



National Women's Martial Arts Federation



Promoting the involvement of women and girls in the martial arts

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SDIT'07 Conference Presenters

Self Defense Teacher Training

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

Conference Coordinators



Darla Bolon is a clinical social worker and an NWMAF certified self-defense instructor. She has over 15 years of martial arts experience in Tae Kwon Do and Aikido, and has taught women's self-defense and personal safety programs for over 20 years. She currently teaches classes at Ohio State University, offers programs for employees of child protective services, and offers workshops for community organizations and businesses.



Anne Kuzminsky, 6th degree black belt in Jujitsu, has studied various martial arts and self defense systems since 1976. She is an NWMAF certified self-defense instructor and an inductee as Master Instructor of the Year - Self Defense, in the World Head of Family Sokeship Council Hall of Fame. She teaches self defense and martial arts in Rhode Island, and is honored to be a part of the 2007 Pre-ST Conference coordinating team. Her young children inspire her to continue this anti-violence education work.



Deb Abbate-Fedon has a Master's degree in Communication & Theatre Arts. She is currently an adjunct faculty instructor at Oakland Community College. She has over 20 years experience as a consultant for conflict resolution and social issues. She began self defense training in 1991 and is an NWMAF and Meijishi Martial Arts certified instructor. She has trained in martial arts for more than 15 years, and holds a 2nd degree black belt in Ai-Mute Shotokan. In her spare time she plays the drums (5 piece Mapix kit), which she believes is absolutely crucial to her karate training.

Session Facilitators and Panelists



Janet Aalfs, 7th degree black belt in the Martial Arts, has been director since 1982 of Valley Women's Martial Arts: Institute for Healing and Violence Prevention Strategies, which celebrates its 30th anniversary in the Fall of 2007. Janet Co-Chairs the NWMAF Self-Defense Instructor Certification Board, and is a former Secretary, Chair, and a Founding Member of NWMAF. The arts she practices and teaches include Shuri-ryu Karate, Modern Arnis, Tai chi, Qigong, Poetry, and Peace. Her writing has been published widely, and she was the Poet Laureate of Northampton, MA from 2003 to 2005.

Darlene DeFour, a native of Harlem, New York, graduated from Fisk University and



received her doctorate from the University of Illinois at Urbana-Champaign. She is an Associate Professor of Psychology at Hunter College of the City University of New York. In addition to her work as a research psychologist, Darlene has been training in the martial arts for more than 25 years. She is a 9th degree Black Belt in San Yama Bushi Ryu Ju-jutsu, the first and only woman in the system to hold this rank. She also holds a 2nd degree black belt in Shotokan karate. She is currently the Chief Ju-jutsu instructor at the Harlem School of Ju-jutsu and Self Defense.



Janet Gee is a 7th degree black belt with an extensive background as a self-defense instructor. Chosen by the San Francisco Bay Guardian newspaper as the best self-defense instructor in the San Francisco Bay area, Janet has taught self-defense to thousands of students in the U.S., Canada, Latin America, Australia, and Europe. Living in the multicultural community that defines the San Francisco Bay area, Janet has become a specialist at teaching self-defense to a diverse population that includes a variety of gender orientations and a wide spectrum of age groups. Janet is a certified rape crisis counselor with the San Francisco Women Against Rape. She is also an adjunct faculty instructor in the Women's Studies program at the City College of San Francisco, and a frequent guest instructor at San Francisco State University and Hasting Law School of the University of California. Janet is an NWMAF certified self-defense

instructor.



Zosia Gorbaty, 8th degree black belt in Zujitsu, has been training in self defense and martial arts for more than thirty years. A faculty member teaching self defense since 1983, she formerly taught at Adelphi University, and currently teaches at Queensborough Community College. She was among the first group to complete the certified rape crisis advocate program at Mt. Sinai Hospital in 1984, and volunteered in their ER for several years. She has appeared on numerous TV and radio broadcasts as a self defense expert, most recently on "Fox & Friends" Fox News TV, and has presented over sixty self-defense workshops for corporations, schools, and private groups. A NWMAF Lifetime member, she served as Board Chair 2002-3, and is currently a member of the Self Defense Instructor Certification Board.



Ellen Keyt is a doctoral candidate in clinical psychology with over 10 years experience in psychotherapy. She has worked extensively with adolescent and adult survivors of assault and abuse. Ellen studied Tae Kwon Do for a few years beginning in 1988, but left to play rugby. She returned to martial arts in 2003, first studying self defense and then karate with Sensei Jaye Spiro at Meijishi Martial Arts. Although Ellen recently decided to suspend her martial arts training in order to work on her dissertation, she is very excited to apply her experience as a psychologist in a pre-ST workshop examining the student-teacher dynamics in self-defense training.



Nancy Lanoue is the Co-Director of Thousand Waves Martial Arts and Self-Defense Center in Chicago. She has been a trainer at conferences for the NWMAF and Association of Women Martial Arts Instructors (AWMAI) more than 10 times since 1988, and currently serves as a member of the NWMAF Self-Defense Instructor Certification Board. At home in Chicago, she divides her time between developing new SD curricula, teaching violence prevention workshops at schools, non-profits, and business settings, and overseeing the martial arts training of Thousand Waves' 350 members.



Crystal Middlestadt directs the sexual assault prevention and self-defense education programs at the Rape Assistance and Awareness Program in Denver, Colorado. She was originally trained in women's self-defense by Nadia Telsey at the University of Oregon. She has been active in assisting and teaching women's self-defense classes since 2002. Recently, Crystal began presenting sexual assault prevention education programs to middle school and high school youth, parents, and teachers in the Denver-Metro area.

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



Lynette Oliver graduated from Michigan State University's Medical School in 1978, completed her specialty training in New York City, and is Board Certified in Internal Medicine. She is also active as a sports physician, and consults in training methodology and injury prevention and management. Lynette has been training in Martial Arts since 1991, and is a 3rd degree black belt in Olympic Taekwondo (WTF). She is a Master Athlete, forms and sparring Referee, and Medical Consultant for the National Taekwondo Federation of Puerto Rico. Lynette has developed and taught women's self-defense programs in Puerto Rico, and is Co-Founder and Executive Director for Movimiento de Apoderamiento de Mujeres, a community organization that promotes women's empowerment in Puerto Rico and is creating connections to grow throughout the Latina/o community in the US and Latin America. By conceptualizing the core self-defense and safety concepts that are relevant to at-risk communities in national and international circumstances, Lynette strives to create self-defense programs that can be adapted to people in diverse communities all over the world.



Linda Ramzy has been training in martial arts and self-defense for nearly 30 years, and is a 7th degree black belt in Fuji Ryu Jujitsu. She owns and operates her own martial arts school in the Bronx, as well as the Women's Empowerment Self Defense Academy, in which she focuses specifically on teaching self-defense skills to children, teenage girls, and women of all ages and physical abilities. Linda has taught women's self-defense extensively throughout the United States, Canada, and Europe, and has been featured as a self-defense expert in media, including Newsweek, Newsday, and ABC-NEWS 20/20. She served as a consultant for Mayor David Dinkins' New York City "Task Force Against Sexual Assault", was Princeton's University's chief instructor and consultant for Self-Defense and Rape Prevention, and was awarded Princeton University's President's Standing Committee on the Status of Women Award. Currently a Member of the NWMAF Board of Directors, Linda coordinated Special Training 1993, which was attended by a record-setting 567 women. This camp reflected Linda's passion for women's Self-Defense by featuring perhaps the earliest Special Training "Self-Defense Track" class offerings, and through its theme of "Stop the Violence – No More Silence".



Martha Thompson is Executive Director and Senior Instructor of IMPACT Chicago, and a member of the NWMAF Self Defense Instructor Certification Board. She has a third-degree black belt in Seido karate and trains at Thousand Waves Martial Arts and Self-Defense Center. She is also Professor Emeritus of Sociology and Women's Studies at Northeastern Illinois University. Her grant writing has focused on funding self-defense offerings at organizations addressing violence and inequalities based on gender, race, class, and sexual orientation. Among her articles on self-defense are "The Power of NO" and "Building Bridges Against Violence".



Sarah Trembath is a school teacher in Prince George's County Public Schools in Maryland. She has been teaching women's self-defense in Washington, DC and the surrounding suburbs since 1995, when she was an instructor for DC's Empower Program. She currently lives in Washington, DC, where she also teaches Yang-style Tai Chi. She is a Tai Chi and Chin Na student of Grandmaster Liu, Chao-Chi, and a former student at DC IMPACT, DC Self Defense Karate Association, and the Howard University Tae Kwon Do Program.



Erin Weed's sorority sister was murdered at Eastern Illinois University in 2001. This tragedy inspired her to abandon her career in television production and immerse herself in studying all aspects of women's safety and self-defense. After studying with some of the best violence prevention experts in the world, she started a company called Girls Fight Back, which aims to teach self-protection strategies to young women in high school and college. Since starting GFB, she has spoken to over 300,000 women and written a book called Girls Fight Back! The College Girl's Guide to Protecting Herself. (Boulder Press, 2006) She has been featured in media including: Ladies Home Journal, The New York Times, Glamour, The Washington Post and Marie Claire. She was also named CosmoGirl of the Year 2002 by CosmoGirl magazine, and was given the Hometown Hero award by John Walsh, the founder of America's Most Wanted.





Lauren Wheeler is a 3rd degree Black Belt in Tae Kwon Do. For the past eleven years, she has been the founder and director of The Peaceful Warriors, an anti-violence martial arts youth group. The Peaceful Warriors teach self-defense workshops, create and present dynamic performances that promote positive images of diverse youth working together. Working with teens is a life-affirming experience where the teacher receives more than she gives. Lauren is grateful to her teacher, Sensei Carol Middleton, of DCSDKA.

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