Time	**Thursday**	Res Rec Lobby	Wentz hall	Res Rec 3rd floor conf rm	Main Gym (1)	Main Gym Mat area	Main Gym (2)	Main Gym (3)	Classroom 1	Classroom 2	Meditation room
11am - 6pm		Registration									
8.30am - 10am				SDIC group mtg							
11am - 12pm				Teacher Orientation Option 1							
12.00 - 1pm	Lunch on your own			Purple Ribbon Sisters Orientation							12 step mtg
1:30pm - 3pm				Lauren Taylor: Working with LGBTQ and differing/fluid gender indentities and orientations (SDIC, Adults & Teens)	Nancy Rothenberg - Unified Mindshift - We are as powerful as we think we are (Adults & Teens)	Jen Para - Silat Empty Hands- Locking, Chokes and Strikes (Adults & Teens)	Jessica Hothi - Ng Ying Kuen Animal Form - Leopard (YMA)	Francesca Morabito - Ouyou Sabaki (Applied Movement) (Adults & Teens)			
3:30pm - 5pm				Teacher Orientation Option 2	Melanie Fine - Your TCM First Aid Kit AKA How To Make Magic Potions (Adults)	Candace Rushton - Sweeping your troubles away (Adults, Teens & YMA)	Jaye Spiro - YMA Filipino Stick fighting (YMA)	Open Sparring & Open Sticky hands (Adults, Teens & YMA)	Carrie Slack: Cultivating Emotional Safety in Self Defense Courses (SDIC, Adults)	Erin Epperson: Teaching Self-Defense To Kids (SDIC, Adults & Teens)	
5pm - 6.30pm	Dinner										
6.30pm - 7:30pm					**Opening ceremony**						
8pm - 9.30pm				Joyce Mende Wong/Kimi Mojica - ESD Model Class 1: Teaching Empowerment Self Defense (SDIC, Adults)	Jessica Hothi - Martial Arts Styles and the Benefits to Pregnancy (Adults & Teens)	Janet O'Shea - Managing Fight Ranges through JKD (Adults & Teens)	Corrin Eckert-Chu Fun with Swords - A Xing Yi form (Adults & Teens)	Jill Shames: Hit & Run: Making Active Disengagement a Viable Choice (SDIC, Adults)	School owner discussion meeting		
9.30pm till late				SDIC Open discussion							12 step mtg
	Friday										
6.15am - 7.15am		Early Morning Running Group				Early Morning Stretching					12 step mtg
7.30am - 8.30am	Breakfast										
8.30am - 10am				Clara Porter & Corinne Lagermasini: Healing Through Empowerment: A model for trauma healing (SDIC, Adults & Teens)	Nancy Rothenberg - Kids Speaking Up! (YMA & YMA Instructors)	Jen Para - Silat Seni Gayong- Introduction to Cindai (Flexible Weapon) (Adults & Teens)	Constance An - Basic Sparring for beginners (Teens & YMA)	Open Demo Practice	Wendy Rouse - Book Talk - Her Own Hero: The Origins of Women's Self-Defense (SDIC, Adults & Teens)	Nadia Telsey - Creating Beloved Community through Bystander/Upstander Skills – Part 1 SDIC (Adults & Teens)	

10.30am - 12pm				Joyce Mende Wong/Kimi Mojica - ESD Model Class 2: Interrupting Violence (SDIC, Adults)	Nancy Rothenberg - Unified Energy Within - The 4 Animals of Indonesian Silat (Adults & Teens)	Monica Villanueva & Sara Luna. Dynamics of teaching VI students - Judo/jujitsu (Adults & Teens)	Katherine Nichols - Games Galore! (YMA & Instructors)	Esther Howard - Fun with Kajukenbo Street Fighting (Adults & Teens)	Anne Kuzminsky & Arlene Limas - #Timesup: Challenging And Reforming Institutional Sexual Abuse (SDIC, Adults & Teens ages 16 and up)	Robin O'Brien: Clearing Up Consent! (Teens)	
11.30am - 1pm	Lunch			**Women of Color Meeting**							
1:30pm - 3pm				Chez Rumpf - #FreeThemAll: Abolitionist Responses to Gender-Based Violence (SDIC, Adults & Teens)	Nancy Rothenberg - Kids Just Wanna Have Fun (YMA)	Candace Rushton - Choke Defense (Adults, Teens & YMA)	Jen Para - Silat Seni Gayong- Introduction to Malay Kerambit Weapon (Adults & Teens)	Arlene Limas - Tae Kwon Do - Kick like a Champion! (Adults, Teens & YMA)	Jill Shames: Teaching & Evaluating ESD Teachers (SDIC, adults)	Jessica Hothi - Self-Defence in Pregnancy and Postpartum (Adults)	
3:30pm - 5pm				Joyce Mende Wong/Kimi Mojica - ESD Model Class 3: Physical Techniques (SDIC, Adults)	Erin Epperson Self-Defense for kids (YMA)	Melanie Fine & Katie Stevens - Hakko Densho Ryu/Danzan Ryu Jujutsu Low Back (Partner) Massage (Adults)	Katherine Nichols - Yakusoku Kumite: pre-arranged sparring (Adults & Teens)	Francesca Morabito - Butterfly knives (Swords) (Adults)	Robin O'Brien: Why Can't We Just Get Along? A Nonviolent Approach to Conflict in Communities (Adults & Teens)	Nadia Telsey: Creating Beloved Community through Bystander/Upstander Skills – Part 2 (SDIC, Adults & Teens)	
5pm - 6.30pm	Dinner										
6pm-7:30pm				Meet the board/future board Ice cream social	Wendy Lathrop - Blending the Principles of Tai Chi and External Arts for Strength and Fluidity (Adults & Teens)	Jen Para - Parang (Machete) locks, defense, and disarms (Adults & Teens)	YMA/Teen Open sparring	Esther Howard Multiple attackers (Adults & Teens)	Diane Long - Chakra Self-Defense (Adults, Teens & YMA)	Tih Penfil - Origami (Adults, Teens & YMA)	Friday prayers
7:30pm - 9pm				**NWMAF Member Meeting**	Open Practice Space (Adults, Teens & YMA)	Open Mat (Adults, Teens, YMA)					
9PM - 10:30pm				Social time							12 step mtg
	Saturday										
6am - 7.30am		Running group			Wendy Lathrop: Early bird body opening, stretching, and qigong (Adults, Teens & YMA)	Early morning stretching					12 step mtg
7.30am - 8.30am	Breakfast										
8-10am		Super Saturday Registration									

8.30am - 10am				Joyce Mende Wong/Kimi Mojica - ESD Model Class 4: Your Curriculum (SDIC, Adults)	Katherine Nichols Introduction to Sparring (Adults, Teens, YMA - All genders)	Melanie Fine & Katie Stevens - Headache Relief ala Danzan Ryu and Hakko Densho Ryu massage (Adults, All genders)	Carmel Drewes & Lilly Swearingen- Games & Drills (YMA, All genders)	Jaye Spiro - Timbei - Tortoise Shell shield & sword (Adults, Teens & YMA, All genders)	Sahnya Thom - Mindfulness, Meditation, & Mental Health (Teens, All genders)	Diane Long: Self Defense And Sex Education (SDIC, Adults & Teens 16+)	Saturday prayers
10:30 - 12pm				Open discussion - Encouraging more gender & cultural diversity in martial/healing arts/self-defense schools/clubs (All genders)	Amber Ray - Capoeira for beginners (Adults, All genders)	Nikki Smith - Judo (Adults & Teens, All genders)	Esther Howard - Make your forms come alive with Bunkai (YMA, All genders)	Francesca Morabito - Ng Ying Kuen Animal Form: Serpent (adults, All genders)	Jessica Hothi - Singing Bowls: Harmony and Sound (Adults, teens & YMA, All genders)	Matha Thompson & Jocelyn Hollander - Self-Defense Research and Evaluation: Understanding It, Doing It, Using It (Adults, All genders)	
11.30am - 1pm	Lunch										
1:30 - 3pm				Regional rap - talk to people from your home state etc. (All genders)	Wendy Lathrop- Basic tai chi movements and applications (Adults & Teens)	Candace Rushton - Grounded What can I do now? (Adults, Teens & YMA, All genders)	Francesca Morabito - Strategic Targeting Focusing in on Vitals Points (Adults & Teens)	Janet O'Shea JKD Fundamentals (Adults, Teens & YMA, All Genders)	Lauren Taylor - Safe Bars: Using bystander training to impact bar culture (SDIC, Adults & Teens, All Genders)	Sahnya Thom - The Phoenix Rising Process (thriving through change and life's curve balls) (Adults & Teens, All Genders)	
3:30pm - 5pm			Demo Practice	Darlene Defour, Amelia Jones, Nadia Telsey & Martha Thompson: Intersectionality And Empowerment Self-Defense (SDIC, Adults & Teens)	Amber Ray - Capoeira for beginners (Teens & YMA, All genders)	Open mat - Adults, Teens & YMA, All genders	Esther Howard - Three's Not a Crowd: Two-on-one Sparring (Adults & Teens, All genders)	Jaye Spiro - The power of martial arts form (Adults & Teens, All genders)	Katie Stevens - Athletic Taping (Adults & Teens, All genders)	Robin O'Brien Empathy in action (Teens, All genders)	
5pm - 6.30pm	Dinner										
6:30pm - 8pm			Expo set up & Demo practice	George Schorn - The personal is political: Protest Safety (Adults & Teens)	Katherine Nichols - Seido karate basics (adults, Teens, YMA, All genders)	Candace Rushton - Effective escapes (adults & Teens, All genders)	Melanie Fine - Dao Yin Health Preservation Exercises (Adults & Teens, All genders)	Sahnya Thom - Combative kickboxing methods (Adults & Teens, All genders)	Carmel Drewes - Self-defense skill share (Adults & Teens)		Saturday prayers
8:30pm - 11pm			**Demonstration, Exposition & social time**								
10-11pm											12 step mtg
	Sunday										
6am - 7.30am		Running group		12 step mtg		Erin Epperson: Beginning meditation (Adults, Teens & YMA)					Sunday prayers
7.30am - 8.30am	Breakfast										

8am - 2pm		Check-out									
8:30 - 10:00				Follow up discussions - Camp next year, SDIC in the future, etc.	Constance An - Okinawan Self-Defense Techniques (Adults & Teens)	Nikki Smith Judo for kids (YMA)	Robin O'Brien: Becoming Powerful Leaders! (Teens)	Jaye Spiro Blindfolded Self-defense (Adults, Teens & YMA)	Beth Capotosto - ESD Global – Join the Movement to Scale Empowerment Self-Defense (SDIC, Adults)	Nadia Telsey: Assertiveness Skills For Self Defense (SDIC, Adults & Teens)	
10:30 - 12:00					**Closing Class (George Schorn - The personal is political) & Ceremony**						
11:30 - 1pm	Lunch										
All out by 2pm											