



# National Women's Martial Arts Federation



Promoting the involvement of women and girls in the martial arts

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## SDIC'10 Conference Schedule

### Self-Defense Teacher Training

Swarthmore College  
 Swarthmore, PA  
 July 13-15, 2010

questions? contact [selfdefense@nwmaf.org](mailto:selfdefense@nwmaf.org)

### "Forging Unity, Strengthening Bridges"

Draft Schedule	
Tuesday	July 13, 2010
2:00 pm	<b>Conference Opening</b> with <a href="#">Linda Ramzy</a> , <a href="#">Lynne Marie Wanamaker</a> , and <a href="#">Sally Van Wright</a> Your SDIC Conference Coordinators
3:00 pm (90 min)	<b>Workshop #1:</b> <b>"Co-Creating Our Community: An Experience in Deep Listening and Witness"</b> with <a href="#">Johanna Hattendorf</a> <ul style="list-style-type: none"> <li>• Have you ever left an SDI conference wishing you had more time to talk and connect with your colleagues?</li> <li>• Are you attending SDIC for the first time and are concerned that it will be hard to meet new people?</li> <li>• Do you share a vision of a safe and trusting SDI community built on mutual respect and understanding?</li> <li>• Are you committed to co-creating the SDIC experience with your peers, our presenters, and your conference planning committee?</li> </ul> <p>This workshop responds to these concerns. Facilitator Jo Hattendorf says, "In order to co-create a community for all, we must first listen to each other. Out of our deep listening arises our deep concerns; connections are formed which become the strong fabric of our community. This session provides an opportunity for deep listening in which we can share who we are, why we are here, and what we want our community to be/come."</p>
4:45 pm	<b>Dinner</b>  <b>AND</b>  <b>Presenter Dinner</b>

6:15 pm (75 min)	<p><b>Workshop #2:</b></p> <p><b><i>“Speed Self Defense -- Including Weapons and What If's?”</i></b>  <a href="#"><i>with Linda Ramzy</i></a></p> <p>Review your physical Self-Defense skills. Sweat. Have fun. Practice in a way that will help you make your moves accessible in an instant. In this session you will move, move, move, and probably discover some habits you didn't know you had. Challenge yourself in a safe and enjoyable setting to produce the rapid movement responses you hope never to need. As Ramzy says, it's better to know it and not need it than need it and not know it. Guaranteed to energize!</p>
8:00 pm (90 min)	<p><b>Workshop #3:</b></p> <p><b>1) "Anti-Street Harassment Workshop"</b>  <a href="#"><i>with Chaitra Shenoy and Shannon Lynberg</i></a></p> <p>Part of a national anti-street harassment movement, Holla Back DC! is a grassroots organization that aims to empower the DC Metro area to build a community free from public sexual harassment and assault. Holla Back DC!'s methods include online activism, public policy and advocacy, community workshops, and providing innovative direct services. The organization engages in activism and community education which complements the work of traditional women's self defense and expands public understanding of the continuum of violence against women.</p> <p>This heavily discussion-based workshop will cover the basics of public sexual harassment, the history of the anti-street harassment movement, common scenarios of street harassment, ways to address street harassment as a bystander and/or a victim and community solutions to ending street harassment. Holla Back DC! champions empowering women and LGBTQ individuals through self defense and martial arts; this workshop will help self defense instructors explore the intersection between community activism and self defense practice and possibilities for collaboration.</p> <p><b>OR</b></p> <p><b>2) "Speaker School for Women's Self-Defense"</b>  <a href="#"><i>with Erin Weed</i></a></p> <p>Throughout history, people on a mission have used the podium to create change. So why not pick up the microphone as a means to inspire people to end violence against women? This workshop is for anyone wanting to learn more about the skill and business of public speaking, particularly on the topic of women's safety. Learn the basics about stage presence, messaging, humor and body language and then learn to harness your own personal speaking style. Understand the ins and outs of working with speakers bureaus and how to build your client base. We will also discuss how to market your speaking services, both traditionally and on the web, for those interested in speaking as a part-time or full-time career.</p> <p><b>OR</b></p> <p><b>3) "Community Self Defense Teaching Lab I: Anatomy of a Self Defense Class"</b>  <a href="#"><i>with Janet Aalfs and Sonya Richardson</i></a></p> <p>For the first time in SDIC history, a small team of apprentice instructors will shadow two master self defense instructors, Janet Aalfs and Sonya Richardson, as they deliver a self defense program in the Feminist Empowerment Model to a community-based organization. Our hosts are the clients and staff of the Youth Health Empowerment Program (Y-HEP) of Philadelphia FIGHT. Participants in the Community Self Defense Teaching Lab will:</p> <ul style="list-style-type: none"> <li>• Witness the Feminist Empowerment Model of self defense embodied in a community class.</li> <li>• Observe effective cross-cultural teaching skills.</li> <li>• Shadow master teachers from both coasts of the U.S. and receive coaching in a small group setting.</li> <li>• Explore best practices for collaboration with community-based partner organizations.</li> <li>• Support the NWMAF in being of service to our host community.</li> </ul> <p>During <b>Session I: Anatomy of a Self Defense Class</b>, the Community Self Defense Teaching Team will share their process of collaboration and curriculum development. This session is required for participants in the Community Self Defense Teaching Lab and open to other conference registrants to observe.</p>
<b>Wednesday July 14, 2010</b>	
7:30 am	<b>Breakfast</b>

8:15 am	<p><b>Mini-Welcome</b>  <a href="#">with Linda Ramzy, Lynne Marie Wanamaker, and Sally Van Wright</a>  <i>Your SDIC Conference Coordinators</i></p>
8:30 am (60 min)	<p><b>Workshop #4: Keynote Address</b></p> <p><b><i>“Reflections on Violence, Self-Defense, and Social Justice: Collective Approaches Towards Ending Violence Against Women and our Communities ”</i></b>  <a href="#">with Isabel Millan</a></p> <p>How can we move towards a world free of violence? In order to seriously consider and bring forward a plan to end violence, Isabel A. Millán will walk us through the complexities and multiple manifestations of violence against women and our communities. She will explore approaches towards building a larger anti-violence movement, one contingent upon social justice and community accountability. This will encourage us to position violence against women as violence against humanity, as well as the intersections of multiple forms of oppression, including sexism, racism, homophobia, ableism, classism, and xenophobia. Central to this ideology is a need to develop an understanding of how violence works on an individual level (e.g. domestic violence) and an institutional level (e.g. within prisons). Within each category, Isabel will ask: How is violence being inflicted? What are the consequences? And are there ways to prevent it? Broadening our understanding of violence can help us imagine alternative self-defense models that emphasize preventative and community activist interventions.</p>
10:00 am (120 min)	<p><b>Workshop #5:</b></p> <p><b><i>“When You've Already Been Hurt: Healing Pain and Trauma for Self-Defense Instructors”</i></b>  <a href="#">with Katy Mattingly</a></p> <p>This workshop will revisit and build upon Katy's powerful and popular session at SDIC 2009 - <i>When She's Already Been Hurt: Challenges for Self-Defense Instructors</i>. We'll revisit key skills for teaching self-defense to survivors of trauma, this time with a special focus on our own personal recovery. Using broad, inclusive definitions of violence and recovery, we'll consider what it takes from us and what it gives to us to be self-defense instructors. Participants will have the opportunity to reflect on personal experiences, to work in pairs and small groups, and to listen to what's working for others in the field. This workshop will help to explore options and provide direction if you've ever wondered: <i>Am I healed enough to teach self-defense? Why do I get so wiped out after these classes? What is it about this student that's driving me crazy? Is this burnout? What happens if I get triggered during a class? Why do my friends keep asking me if I'm taking care of myself? How long do I want to do this?</i></p> <p>Some of us may have never considered the ways in which our own experiences of trauma influence our teaching. Others may have rich experience negotiating the healing process in a professional context. In a safe and friendly environment that honors your choices as an instructor, we'll explore ways recovery from trauma can interfere with our work, as well as the immense rewards that can result. All are welcome, including: survivors, those who don't identify as survivors, those teaching self-defense as a long-term career, and those exploring a new interest.</p>
12:00 pm	<p><b>Lunch</b></p>
1:30 pm (90 min)	<p><b>Workshop #6:</b></p> <p><b>1) <i>“Business and Marketing Mavens”</i></b>  <a href="#">with Erin Weed</a></p> <p>Good intentions may spark a women's self-defense business, but they won't keep the fire going...you gotta have a plan! In this workshop we'll discuss the current trends facing the self-defense industry, how to identify your niche, thoughts on building your brand and exercises to clarify your big vision. We will also discuss the basics of marketing, getting media appearances and utilizing tools on the web to spread the word about your company or non-profit. No past business experience necessary, and even seasoned organizations might gain some fresh new ideas from this workshop. Come ready to learn from others and share your successes in the business of teaching women to become their own best protectors. All attendees will leave this workshop with their very own 1-page business plan.</p> <p><b>OR</b></p> <p><b>2) <i>“The Feminist Empowerment Model and Teaching Self-Defense”</i></b>  <a href="#">with Martha Thompson and Nancy Lanoue</a></p> <p>The feminist empowerment model is the foundation for NWMAF Self-Defense Instructor Certification. This model includes a framework for analyzing violence and self-defense and teaching verbal and physical self-defense skills. Through demonstrations, exercises, small group work, brainstorming, and skill sharing, we will create opportunities for participants to explore the variety of ways that a feminist empowerment model can be implemented in self-defense teaching.</p> <p><b>OR</b></p>

**3) "Community Self Defense Teaching Lab II: Service Delivery"**

[with Janet Aalfs and Sonya Richardson](#)

For the first time in SDIC history, a small team of apprentice instructors will shadow two master self defense instructors, Janet Aalfs and Sonya Richardson, as they deliver a self defense program in the Feminist Empowerment Model to a community-based organization. Our hosts are the clients and staff of the Youth Health Empowerment Program (Y-HEP) of Philadelphia FIGHT. See **Session I: Anatomy of a Self-Defense Class** for a full description of this groundbreaking opportunity.

During **Session II: Service Delivery**, the Community Self Defense Teaching Team will travel to Y-HEP's Philadelphia site to deliver a custom self-defense class.

3:30 pm  
(90 min)

**Workshop #7:**

**1) "Halting Hate and Harassment"**

[with K. Barrett Wilkinson](#)

The Center for Preventing Hate, in Portland, Maine, was founded in 1999 with a mission to work with community members to prevent and respond to bias, harassment, and violence by providing training, education, and advocacy in schools, communities, and workplaces. Our objective is to create safety. We first raise awareness of the devastating impact of bias, then empower community members of all ages with the knowledge and the strategies to reduce that bias and to positively impact the culture around them.

In this interactive, activity-based workshop we will work as a group to understand what bias is, what it might sound or look like, and think about tools for interrupting it in ways that promote safety and understanding. Using stories, interactive activities and discussion, we will work towards enhancing your understanding of issues of bias based on race, religion, gender, sexual orientation, physical or mental disability, and so forth, while coming up with strategies for creating safer spaces for your work and community.

**OR**

**2) "Verbal Skills Framework"**

[with Kate Webster](#)

Assertive communication is a key component of the feminist empowerment model for teaching self-defense as outlined by the NWMAF. Yet, how do we teach role plays that challenge, but don't overwhelm participants in learning these skills? This interactive workshop introduces audience members to a skill building methodology that we use at Thousand Waves to teach assertive communication and to explore the breadth and depth of this skill. Throughout this workshop, we define assertive communication as encompassing boundary setting, de-escalation, and intervention skills and varying from situation to situation according to one's environment, culture, race, ethnicity, and gender. In this workshop we will focus on boundary setting skills to articulate and practice the three levels of the methodology and how they build in complexity. We will discuss how these skills can be applied to situations involving strangers, acquaintances, and intimate friends and family members. Participants will also have the opportunity to apply this skill building model to their own practice of teaching and create their own version of this model that is applicable to their teaching situations and unique audiences. It is our hope that participants will build on their existing repertoire of assertive communication drills and knowledge through this skill building approach and leave this workshop with practical tools that can be applied directly to their classes.

**OR**

**3) "Community Self Defense Teaching Lab II: Service Delivery (continued)"**

[with Janet Aalfs and Sonya Richardson](#)

The Community Self Defense Teaching Team continues its afternoon session at Y-HEP's Philadelphia site delivering a custom self defense class.

5:00 pm

**Dinner**

7:00 pm  
(90 min)

**Workshop #8:**

**1) "Consent: Communication & Sex"**

[with Farah Fosse and Noel Petrie](#)

How do you give ourselves space to figure out what we want in a relationship? Do you view consent differently for people of different genders, sexual preferences, sizes? How does power and privilege factor into consent? Is non-consent always assault? Can consent be erotic? This workshop, featuring a puppet show, will work to create space for an open, non-judgmental and healthy conversation around consent, sex and relationships.

We'll start from the premise that self-defense starts way before a NO with knowing our boundaries and creating safe, healthy and empowering relationships. As self-defense instructors it's our job to

go beyond self, to challenge society and create truly safe spaces. Participants will discuss both interpersonal relationships and creating a society based on consent and not coercion. We'll discuss dynamics that play into how we might give or understand consent. And we'll explore boundaries, desire, and how to make communication about consent comfortable and even hot! We will also develop strategies for sharing these concepts with participants in our classes and making consent part of our self-defense curriculum.

8:30 pm

**Social Networking & Snacks**

**AND**

**Handout & Skill Swap**

[with Sally Van Wright](#)

Join us for an exciting opportunity to network and share skills, activities and handouts with other self-defense teachers. We'll also discuss how we set our fees and what marketing methods we use.

**Thursday**

**July 15, 2010**

6:15 am

**Wakeup Workout**

[with Lynne Marie Wanamaker](#)

(60 min)

Start the day with a self-paced workout designed to invigorate your body and soul. Participants of all skill levels and physical abilities are encouraged to participate. Feel free to check in with Lynne Marie in advance if you have health or injury circumstances you would like to take into account within the workout.

7:30 am

**Breakfast**

8:30 am

**Workshop #9:**

(75 min)

**1) "Applied Microaggression Defense"**

[with Darlene Defour](#)

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

**OR**

**2) "NWMAF's New Application and Evaluation Process for Self-Defense Instructor Certification"**

[with Nancy Lanoue and Martha Thompson](#)

If you are considering seeking NWMAF certification, or have been working on your application forever without finishing it, come to this session for support and concrete information to help you achieve your goal. We'll explain the newly revamped certification application and review process, recently refocused towards having applicants show how they teach rather than answer lengthy questions about how they do it. And we will clarify what kinds of support, guidance and feedback applicants can expect from their reviewer(s). All SDIC participants are welcome to attend.

10:15 am

**Workshop #10:**

(75 min)

**1) "But I'm Not Sorry I Did It!"**

[with Sally Johnson Van Wright](#)

This workshop will address the emotional and learning concerns of those women in self-defense classes who have committed serious aggression. For these students, learning about how to actively create safety can be tied up with great ambivalence and the legacy of having hurt others. What do some of the women in jail convicted of violent crimes have to say about their actions? What dilemmas arise for self-defense instructors when class participants view violence as a means of problem-solving, communication, or demonstration of their toughness? How does vulnerability to criminal justice involvement affect women's options, surely some more than others? How can self-defense instructors best understand and address these experiences in classes? This workshop will actively engage attendees and may raise more questions than answers. Facilitator Sally J. Van Wright has led anger groups in jail for violent offenders, women she deeply admires, for 14 years and is an NWMAF Certified Self-Defense Instructor.

**OR**

**2) "Self Defense Jeopardy: All Your Questions Answered!"**  
[\*with Linda Ramzy and a cast of experts\*](#)

What about that niggling issue that comes up when you teach self-defense, the question or situation you find yourself wishing you had a better response for? This session will allow you to get direct consultation from skilled instructors with varied perspectives. Set up in a game format, the session will stir your thinking and build your confidence as a self-defense instructor wherever you need it most.

11:45 am

**Conference Closing**

12:00 pm

**Lunch**

1:00 pm

**Self-Defense (SD) Leaders Council and Committees**

This open meeting is for anyone interested in supporting self-defense work within NWMAF. The meeting will include a brief overview of the proposed implementation of the SD Leaders Council and discussion of ways that you can be involved in supporting self-defense work within NWMAF. The goal is to leave the meeting with a Leaders Council (4 members plus SD liaison to the NWMAF Board) and committee members (administration/communication, certification reviewers, SD track planning, conflict resolution) in place. Come help launch the SD Leaders Council and its support committees.

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