when your body moves in a certain direction what will inevitably happen. Knowing how uncomfortable this position is, all techniques are taught with great sensitivity in a warm, welcoming atmosphere. Whether you want more knowledge for personal safety or you want to teach, this class is a must!

Exertion: Medium

Experience: All Levels

Clothing Requirement: Long pants

Intended for: Adults, Teens & YMA, All Genders

### Grounded: What Can I Do Now?

Friday | 8:30-10am | Gym Area #4 (Blue)

Would you know what to do if you were on the ground? Knowing how to move your body, recognizing what parts of your body can move, and what degree of movement is needed for your advantage can make all the difference. You will become more comfortable learning ways to maneuver yourself while protecting your face and core. Positions and movements will enable you to react without becoming overly exhausted allowing you to think clearer and keeping you safer. The ground offers leverage that becomes your aid, assisting with all of these useful techniques. There will be the opportunity for problem-solving and you will also see how strong you are by learning how to use ground positions to your advantage.

Exertion: Medium

Experience: All Levels

Clothing Requirement: Long pants

Intended for: Adults, Teens & YMA, All Genders

### I Feel a Choke Coming On (Choke Defenses)

Saturday | 10:30am-12pm | Gym Area #3 (Green)

Choke defenses will be taught from two positions: one from the front and one when someone is behind you. You will practice where to put your hands to block and protect yourself from being choked, along with how to use momentum to loosen the choke, what direction to put your head in, and how to trap the arms of the person choking you.

Exertion: Medium

Experience: All Levels

Clothing Requirement: Long pants

Intended for: Adults, Teens & YMA, All Genders

## Odette Russell

Dr. Odette Russell, also known as SiDaGoo, has a PhD in Health Psychology. She is a 9th Degree Black Belt “Grandmaster” and “Designated Inheritor” under the SWAM Martial Arts Academy. She has 40 years of martial arts training and 28 years of teaching experience. She is a native New Yorker who in the 1980s competed in semi-contact karate tournaments in both katas and kumite women’s divisions; 75% of her wins were in 1st place. She has received multiple accomplishment awards which include Woman of the Year for 2016, Grandmaster of the Year 2017, Inspirational Martial Arts Example 2018, and 2019 AWMAI 30+ years Hall of Fame Inductee, to name a few. SiDaGoo, which means “Mother of SWAM” and “Head Female Instructor”, is responsible for customizing an aspect of the SWAM Martial Arts system targeted at women and has taught this system to hundreds of females.

### Improving Your Health and Wellness

Friday | 1:30-3pm | Classroom #1 (Red)

This class will provide important health-related information to enhance quality of life, which will allow participants to heal from injuries faster and maximize their martial arts training. This excellent information can be used to set the tone for good role models that can guide others towards maintaining a healthy lifestyle while removing unhealthy habits. This course will examine elements that include basic human body function, nutrition, weight, detoxification, sleep importance, stress management, and an overall health assessment.

Exertion: Discussion

Experience: All Levels

Intended for: Adults

### Anything is a Lethal Weapon

Saturday | 1:30-3pm | Gym Area #3 (Green)

This class will provide practical concepts on how to convert an ordinary object that can be located in a purse or backpack into a lethal weapon. I will demonstrate multiple techniques from different attack angles as well as teach detailed hand flowing defensive strikes to vulnerable areas of the human anatomy and offensive drills to improve blocking skills against multiple strikes. Items demonstrated include hairbrush, pen, umbrella, cell phone, comb, headphones, and water bottle.

Exertion: Medium

Experience: Intermediate to Advanced

Equipment Needed: Cell phone

Intended for: Adults

## Fashion as a Weapon

Saturday | 6:30-8pm | Gym Area #4 (Blue)

This class will provide practical concepts on how a person's ordinary clothing can be used as improvised lethal weapons. I will demonstrate multiple techniques from different attack angles using clothing and instruct how to use the attacker's clothing for defensive counterattacks. Items I will include are scarves, hats, any style shirt, tie, hoodie, high heels, and belts.

Exertion: Medium

Experience: Intermediate to Advanced

Intended for: Adults

## Small Joint Manipulation

Sunday | 8:30-10am | Gym Area #3 (Green)

This class will teach a drill that will include an easy transition of 15 joint manipulations that will include the areas of fingers, wrist, elbow, and shoulders. Participants will develop smooth transitions from one lock to the next. Lessons of human anatomy will include joint limitations. Knowing these skills heightens a person's level of danger as they learn to control their attacker with pain and fear.

Exertion: Mild

Experience: Intermediate to Advanced

Intended for: Adults

## Lisa Santi

I have been training in the martial arts for 35 years. I currently hold the rank of sixth-degree black belt in Tang Soo Do and first-degree black belt in American-Style Nunchaku and I have been training in Toyama Ryu, a samurai sword system, since 2012. Coaching, instructing, and being a lifetime student of the martial arts is a wonderful journey and my passion. I have built a strong martial arts club in Grosse Point Park, Michigan, that I have been running for the past 29 years, Turn of the Tide Martial Arts. I became a certified self-defense instructor with NWMAF in 2005—self-defense training is an essential part of my school curriculum. I am a lifetime member of the Association of Women Martial Arts Instructors and in 2013 was inducted into their Hall of Fame. In 2012 I was inducted into the Midwest Women's Martial Arts Hall of Fame. I have served as the Events Coordinator and the Chairwoman for the NWMAF. I am married to an amazing and supportive man, David, for 36 years. Our three children and five grandchildren bring us joy and light up our lives.

## Nunchaku Skills and Basics for Beginner and Intermediate Level

Friday | 1:30-3pm | Gym Area #2 (Yellow)

This class is for newbies and students with some knowledge of the nunchaku that would like to improve their coordination and skills with this fast, flexible weapon. We will work on several basic and some fancy skills that we will put together to create a

combination/form that you can take back with you so you can continue to grow your skills and techniques with the nunchaku. We will also cover the practical self-defense techniques that you can use with the nunchaku or any flexible weapon of opportunity!

Exertion: Mild

Experience: Beginner to Intermediate

Clothing Requirement: Uniform preferred

Equipment Needed: Nunchaku (several pairs available to borrow)

Intended for: Adults, Teens & YMA, All Genders

### Nunchaku for the Intermediate and Advanced Practitioners

Saturday | 8:30-10am | Gym Area #1 (Red)

Add some fun, flash, and flair to your current nunchaku skills. If you have the basic swings, strikes, and clutches down and you're ready for more, then this is the class for you. Here you will learn to hand roll, throw and catch, and twirl the nunchaku. This class is designed to give you the tools and skills to spice up your current nunchaku forms and basics. We will combine today's skills into combinations so you will remember them and be able to practice when you return home from camp. The nunchaku is a fast weapon and builds hand-eye coordination, but it also has practical self-defense applications that we will explore.

Exertion: Mild

Experience: Intermediate to Advanced

Clothing Requirement: Uniform recommended

Equipment Needed: Nunchaku (several pairs available to borrow)

Intended for: Adults, Teens & YMA, All Genders

### Double Nunchaku Is Double the Fun!

Saturday | 6:30-8pm | Gym Area #1 (Red)

Don't fear swinging two nunchakus at the same time, it can be easier than you think! Come and learn how to successfully and safely handle two nunchakus! Learn the three-beat weave, split timing, chasing nunchaku, and twin nunchaku timing. Even if you've never picked up nunchaku before, you'll be amazed when you leave that when you leave you'll be able to swing and control these fast-flexible weapons. During this class we will be creating double nunchaku combinations to help you retain what you learned so you can practice when you return home.

Exertion: Mild

Experience: All Levels

Clothing Requirement: Uniform recommended

Equipment Needed: Nunchaku (several pairs available to borrow)

Intended for: Adults, Teens & YMA, All Genders

## Yehudit Sidikman

Sensei Yudit is a Yodan in Judo, a Shodan in Okinawan Karate-Do, an NWMAF-certified self-defense instructor, and the founder and president of ESD Global, Inc., a US non-profit organization committed to making Empowerment Self-Defense training accessible worldwide. Yudit is also the co-founder and CEO of El HaLev, a nationally recognized non-profit organization in Israel dedicated to providing self-defense and martial arts training to women and girls in a safe and empowering environment.

As an open survivor of sexual assault and abuse, Yudit has inspired hundreds of women to share their stories, heal from past trauma, and move on to become more active in their own communities. In 2016 she was awarded the Coleen Gragen Award of Inspiration by the National Women's Martial Arts Federation.

“Judo is my heart, my soul, but Empowerment Self-Defense is what gets me to jump out of bed every morning.”

### Empowerment Self-Defense Model Course 1: Introduction & Overview

Thursday | 8-9:30pm | Res Rec 3rd Floor Conference Room

The ESD Model Course provides an opportunity for students to participate in a multi-session self-defense course. It is appropriate for participants of all levels and participation in a model course is a requirement for NWMAF Self Defense Instructor Certification. This session will teach the philosophy and framework for Empowerment Self Defense, including discussion of societal factors that influence harassment and violence.

Exertion: Mild

Experience: All Levels

Intended for: Adults

### Empowerment Self-Defense Model Course 2: Verbal Skills

Friday | 10:30am-12pm | Res Rec 3rd Floor Conference Room

This session will provide strategies and practice of assertiveness / boundary-setting, de-escalation, and intervention.

Exertion: Mild

Experience: All Levels

Intended for: Adults

### Empowerment Self-Defense Model Course 3: Escapes from Grabs

Friday | 6-7:30pm | Res Rec 3rd Floor Conference Room

This session will provide training and practice around using ones body and everyday objects to physically hurt an attacker in order to escape.

Exertion: Mild

Experience: All Levels  
Intended for: Adults

### Empowerment Self-Defense Model Course 4: Fighting Back

Saturday | 10:30am-12pm | Res Rec 3rd Floor Conference Room

This session will provide training and practice around using ones body and everyday objects to physically hurt an attacker in order to escape.

Exertion: Mild

Experience: All Levels

Intended for: Adults

### Empowerment Self-Defense Model Course 5: Scenarios & Wrap-Up

Saturday | 3:30-5pm | Res Rec 3rd Floor Conference Room

This session will provide an opportunity to put all the skills together in scenarios that range from annoying to life-threatening. We will also cover self-care and options following a harmful incident.

Exertion: Mild

Experience: All Levels

Intended for: Adults

## Meg Stone

Meg Stone is the Executive Director of IMPACT Boston, an empowerment self-defense program based in New England. She has gotten grants for abuse prevention and empowerment self-defense programs from the Robert Wood Johnson Foundation, the NoVo Foundation through the Just Beginnings Collaborative, Raliance, the Vera Institute of Justice, and numerous other local and national funders. As a result of grant funding, IMPACT Boston developed an empowerment self-defense program for people with intellectual disabilities and is currently training a group of Chippewa instructors to bring IMPACT to the Turtle Mountain reservation in North Dakota.

### How to Get Grants for Empowerment Self-Defense

Thursday | 8-9:30pm | Classroom #2 (Yellow)

“What is the issue you plan to address? What is your approach? What research supports your idea? How does your strategy differ from others in the field?” These questions and many others help funders determine if your program is a fit for them. This workshop will provide an introduction to grant proposal writing and strategies for communicating about self-defense in ways that appeal to decision makers at foundations and grantmaking organizations. You’ll learn the definitions of common grant-writing terms, strategies for evaluating whether a particular funder is a good fit for your program, and ways of connecting your work to funders’ priorities.

Bring your pens or laptops and come ready to write!

Exertion: Discussion

Experience: Beginner, All Levels

Intended for: Adults & Teens

## Sahnya Thom

Sensei Thom is a 6th degree black belt, academic, adjunct psychology professor, author, Ph.D. student, research assistant, consultant/coach, and accomplished speaker with a master's degree in clinical psychology. She also holds a bachelor's degree in psychobiology and research training, positive psychology, fitness training, and energy healing certificates. Grant recipient for faculty & student well-being initiative, Ripon College, spring 2019.

She integrates positive psychology, Buddhism, Blue Zone philosophy, the science of transformation, applied mindfulness, energy healing, storytelling, and indigenous wisdom into her teachings. She currently works as a psychology adjunct professor, coach/consultant for individuals and organizations, speaker, and teaches "apprentice-style" martial arts to individuals and groups. Sensei Thom has worked in a variety of contexts with diverse audiences including high schools, universities, businesses, the LGBTQ+ community, wellness retreats, and has helped people suffering with PTSD, cancer, diabetes, MS, OCD, depression, anxiety, and grief.

She describes herself as a science nerd with a poetic heart who loves to make people laugh while delivering life-changing content. Others have described her as a breath of fresh air who hacks outdated belief systems with the perfect blend of compassion, humor, and power. She's also known for her martial art movement speed and passion for bringing out the best in others in her teaching style.

Website: [NinjaYourLife.com](http://NinjaYourLife.com)

E-mail: [SahnyaSThom@gmail.com](mailto:SahnyaSThom@gmail.com)

### Level Up your Martial Arts Performance! Six Attributes For Optimizing Your Martial Arts

Thursday | 1:30-3:00pm | Gym Area #3 (Green)

Game-changer class! Bruce Lee was an inspiring role model for thinking outside the box and motivated people to scientifically develop their optimal potential physically, mentally, and spiritually. This fun class will introduce students to the six attributes for peak martial art performance and self-development (e.g. body mechanics, speed, mindset) and why we use various weapons to bring out specific body movements. Students will return back to their training schools with readily available tools to raise their level of understanding of what it means to be a martial artist, while sharpening their "sword" into an impeccable martial artist/scientist. Be prepared to do creative fun drills and leave inspired to scale up to a new level of performance. Bring your boxing gloves, an open mind, and a fun attitude! All styles and ranks welcome.

Exertion: Medium (Flexible)

Experience: All Levels

Clothing Requirement: Uniform, belt/rank

Equipment Needed: Hand protection (sparring gloves, trapping or boxing)  
Intended for: Adults & Teens, All Genders

### The Phoenix Rising Process: The Anatomy of Transformation, Healing, & Resilience

Friday | 10:30am-12pm | Classroom #2 (Yellow)

Breakups, new jobs, death, loss, divorce, health challenges, friendships changing, living with uncertainty, changing careers, graduation, taking care of a sick loved one, aging, and even growing 'out' of a life stage... These life transitions give us opportunities to transform, wake up, grow up, and rise up in a healthier, stronger, and self-compassionate way. In this seminar, you will learn the anatomy of transformation, like the myth of the phoenix, and how to remain centered, open, healthy, and resilient, like a modern warrior. You will learn the importance of the five stages of transformation and sustainable wellness power tools for flourishing even during the toughest times. This is a very insightful and relevant experience for all walks of life and ages.

You will learn:

- The five stages of change and how they relate to Joseph Campbell's *The Hero's Journey* and even the movie *The Wizard of Oz*
- How to identify which life transitions you are going through and which stage you are in
- Meditations and mindfulness interventions to reduce anxiety and stress
- A deeper understanding of Change Fitness and Change Readiness
- How stories heal and the story of post-traumatic growth
- What grieving "well" really means
- How to build self-worth, self-confidence, and self-esteem
- The power of forgiveness, purpose, and building self-care tool kits

Sensei Thom's teaching style is infused with wisdom, stories, humor, and psychological safety.

"Healthy resilient people create healthy resilient families, schools, organizations, communities, and society as a whole. Life will always throw us curve balls, it's being skillful in how we relate to these curve balls that makes all the difference."

Exertion: Discussion

Experience: All Levels

Intended for: Adults & Teens, All Genders

### Mindfulness, Meditation, and Mental Health

Friday | 6-7:30pm | Classroom #2 (Yellow)

Mindfulness and meditation, originating from Eastern philosophy and practices, are now being used to assist mental health and physical performance in a variety of settings, including in direct therapy. This course will introduce the empirical underpinnings of mindfulness and meditation and their effects on mental health (e.g. anxiety, stress, depression, bereavement, etc.). Current

brain science and mindfulness will also be discussed. A practice component will be included through classroom activities using specific meditations and mindfulness interventions. Sensei Thom currently teaches four-credit courses on this, including at Ripon College in Wisconsin.

Exertion: Discussion

Experience: All Levels

Intended for: Adults & Teens, All Genders

### French Kickboxing Methods (FKM) & Jun Fan Kickboxing (JFKB)

Saturday | 6:30-8pm | Gym Area #3 (Green)

Ready to learn dangerous ballet sprinkled with Bruce Lee action? This fun and practical class integrates French Kickboxing Methods (FKM)/Savate and Bruce Lee's Jun Fan Kickboxing (JFKB) techniques. Participants will learn the history of Savate and engage in unique kicking exercises, footwork patterns, and drills to level up combinations and sparring confidence in all combat ranges (e.g. kicking, boxing). The unique concept of rhythmic boxing will also be introduced in this class so students walk away with new ideas on how to put combinations together in broken rhythms. Bring your boxing gloves, an open mind, and a fun attitude! Let's kick "butt" elegantly! All styles and ranks welcome.

Exertion: Medium to High

Experience: All Levels

Clothing Requirement: Clean wrestling shoes or bare feet

Intended for: Adults & Teens, All Genders

### Heather Turnbull

Heather Turnbull Sensei is a Partner in Goddess Martial Arts, as well as Co-Instructor of the Rexdale Club, Black Belt Institute in Toronto where she teaches Kempo Karate, Arnis, and Self-Defense to youth and adults. Over her 20+ years of formal martial arts practice she has represented Canada at three world championship tournaments, achieving gold medals in Escrima (full-contact stick fighting); as well as earned her 1st degree ranking in Arnis while training and competing in the Philippines. In addition to her international judging experience, Sensei Heather is an active contributor and leadership award recipient within the Canadian Karate Kung Fu Association (CKKA), and frequently adjudicates at rank testings in Ontario.

### Escrima 101: Filipino Stick Fighting Fundamentals

Thursday | 8-9:30pm | Gym Area #2 (Yellow)

Full-contact stick fighting is a game of endurance, skill and speed. And when you combine your own sparring expertise (no kicking, sorry!) with one or two rattan sticks, it adds another dimension to your competitive spirit. Get in the game, and have some fun tackling your opponent in full competition gear: it's the longest 3 minutes of your life!

Exertion: Flexible

Experience: All Levels

Clothing Requirement: Long pants & proper footwear

Equipment Needed: Hand protection; sparring gear preferred; padded sticks (some will be available to borrow)

Intended for: Adults & Teens

### Blade Defense

Friday | 8:30-10am | Gym Area #1 (Red)

Using an Arnis-informed approach, participants can expect to build on their self-defense techniques and overall confidence when dealing with knife attacks.

Exertion: Medium

Experience: Beginner

Clothing Requirement: Long pants & proper footwear

Equipment Needed: Practice knife (wood or metal preferred)

Intended for: Adults & Teens, All Genders

### Advanced Blade Defense

Friday | 3:30-5pm | Gym Area #3 (Green)

Arnis systems typically advocate advancing towards an opponent and closing the gap, which is counter-intuitive to most. Learn to expand your comfort zone in blade defense through a system that maximizes a “give, take, and take over” philosophy.

Exertion: Medium

Experience: Intermediate to Advanced

Clothing Requirement: Long pants & proper footwear

Equipment Needed: Practice knife (wood or metal preferred)

Intended for: Adults & Teens

### Converting Lunch 'n' Learns to Consulting Proposals: Building Your Martial Arts Business!

Saturday | 6:30-8pm | Classroom #2 (Yellow)

As a school/business owner, do you want to earn income beyond relying on individual students alone? Take your comfort zone from the dojo to the boardroom, and learn to convert one-time workshops into on-going business. This session will feature theory, tools, lots of interactive practice, and a take-away Tip Sheet to apply successful strategies in revenue generation.

Exertion: Discussion (Flexible)

Experience: Any business owner, Intermediate to Advanced

Intended for: Adults, All Genders

### Diane Wallander

Shihan Diane Wallander has trained in and taught martial arts for over 35 years, specializing in proactive self-defense for women and girls. Shihan Diane's background and expertise in the study of animal behavior has lead her to a deep understanding of the patterns of aggressive behavior in humans, which she integrates into her teaching of self defense.

## The Wall is Your Friend

Thursday | 3:30-5pm | Gym Area #3 (Green)

Utilizing aspects of one's environment in a proactive self defense strategy involves understanding how fixed barriers can aid in personal defense. In this hands-on class, learn about how to use walls/barriers to protect and defend yourself.

Exertion: Medium

Experience: All Levels

Intended for: Adults, Teens & YMA, All Genders

## Joy Williamson

Sensei Joy started training in karate in 1995; she earned her Kyokushin black belt in 2000. She took over as Head Instructor at the request of Sun Dragon founder Sensei Suzanne Pinette when she retired in 2004 and now teaches Seido Karate and Empowerment Self Defense to adults, teens, and children. Sensei Joy currently trains with Sei Shihan Nancy Lanoue and Jun Shihan Sarah Ludden at Thousand Waves in Chicago. She holds a fourth degree black belt in Seido Karate.

## Creating a Diverse and Inclusive Martial Arts Program

Thursday | 8-9:30pm | Classroom #1 (Red)

We all love the sense of personal empowerment we get from our martial arts training. Can we expand our vision of empowerment to include our larger communities? Is our martial arts practice creating more peace and justice or maintaining old divisions? When we look at the students in our schools, do we see a broad spectrum of life experiences and backgrounds or do we mostly see people who reflect our own? How do we make our schools more accessible and welcoming? Wherever we are on this journey, we can challenge ourselves to learn and grow. This class is designed for teachers, assistant teachers, volunteers, etc., who want to make their program as inclusive as possible. We will practice exercises on respect and compassion for differences, share ideas for best practices to challenge biases, and review resources for further learning. This project is based on tools we use teaching karate, but can be translated for self-defense programs or personal practice.

Exertion: Discussion

Experience: All Levels

Intended for: Adults

## Introduction to Bo Staff

Sunday | 8:30-10am | Gym Area #2 (Yellow)

Come play with big sticks! This class will give you an introduction to the bo staff as practiced in Seido Karate. We will spend a little time getting comfortable handling the weapon, learn basic strikes and blocks, and practice with partners.

Exertion: Medium/Flexible

Experience: All Levels

Clothing requirement: Uniform

Equipment Needed: Bo staff, if you have one (some available to borrow)

Intended for: Adults & Teens, All Genders