

2018 Special Training and Self-Defense Instructor Conference

Trainers & Class List

Teachers

Constance An

Constance of the Okinawan Karate Club of Dallas (OKCD) holds the rank of Yondan, 4th dan black belt, given to her by Sensei Barb Christiansen of the Okinawan Karate Club of Ann Arbor and Sensei Ilene Smoger of OKCD.

Beth Capotosto

Beth is the owner and lead instructor for Tenacity: Women's Self-Defense. She began training in 2010, studying the art of Shaolin Kempo Karate and since that time has explored other martial systems: Krav Maga, Kajukenbo, Jiu Jitsu, Kung Fu and Silat. Beth teaches workshops, seminars and classes for women's empowerment self-defense.

Darlene DeFour

Darlene, Ph.D., received the 2016 NWMAF Award of Excellence and has been inducted into the AWMAI Hall of Fame. She is the chief ju-jitsu instructor at the Harlem School of Ju-jitsu and Self Defense, holds a 9th degree black belt in San Yama Bushi Ju-Jitsu, and a 6th degree black belt in Kushinda Ryu Shotokan karate. She co-founded the NWMAF Anti-Racism Council and introduced the concept of microaggressions defense at the SDIC. She is an Associate Professor of Psychology at Hunter College.

Carmel Drewes

Carmel is NWMAF's Director-at-Large for Member Relations. She has been an NWMAF member since 2001. A second-degree black belt, she trained at Sun Dragon Martial Arts & Self Defense until 2016 when she moved to Massachusetts, where she now runs a small Seido karate program and teaches Empowerment Self Defense. Carmel is also a clinical social worker, specializing in trauma healing work with immigrant and LGBTQ+ communities.

Corrin Eckert-Chu

Corrin has been studying martial arts for 25 years, since her first self-defense class, called Model Mugging, currently known as IMPACT or PREPARE she became a teacher with the Center for Anti-Violence Education. Corrin trains 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.

Erin Epperson

Erin Ph.D is an Empowerment Self-Defense Instructor and Staff Instructor at Thousand Waves Martial Arts and Self-Defense Center, NFP in Chicago, IL. A 1st degree black belt in Seido karate, Erin has taught kids since 2014, has taught Empowerment Self-Defense since 2012, and is a NWMAF-certified Self-Defense Instructor. Erin earned their PhD in South Asian Languages and Civilizations in 2017, with a focus on Indian and Tibetan Buddhism. In addition to their martial practice and teaching, Erin practices Samatha meditation, a practice that has roots in Indian and Thai Buddhism.

Melanie Fine

Melanie studied Tae Kwon Do for 2 years, then began an 18-year study of Tang Soo Do eventually achieving 3rd degree black belt. After moving to Corpus Christi, TX, she taught Tang Soo Do, and began studying Aikido & Arnis before moving to New York to join Masi Shihan at Suigetsu Dojo. She

was promoted to Renshi Shihan (6th degree black belt) in Hakko Densho Ryu Jujutsu. Melanie Shihan studies and instructs in T'ai Chi Ch'uan and received Teacher Certification in Yang Style Tai Chi. She is certified in Hakko Densho Ryu Shiatsu as an instructor, as well as Zheng Gu Tui Na Medical Massage.

Jocelyn Hollander

Jocelyn is a professor of Sociology at the University of Oregon and a long-time women's self-defense instructor. Her recent research focuses on the effectiveness of women's self-defense training for the prevention of sexual violence, both on college campuses and in the larger community. She is also interested in the implications of self-defense training for women's individual and collective empowerment. At the University of Oregon, she developed and co-teaches an empowerment-based women's self-defense class through the Department of Physical Education and Recreation.

Jessica Hothi

Born in Newmarket, Ontario, Jessica started her path in the Martial Arts at the age of seven in Shaolin Kempo Karate, in which she acquired her first-degree black belt. Since then, she has gone on to accomplish her third-degree in both Shotokan Karate-Do and Ng Ying Kuen 5 Animal Forms Kung Fu, and for the past two years has been studying Yang Style Tai Chi Chuan.

Esther Howard

Esther has been training in Kajukenbo (Gaylord Method of Chuan Fa Kajukenbo Kung Fu) since 1991 under Sifu Michelle McVadon at Seven Star Women's Kung Fu in Seattle, Washington. She was promoted to third degree black belt in Jan 2013. Esther's involvement in the martial arts extends to women's martial arts organizations, and so she has served as board president of the PAWMA and is a member of the AWMMAI.

Amelia E. Jones

Dr. Amelia, L.Ac. is a graduate of Mount Holyoke College, Long Island University, and Pacific College of Oriental Medicine. She is a nationally recognized, board certified acupuncturist and herbologist. Actively training in the martial arts for more than 35 years, she holds the rank of Sandan in Tomiki Ryu Aikido. Amelia is also a former member of the NWMAF Board of Directors and has provided first aid services at ST for more than a decade. In addition, she is a fine artist, an educator and maintains a private practice in New Rochelle, NY.

Anne Kuzminsky

Anne, 7th degree black belt in Zujitsu, has studied various martial arts and self-defense systems. 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. Anne served as NWMAF's Director-at-Large Self-Defense and on several Conference Coordinating Teams. She works with a variety of groups seeking to raise the profile and accessibility of Empowerment Self-Defense, including the ESD Alliance and ESD Global. Anne teaches self-defense and martial arts in Rhode Island.

Corinne Lagermasini

Corinne MPH is the Executive Director of Women In Transition, a Philadelphia agency that empowers women to move forward in their lives, free from domestic violence and substance abuse. She has 20 years of experience leading, growing and evaluating public health programs for non-profits. Corinne studied Tae Kwon Do and self-defense at the DC Self-Defense Karate Association. She is a self-defense instructor with WAVE in Philadelphia.

Wendy Lathrop

Wendy discovered martial arts in 1982 and found that the moving meditation and challenging physical skills met the needs of the yin and yang aspects of her persona. Her martial arts path has provided her with a support network of strong, independent women, a form of rehab after injury, and a source of

delight in learning and applying the internal/external aspects of the various art forms. Her initial style of Tang Soo Do (3rd dan) provided the basis for her study of the Chinese arts of kung fu and Yang form tai chi chuan. She currently holds master ranking in That Son Vo Dao, a Vietnamese kung fu style.

Arlene Limas

Arlene has trained in a variety of martial arts styles for 47 years, including Kung fu, Taekwondo, Karate, and Krav Maga. She made history when she became the first American to win a Gold Medal in the Seoul 1988 Olympics. She then became the World TKD Champion in Athens, Greece, in 1991. An inductee in the Black Belt Magazine Hall of Fame, TKD Hall of Fame, and Inside Kung Fu Magazine Hall of Fame. She is a current AAU/USA TKD National Coach and the owner of Power Kix Martial Arts in Stafford, Virginia.

Diane Long

Diane has been teaching Sex Positive Self-Defense for 25 years. Trained with CAE of Brooklyn, Diane is interested in the benefits of Empowerment Self Defense for healing from trauma and teaches widely in shelters, support groups, and social service agencies. They are trained in a variety of body-oriented modalities including Massage, Healing Touch, Somatic Experiencing, Trauma First Aide, Cuddle Party, Sacred Sexuality and Soma Yoga. Awarded member-of-the-year in 2014 and served on the NWMAF Board from 2014-2016.

Sara Luna

Sara trains in judo with the Menomonee Judo Club: Paralympic National Training Center. She is a Sankyu, third degree brown belt. As a visually impaired competitor Sara participated in tournaments in the US and Canada. Sara began helping teach judo classes as a Senpai in 2013 when she was still competing. Often Sara works with students who, like her, are visually impaired in addition to working with pupil's who can see, or who are differently abled, such as hearing-impaired students, amputees and, students with cognitive medical conditions such as autism and Asperger syndrome.

Joyce Mende Wong

Joyce began her martial arts training at Hand to Hand Kajukenbo Self Defense Center in 1993 with Sifu Coleen Gragen, where she continues to teach. She won a silver medal in sparring at the 1994 Gay Games. Certified as a Self-Defense Instructor by the NWMAF in 2009 (recertified in 2014). She served as a member of the Conference Coordinating Committee for NWMAF's SDIC Sifu Joyce taught NWMAF's Empowerment Model Course at PAWMA in 2015 and was named PAWMA's Martial Artist of the Year in 2016. A lifetime member of the Kajukenbo Association of America

Kimi Mojica

Kimi joined Hand to Hand Kajukenbo Self Defense Center in 2010 and holds a green belt. Kimi is a current instructor of Hand to Hand's empowerment self-defense program. She specializes in bringing SD to communities most impacted by violence and systems of oppression such as women of color, LGBTQI individuals and immigrant populations. Kimi holds a Master's degree in Conflict Dispute Resolution from the University of Oregon School of Law and has worked nationally as a speaker and trainer in the fields of higher education and philanthropy for over 15 years.

Francesca Morabito

Francesca was raised in North Bay Ontario Canada, she started with Yang Style Tai Chi, then later added Kempo Karate. Francesca is a 4th degree black belt in Shotokan Karate and Ng Ying Kuen- 5 Animal Forms Kung Fu, a 1st degree in Yang Style Tai Chi and, is the Head Instructor at 3 Fires Martial Arts Academy. Francesca and Jessica Hothi have developed SD workshops for varying abled individuals such as Deaf and deaf blind. She is a General Support Services counsellor for a non-profit agency working with deaf, deafened, deafblind, and hard of hearing individuals.

Katherine Nichols

Katherine is a fifth-degree black belt in Seido Karate. She has been a student of Sei Shihan Nancy Lanoue and Jun Shihan Sarah Ludden at Thousand Waves in Chicago since 1994. Kyoshi Katherine teaches kids and adults of all ages, with energy and enthusiasm. She is also on staff at Thousand Waves, doing many things including visual communications and coordinating the Youth program.

Robin O'Brien

Robin - mother, homeschool teacher of three, caretaker, social activist, and student of life and love. She has studied Nonviolent Communication (NVC) for 12 years and has served as an assistant to the Parent Peer Leadership Program where she works, both 1:1 and in groups of 20+ women and men from the US and 10 other countries. She currently works with NVC Academy as a course and help desk coordinator. In addition, she offers workshops and trainings in nonviolent communication, parenting, empathy, and compassion. She is especially passionate about work with teen girls.

Janet O'Shea

Author, martial artist, and empowerment self-defense advocate Jay (Janet) O'Shea has trained in martial arts since the early 1990's, beginning with traditional kung fu and wing chun kung fu. For the last five years she has trained in jeet kune do and 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 professor of dance studies at the University of California, Los Angeles.

Jen Para

Jen is a student in United States Gayong Federation (USGF). She has traveled to Malaysia on several occasions for additional training. She has been featured on the cover of Seni Beladiri Magazine in Malaysia, 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 women in Gayong outside of South East Asia, and holds the title of "Sri Kandi."

Tih Penfil

Tih has taught Special Education for 38.5 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, 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.

Clara Porter

Clara Porter MSW, has 20+ years of experience in the field of violence prevention. The founder of Prevention. Action. Change. in Portland, Maine, which works 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 an MSW, is certified in Empowerment Self Defense with the NWMAF and Center for Anti-violence Education, is a trained Sexual Assault Victim Advocate, and certified in Advanced Trauma First Aide.

Amber Ray

Amber (Encantada) has been training Capoeira, a Brazilian martial art, with Grupo Capoeira Brasil for over 10 years. She first started capoeira while earning her degree in Geography at UCLA in 2007. Encantada was hooked on Capoeira when she discovered the art's depth including history, community, music, and fun! She has participated in workshops and events in the US, Europe, and Brazil and has experience teaching beginners in Los Angeles, Chicago, and Suriname, South America. She trains with Capoeira Brasil at the Chicago Capoeira Center under Formeda Colibri.

Nancy Rothenberg

Nancy has been training in the martial arts since 1985 and is the founder, director and head instructor of Spirit of the Heart. Nancy has taught self-defense and Indonesian kung-fu at Hampshire College, Holyoke Community College, and Smith College. She teaches children in various after-school programs throughout the Northampton, MA area. Nancy specializes in teaching self-defense to women and girls. She has led many workshops for the Girl Scouts of Western Massachusetts and works with community organizations that bring services to women whose lives have been touched by violence.

Wendy Rouse

Wendy Ph.D is an assistant professor at San Jose State University where she teaches history and teacher preparation. She has studied a variety of martial arts since she was a child, earning the a Shodan in Shotokan Karate and a Yondan in Uechi-Ryu karate. Rouse's research focuses on the history of women and children in the US during the Progressive-Era. Her book, *Her Own Hero: The Origins of the Women's Self Defense Movement*, published by NYU Press, examines the political and physical empowerment of women through the practice of boxing and jiu-jitsu in the early twentieth century.

Chez Rumpf

Chez Rumpf is a member of Love & Protect, an all-volunteer collective based in Chicago that works to raise awareness about and directly support women, transgender, and gender non-conforming people of color who are criminalized or harmed by state and interpersonal violence. Chez is an assistant professor of sociology and criminal justice at Benedictine University. Her research focuses on women's incarceration and post-incarceration experiences. Her academic work has been published in *Sociological Focus*, *Law & Society*, and the *Journal of Urban Affairs*.

Candace Rushton

Candace is a black belt in Brazilian Jiu Jitsu and the owner of InnerStrengths Jiu-Jitsu in Providence, RI. Candace has worked for 34 years as a Home Visitor for Head Start. Sensei has earned certificates in Adult Learning Styles, Communication, Crisis Intervention, Critical Thinking and positive decision-making, among many others. Candace is a Reiki Master; a graduate from the Rhode Island Victim Assistance Academy and is a member of the National Organization for Victim's Assistance and is currently working towards National Advocacy Credential.

Susan "George" Schorn

George, PhD, Author, activist, martial artist, and instructor focused on safety and self-defense from a feminist perspective. George is a Nidan in the World Seido Karate Organization, and has been training at Sun Dragon Martial Arts and Self-Defense in Austin, Texas under Sensei Joy Williamson since 1999. She teaches self-defense using the Empowerment model in extremely varied settings, including bars, churches, college classrooms, bookstores, and open-air venues. George participates in protest marches throughout the Austin, TX area.

Jill Shames

Jill, MSW, has been learning and teaching Okinawan Karate and Empowerment Self-Defense for more than 30 years. She has trained an entire generation of Israel's ESD Instructors. She is currently the Head Instructor for Kids Kicking Cancer/ Heroes Circle-Israel. In addition to teaching classes in ESD and Shorin-ryu Karate, Jill is actively developing the field of Therapeutic Self-Defense and Martial Arts. Her life's mission is to help students of all ages and segments of society discover their Inner Warriors and access the power of hope, meaning and "standing tall" in their daily lives.

Carrie Slack

Carrie trained to teach self-defense with Peace Over Violence (then known as Los Angeles Commission on Assaults Against Women, LACAAW). She became a certified Rape Aggression Defense (RAD) instructor and taught RAD at Humboldt State University. Carrie certified as a NWMAF self-defense

instructor in 2017. As a Social Worker Carrie provides treatment for people who have committed sex offenses & teaches social work courses at College of The Redwoods Community College.

Nicola “Nikki” Smith

Nikki runs a Judo club for adults and children in Sacramento, California. She has over 40 years of training in Judo, she has also trained in Brazilian Jiu Jitsu and Bushido (Shotokan Karate & Aiki-jitsu). She was the 2013 - 2016 PAWMA vice-chair and one of the Tri-Alliance event organizers. Originally from the United Kingdom Nikki now works as a Registered Nurse at the University of California, Davis Medical Center.

Jaye Spiro

Jaye has been involved with anti-violence for 46 years beginning with studying Karate seeking survival skills to help her to recover from victimization. Jaye has traveled throughout the world teaching others to teach self-defense. Jaye was the first chair of NWMAF and was awarded the Award of Excellence, in 2015. She has directed Mejishi Martial Arts in Detroit, Michigan for 39 years and is a member of the Michigan Karate Hall of Fame, and AWMAI Martial Arts Instructors Hall of Fame. Jaye is a 7th degree black belt in Karate and a 6th degree black belt in Arnis, and has been declared a Grandmaster.

Katie “Murph” Stevens

Murph is the head instructor at Makoto Kai Martial Arts in Woodland, California. She has been training in Danzan Ryu Jujitsu for more than 25 years and holds the rank of Godan (5th degree black belt). Murph has trained in the healing arts side of Danzan Ryu, and is a graduate of the Danzan Ryu Seifukujitsu Institute massage course. She has been active in the American Judo & Jujitsu Federation teaching at national seminars, participating in tournaments, and serving in various administrative roles.

Lilly Swearingen

Lilly is a student at Sun Dragon in Austin with her mom (George Schorn). She earned her black belt in December 2017, and started assisting with the Juniors’ classes and sometimes with self-defense classes. She trained with Senpai Carmel Drewes for several years before Carmel moved to Massachusetts.

Lauren Taylor

Lauren Taylor is a founder of the Self-Defense Instructors’ Conference. She is also the founder and director of Safe Bars, a bystander intervention training program for bar and restaurant staff that works to decrease unwanted sexual aggression in nightlife. Lauren is also the founder and director of Defend Yourself and has been teaching empowerment self-defense since 1987. She has taught more than 25,000 people of all genders, ages, and walks of life. Lauren specializes in classes for women, people with disabilities, LGBTQ people, and survivors of abuse and assault.

Nadia Telsey

Nadia is a co-founder of the NWMAF and the Center for Anti-Violence Education in Brooklyn. She has been involved in the anti-violence movement since the 1970’s, most recently teaching Empowerment Self Defense in Eugene, Oregon, including 17 years at the University of Oregon. She is the author of “Self-Defense from the Inside Out” and a safety and well-being curriculum for people with developmental disabilities. Most recently she has been giving workshops on Bystander/Upstander Intervention and concentrating on racial justice work.

Sahnya Thom

Sahnya is a 6th degree Black Belt, adjunct psychology professor, author, transformation and trauma healing coach, and accomplished speaker with a Master’s in Clinical Psychology. She is a Martial Artist of 30+ years and has extensive experience in many disciplines including Karate, TaekwonDo, Boxing, Kickboxing, Silat, Savate, Jeet Kune Do, knife, palm stick, etc. Sahnya integrates positive psychology,

Buddhism, Blue Zone philosophy, and indigenous wisdom into her teachings. She specializes in applied mindfulness and meditation. NinjaYourLife.com

Martha Thompson

Martha, Ph.D., is an NWMAF Certified Self-Defense Instructor and an IMPACT Chicago Instructor, Instructor Trainer, Administrative Team Leader, and Director Emeritus. She is active in IMPACT International and a member of the Empowerment Self-Defense Alliance. She is also Professor Emeritus of Sociology and Women's and Gender Studies at Northeastern Illinois University in Chicago. She holds a fifth-degree black belt in Seido karate and has published several articles on empowerment self-defense.

Monica Villanueva

Monica is the head instructor at Kodokan Academy of Martial Arts in Thornton, Illinois, where her primary focus is Danzan Ryu Jujitsu. She is a nationally certified Yodan (4th Degree Black Belt) with the American Judo and Jujitsu Federation (AJJF) and also a Sankyu (3rd Degree Brown Belt) with USA Judo. She is also a 1st Degree Black Belt in Tae Kwon Do and Hakko Ryu Jujitsu and trained in the Okazaki Restorative Arts (massage and healing). Monica served as a US Athlete Guide with the USA Visually Impaired Judo Team at the Kodokan in Tokyo, Japan.

Classes

Carmel Drewes & Lilly Swearingen - Games and Drills, Saturday 8:30 - 10am

We'll be playing games like Karate Freeze Tag, after some warm-ups and stretches. We do some drills before a cool down. Everyone will learn some fun new games and meet new people on Super Saturday. Appropriate for: YMA, All genders

Carmel Drewes & Lilly Swearingen - Self-defense skill share, Saturday 6:30 - 8pm

A facilitated class where people can share self-defense skills with others in the class. The skills should be able to be learned within 5 minutes. All welcome to share. Appropriate for: Adults & teens

Jessica Hothi - Ng Ying Kuen Animal Form – Leopard, Thursday 1:30 - 3pm

Come have some fun and a great workout by learning a form based on the athletic capabilities of the leopard. We will be warming up with some drills and then start learning a form from Ng Ying Kuen Kung fu - Five Formed Fist Kung Fu. Get ready to bring out your inner animal. Appropriate for: YMA

Jessica Hothi - Martial Arts Styles and the Benefits to Pregnancy, Thursday 8-9:30pm

All around the world, pregnancy and the capabilities of women are viewed differently, often putting limitations on what women can do. We will review the physical, emotional and psychological changes during a normal pregnancy and connect these to physical activity, learn the things to be aware of with your students and how to alter techniques to better suit their needs and capabilities. Then we'll practice with a pregnant belly prop! Appropriate for: Adults & Teens

Jessica Hothi - Self-Defense in Pregnancy and Postpartum, Friday 1:30 - 3pm

We'll go over the physical, emotional and psychological changes during pregnancy to gain perspective. Then we'll discuss pregnant women and physical abuse, narrowing down key scenarios to touch on. After applying the empowerment model of self-defense and the five fingers of defense to pregnancy, we close with a discussion of post-partum and new perspectives on society with a baby. Appropriate for: Adults

Jessica Hothi - Singing Bowls: Harmony and Sound, Saturday 10:30 - 12pm

This unique bell has been used for hundreds of years within different forms of healing, such as with meditation and sound therapy. Singing bowls are great tools that can be added into many types of walks of life, including the Martial Arts.

Appropriate for: Adults, Teens & YMA & All genders

Melanie Fine - Your TCM First Aid Kit AKA How To Make Magic Potions, Thurs 3:30 - 5pm

Both traditional and non-traditional items go into a Traditional Chinese Medicine-based first aid kit. You'll receive a list and information about suggested products to make a kit of your own. We'll also talk about some unusual products: how to use them, where to find them, and even how to make your own- recipe included!

Appropriate for: Adults

Melanie Fine & Katie Stevens - Headache Relief a la Danzan Ryu and Hakko Densho Ryu massage, Saturday 8:30 - 10am

Headache is a very common malady. It is rare that your family and friends will want you to practice your martial arts on them, but they will all want you to practice these headache relief techniques! We'll cover a number of different headache remedies. We'll provide the practical techniques. You bring a willingness to practice and a belief in healing arts. These techniques work best when they are backed by a confidence that they will indeed make a positive impact.

Appropriate for: Adults & All genders

Melanie Fine - Dao Yin Health Preservation Exercises, Saturday 6:30 - 8pm

Prevention is the best medicine! This easy to perform group of exercises is a way to prevent disease and cultivate health. Dao Yin is loosely translated as "a guiding hand leading you on the way (to good health)." This is a classic set of Chinese Qi Gong exercises with the theme of good health and boosting your immune system. Although the exercises seem simple, they become powerful by nature of their repetition and can produce profound changes.

Appropriate for: Adults & Teens, All genders

Melanie Fine with Katie Stevens - Hakko Densho Ryu/Danzan Ryu Jujutsu Low Back (Partner) Massage, Friday 3:30 - 5pm

Everyone loves a massage! Both Danzan Ryu and Hakko Densho Ryu incorporate healing arts within their respective martial arts systems and we'll combine some basic techniques from each to leave you feeling great. Wear loose-fitting clothes and bring a towel or cloth for your face (when lying face down). We promise you will feel better when you leave!

Appropriate for: Adults

Jocelyn Hollander with Martha Thompson - Self-Defense Research and Evaluation: Understanding It, Doing It, Using It, Saturday 10:30 - 12pm

We will present current research on self-defense and consider ways participants can evaluate their own programs. Participants will explore using their own and existing research to enhance their own programming and influence decision-makers.

Appropriate for: Adults, All genders

Francesca Morabito - Ouyou Sabaki (Applied Movement), Thursday 1:30-3pm

This form was created by Francesca. Through the use of open hand techniques, individuals are taught to look for opportunities where vital strikes could be applied if an individual was put in a precarious situation. The class will provide an understanding of the body mechanics and in doing so will understand how the body will respond when targeted. In learning the kata, the moves (strategic targeting) presented will be demonstrated through grabbing, striking, and Joint locks to achieve the

desired effect.

Appropriate for: Adults & Teens

Francesca Morabito - Butterfly Knives (Swords), Friday 3:30 - 5pm

Butterfly Knives are a single edged, medium to small ranged weapon from Southern China. We will review techniques and how to use these weapons through drills, such as key offensive and defensive techniques as well as how to use them in close quarters by spinning and rotating the weapons. The form demonstrates the effectiveness of Butterfly knives through attack and defense moves.

Appropriate for: Adults

Francesca Morabito - Ng Ying Kuen Animal Form: Serpent, Saturday 10:30 - 12pm

Five Formed Fist Style Kung Fu focuses on the techniques and way of five animals, including the Serpent. Through the use of both hard and soft principles the serpent utilizes vulnerable vital areas on its opponents using speed, agility, and fluidity. While these characteristics of a serpent martial arts practitioners can improve upon body connection, as well as appreciate the spirit of the animal. Students will learn a variety of snake techniques from the form through movement drills and then will learn the complete form.

Appropriate for: Adults, All genders

Francesca Morabito - Strategic Targeting Focusing in on Vitals Points, Saturday 1:30 - 3pm

We will review the human anatomy as it relates to the cause and effect of techniques used in a defensive situation. A moving two-person drill will be utilized to demonstrate some of the target areas discussed.

Appropriate for: Adults & Teens

Erin Epperson - Teaching Self-Defense to Kids, Thursday 3:30 - 5pm

This class is for Empowerment Self-Defense teachers. Are you freaked out by teaching Self-Defense to kids? Get lots of requests to teach kids anyway? Come discuss and practice adapting the Five Fingers model in age-appropriate ways for different groups of children and teens. Learn how to engage children with Self-defense related activities, games, and related safety topics delivered in an age-appropriate way.

Appropriate for: Adults & Teens

Erin Epperson - Self-Defense for Kids, Friday 3:30-5pm

This class is a Self-defense workshop using the Five Fingers of Self-Defense, and is appropriate for kids ages 6-12. Learn how to feel safe, strong, and respected through using your voice and your body to stay safe. Fun, lively, and interactive! Using the Five Fingers of Self-Defense (Think, Yell, Run, Fight, and Tell), learners will have a chance to practice both verbal and physical safety strategies applicable for day-to-day life as well as emergency-level situations.

Appropriate for: YMA

Wendy Lathrop - Blending the Principles of Tai Chi and External Arts for Strength and Fluidity, Friday 6 - 7:30pm

Some external or “hard” stylists do not seriously consider internal styles as being true martial arts, and erroneously call them “soft styles”. My own martial arts career began in Tang Soo Do, in 1993, a truck rear ended my car; during the 2+yrs rehab process of regaining mobility and sensation, I could not continue karate or kung fu, but maintained my tai chi practice, which helped me regain everything, against all prognosis. Now as an “older” martial artist, I find that applying tai chi principles to my kung fu practice keeps me strong and flexible.

Appropriate for: Adults & Teens

Wendy Lathrop - Early bird body opening, stretching, and qigong, Saturday 6-7:30am

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.

Appropriate for: Adults, Teens & YMA

Wendy Lathrop - Basic Tai Chi Movements and Applications, Saturday 1:30 - 3pm

If you have watched tai chi and thought it pretty but not martial, this session may change your opinion. Yes, it's pretty, but also a practical fighting art that conserves your energy and redirects your opponent's. We will take a series of these "soft" moves and learn to apply each with a partner as we deflect, defend, escape, and even attack. Structural soundness and breathing are part of this martial mix. Sink, turn, expand: these three principles help us in every move we make throughout the day, martial or otherwise.

Appropriate for: Adults & Teens

Nadia Telsey - Creating Beloved Community through Bystander/Upstander Skills - Friday 8-10:30am and 3:30-5pm

There has always been hatred based on such factors as race, ethnicity, gender identity, etc. so it isn't new. At the same time, incidents of hate are on the rise since the last election. This workshop will equip us to take action beyond decrying the hate and being armchair allies to each other. We build unity through supportive action.

Appropriate for: Adults & teens

Nadia Telsey - Assertiveness Skills for Self-Defense - Sunday 8:30 - 10am

We are happiest and most effective in the world when we believe in ourselves and defend our well-being -- when we set and defend boundaries in all parts of our lives. Assertiveness strategies are an essential part of Empowerment Self-Defense, especially in lessening our chances of being selected as a victim and in interrupting assaults in their early stages. This basic workshop consists of a progression of exercises to develop body language presentation and assertiveness skills that are applicable for a wide range of assaults. It includes an identification of personal barriers, whether those are a quick jump to aggression or a lack of belief in the right to put ourselves first.

Appropriate for: Adults & Teens

Esther Howard - Fun with Kajukenbo Street Fighting, Friday 10:30 - 12pm

This class will focus on Kajukenbo street fighting, which emphasizes close-in fighting, targets like eyes and knees, evading rather than blocking, overwhelming your partner, and taking them to the floor. Learn principles like street entries, beating out the base, and master circle. The objective is for participants to learn a fighting style different from standard tournament sparring.

Appropriate for: Adults & Teens

Esther Howard - Multiple attackers, Friday 6-7:30pm

Learn to fight up to five attackers at a time! Learn how to line up attackers, fight one person at a time, avoid being cornered, get out of grabs, and more. We'll emphasize footwork, safe targeting, and strategies for dealing with one opponent at a time.

Appropriate for: Adults & Teens

Esther Howard - Make Your Forms Come Alive with Bunkai, Saturday 10:30 - 12pm

Forms are fights with imaginary opponents, but what happens when you have real people to work with? We will work in pairs or small groups. Each person will take segments of a form and set up scenarios in which they respond to their opponents with strikes, blocks, kicks, and evasive moves. Students should

know at least one form/kata.

Appropriate for: YMA, All genders

Esther Howard - Three's Not a Crowd: Two-on-one Sparring, Saturday 3:30-5pm

Participants will learn how to spar with two partners at a time. Skills will include lining up (engaging with one opponent at a time), fighting off both sides of the body or front and back (two at a time), splitting your focus, and setting the speed of the round.

Appropriate for: Adults & Teens, All genders

Sahnja Thom - The Phoenix Rising Process (thriving through change and life's curve balls), Saturday 1:30-3pm

Teaching from her latest soon-to-be-published book, Sahnja will introduce you to the four stages of healing through change, trauma, and life's curve balls. Sahnja aspires to empower you with power tools for resilience/grit, self-compassion, mindfulness, purpose, radical acceptance, and thriving (not just surviving) through life transitions. She will introduce cutting edge empirical research for alchemizing life's hardships into catalysts for personal growth and establishing "new wings" to get out of the "burning nest" and thrive. Community unity and healing will also be discussed, as well as "the ripple effect."

Appropriate for: adults & Teens, All genders

Sahnja Thom - Combative Kickboxing Methods - Saturday 6:30 - 8pm

This class will help build skills in seamless transitions in the four ranges of combat (kicking, boxing, knees/elbows, trapping). Students will learn how to use the "right weapon" for the "right distance" and build confidence in long count flow drills. Our goal will be to successfully accomplish a long count kickboxing combination by the end of the class!

Appropriate for: Adults & Teens, All genders

Darlene DeFour, Amelia Jones, Martha Thompson and Nadia Telsey - Intersectionality and Empowerment Self-Defense, Saturday 3:30 - 5pm

We were inspired to do this workshop in response to a Facebook post by an empowerment self-defense instructor who challenged the idea that racism is intertwined with sexual violence. In this workshop, we will explore (1) why intersectionality is a key concept in empowerment self-defense; (2) how sexual violence functions to maintain inequalities, not just in the broad category of women, but in the intersections of our other social positions--race, sexual orientation, gender identity/expression, social class; and (3) how and why incorporating intersectionality into our teaching changes how and what we teach. We believe that empowerment self-defense has to contain a big picture view of the context of violence.

Appropriate for: Adults & Teens

Corrin Eckert-Chu - Fun with Swords - A Xing Yi form, Thursday 8-9:30pm

An introduction to the sword form of Xing Yi Quan: short, sweet, and very pointy. After an introduction to the jian (its shape, how to hold it, its movements), we'll learn Xing Yi Quan principles. Then we'll learn a short Xing Yi Quan sword form with the jian (Chinese straight sword) and we'll finish with some sticky-sword sparring for fun.

Appropriate for: Adults & Teens

Constance An - Basic Sparring for beginners, Friday 8:30 - 10am

Basic sparring for beginners - a fun, upbeat, and energetic experience. We will cover four principles to establish a strong foundation: (1) basic stances and blocking (2) distancing (3) striking basics and simple combinations (4) developing timing and speed.

Appropriate for: Teens & YMA

Constance An - Okinawan Self-Defense techniques, Sunday 8:30 - 10am

Practical, effective, real to life applications, we will be go over the movement and applications of each of these 15 techniques. Beginners will work on mastering the self-defense moves with partners, while advanced martial artists will use the last part of the class for takedowns associated with the Grand Master's self-defense techniques (the finishing techniques).

Appropriate for: Adults & Teens

Katherine Nichols - Games Galore! Friday 10:30 - 12pm

In this class, we'll play lots of games. They will be training games, to teach or improve various parts of our martial art. This will be fun class for all kids to meet new friends, get a workout and learn about karate. Teachers are welcome too! Come gather some ideas to spice up your classes. All the games we'll play today will keep everyone participating and sweating. No eliminations!

Appropriate for: YMA & Instructors

Katherine Nichols - Yakusoku Kumite: Pre-arranged Sparring, Friday 3:30 - 5pm

Presenting pre-arranged partner sparring sequences from the Seido Karate curriculum, to practice the sparring skills that are contained in them. Yakusoku Kumite means "promised sparring" or "pre-arranged sparring". Knowing what your sparring partner will do, and what you are supposed to do in response, provides an opportunity to practice those skills minus the anxiety of uncertainty.

Appropriate for: Adults & Teens

Katherine Nichols - Introduction to Sparring Saturday 8:30 - 10am

An introduction to the basic skills of karate sparring: Fighter's stance, moving in stance, basic combinations, defense, counter striking. These skills will be taught with drills, and with partners.

Appropriate for: Adults, Teens & YMA & All genders

Katherine Nichols - Seido Karate Basics, Saturday 6:30 - 8pm

Basic techniques from Seido Karate presented in a vigorous karate class format. Experience the rich movement vocabulary of Seido Karate: Punching, kicking, blocking, stances, moving in stance, combinations of techniques, interspersed with fitness intervals.

Appropriate for: Adults, Teens & YMA & All genders

Robin O'Brien - Clearing up Consent!Friday 10:30 - 12pm

What is consent? Why does it matter? How do we give our consent and when can we take it back? Come join an interactive session where we will figure out what consent is and how it applies to our lives. We will use real life scenarios to explore and practice giving and retracting consent.

Appropriate for: Teens

Beth Capotosto - ESD Global – Join the Movement to Scale Empowerment Self-Defense, Sunday 8:30-10am

How do we scale Empowerment Self-Defense (ESD) in your community and around the Globe? We will open with an ESD teaching game, describe what ESD Global, Inc. is, discuss why we need to build a worldwide movement, and provide updates on ESD Global's first year's initiatives, including the camps, and experiences in different parts of the world. Our goal is for teaching ESD to be a viable profession and to grow the demand for ESD classes and the supply of trained instructors.

Appropriate for: Adults

Erin Epperson - Beginning meditation, Sunday 6-7:30am

An introduction to a mindfulness of breathing practice known as *Samatha* meditation. Samatha meditation is a blend of Indian and Thai Buddhist mindfulness of breathing practices for the development of calm and clarity. No previous experience in meditation is required. Bring a pillow or

cushion or something comfortable to sit on, and an open mind!
Appropriate for: Adults & Teens.

Anne Kuzminsky & Arlene Limas - #TimesUp: Challenging and Reforming Institutional Sexual Abuse, Friday 10:30 - 12pm

Recent press coverage has focused an unprecedented spotlight on widespread child sexual abuse within a variety of institutions. One case involves St. George's School, in Rhode Island, where 61 former students told an independent investigator in 2016 that they had been sexually assaulted by faculty/fellow students in the 1970's & 80's. The school quietly fired several perpetrators, without assisting victims, alerting parents, or reporting to authorities. Another is USA TKD under the auspices of the US Olympic Committee, where female athletes have been abused for decades with impunity. There was a systematic backlash against survivors who reported, while perpetrators advanced in their careers. Anne & Arlene have been prime movers in efforts to push these institutions towards truth, reparations, safer practices, and healing. They will share their respective experiences and ongoing efforts, and invite discussion about how we can confront and reform institutional abuse in our communities.

Appropriate for: Adults & Teens ages 16 and up

Corinne Lagermasini & Clara Porter - Healing Through Empowerment: A Model for Trauma Healing, Friday 8:30 - 10am

Empowerment Self-Defense is a powerful tool for trauma healing. Building survivor-centered elements into all of your workshops makes learning ESD more accessible to survivors and aides in the healing process. Research demonstrates that training in ESD lowers rates of victimization or re-victimization, decreases self-blame and victim-blaming, and increases feelings of self-efficacy and the tendency to seek help (Sanquist et al. 2014, Hollander, J. A. 2014). Participants learn to observe and honor their own responses and preferences as felt in the body, to regulate adrenaline, and to develop practices to identify, express, and defend what they want, need and feel in their own lives. Come gain tools for trauma-informed teaching, explore curricula for multi-series Healing through Empowerment workshops, and find ways to partner with your local therapeutic and Sexual Assault / Domestic Violence response agencies.

Appropriate for: Adults & Teens

Arlene Limas - Tae Kwon Do - Kick like a Champion! Friday 1:30 - 3pm

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.

Appropriate for: Adults, Teens & YMA

Monica Villanueva & Sara Luna - Dynamics of teaching Visually Impaired (VI) students, Friday 10:30 - 12pm

The class is designed to provide helpful tips to implement in assisting and teaching VI students with instruction provided by Co-Instructors, Monica Villanueva from Kodenkan Academy of Martial Arts and Sara Luna from Menomonee Judo Club: US Paralympic Training Center. Both perspectives will be covered which include helpful tips from a sighted instructor and VI instructor perspective. VI students may vary from very limited sight to completely blind.

Appropriate for: Adults & Teens

George Schorn - The Personal is Political: Protest Safety Saturday 6:30 - 8pm

Protesting has recently become a mainstream activity in the U.S, with many people doing it for the first time, under unfamiliar and rapidly changing conditions. Safer protests are more likely when more protesters have experience with skills like emotional grounding, situational awareness, and de-escalation. This workshop, built on empowerment self-defense practices and the experience of Civil

Rights veterans, has been used to train volunteer safety marshals at protests across the country, and to give new protesters greater confidence in expressing their 1st Amendment rights.

Appropriate for: Adults & Teens

Joyce Mende Wong & Kimi Mojica - Empowerment Self-Defense Model Class 1: Teaching Empowerment Self Defense, Thursday 8-9:30pm

While this is an introduction to the Empowerment Model Course for people new to teaching self-defense, everyone is welcome. We will: share ways to create safe and supportive spaces; discuss and demonstrate exercises to practice awareness, assertiveness, and physical techniques; begin to actively build community. The introduction session examines gender oppression and violence as a societal problem and the systems of inequality as they "...exist and intersect with each other... sexism, racism, classism, homophobia, transphobia, ageism, ableism, (adultism), prejudice against immigrants, religious intolerance, and other oppressions that systematically disadvantage individuals because of some aspect of their identity or membership in a target group."(Adapted from "Understanding Violence" saysomethingnow.org). We will emphasize the fact that accountability for violence lies with the person who commits it.

Appropriate for: Adults

Joyce Mende Wong & Kimi Mojica - Empowerment Self-Defense Model Class 2: Interrupting Violence, Friday 10:30 - 12pm

Awareness of a continuum of violence, from irritating to life threatening, helps to illustrate how and when one can intervene to interrupt violence. This session explores verbal responses that can be used in a variety of settings and situations, including those with friends, relatives, strangers or intimates. We'll also practice exercises where body language, including eye contact, tone of voice, and the words spoken all "line up" to present the clear message that a boundary is being set or crossed.

Appropriate for: Adults

Joyce Mende Wong & Kimi Mojica - Empowerment Self-Defense Model Class 3: Physical Techniques, Friday 3:30-5pm

Avoidance is something we practice as a self-defense strategy. When there is engagement, however, we can include verbal and physical skills to help us disengage. We practice physical techniques to use when verbal directions are disrespected or ignored or when a situation becomes dangerous. We will differentiate between techniques that cause pain and those that cause serious damage and when they might be used. In our physical technique classes, we begin working from the ground by the third class. We will discuss and demonstrate basic groundwork.

Appropriate for: Adults

Joyce Mende Wong & Kimi Mojica - Empowerment Self-Defense Model Class 4: Your Curriculum, Saturday 8:30-10am

Your curriculum should be open to changes reflective of the times we live in, and the people we serve. Offering self-defense classes is a service to our communities and we must strive to find ways to provide instruction and support in the best way we can. We'll discuss how to make changes in a basic curriculum whether it's to teach a 2-hour class or a 12-hour class, whether the class is in an office cafeteria or in a board room, whether you are teaching girl scouts or all gender adults. How to cut material, what must absolutely be included, how to change what was planned on the fly.

Appropriate for: Adults

Katie "Murph" Stevens - Athletic taping for joint health, Saturday 3:30 - 5pm

Learn how to apply the sticky white linen tape to support a wrist, finger or ankle during training. When an injured joint is nearly healed, that can be a danger zone. You're feeling so much better, but the joint still cannot perform as well as a completely healthy joint. If a joint is just plain cranky, you may want to

use athletic tape to protect it. Athletic tape can help support that joint and get you back to training. We'll have good quality tape to practice with while in the class.
Appropriate for: Adults & Teens, All genders

Janet O'Shea - Managing Fight Ranges through JKD, Thursday 8-9:30pm

This class explores one of the primary preoccupations of jeet kune do (JKD): 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.
Appropriate for: Adults & Teens

Janet O'Shea - JKD Fundamentals, Saturday 1:30 - 3pm

This class introduces participants to the basic stance, strikes, evasions, hand trapping, and kicks of jeet kune do, or way of the intercepting fist, the martial art developed by Bruce Lee. In the process of learning jeet kune do drills, participants will experience its fundamental principles.
Appropriate for: Adults, Teens & YMA All genders

Robin O'Brien - Why Can't We Just Get Along? A Nonviolent Approach to Conflict in Communities, Friday 3:30 - 5pm

In school, at the gym, at work, in our neighborhoods, wherever we live, work and play there are ever present opportunities to determine which side of the fence we are on. Sometimes that determination results in conflict. Would you like to see an alternative, a way to be yourself and not let that self be in conflict with anyone else's self? Can you imagine a world without fences? Then join me in an interactive, action-packed demonstration of nonviolent communication at work and play! This class will be fueled by real life situations offered by participants.
Appropriate for: Adults & Teens

Robin O'Brien - Becoming Powerful Leaders! Sunday 8:30 - 10am

Come learn about power over, power under, and power with. How do these terms relate to leadership? How can teens develop their leadership skills and potential? This interactive, fast paced class will explore leadership from a variety of perspectives and help teens explore and develop their own personal leadership style.
Appropriate for: Teens

Robin O'Brien - Empathy in Action! Saturday 3:30-5pm

Empathy is more than just a buzz word or news-ready story. Empathy can be the real difference between connection and conflict; empathy provides the power to transform a victim to victor. Come explore empathy –what it is and what it is not. Have you ever played Empathy Poker? Come check out how a deck of cards and a bit of guidance can help transform our judgments and potential conflicts to understanding and connection. Don't worry: empathy does not imply condoning or even accepting BUT it is an opportunity and tool to move beyond blame and judgment to find connection and peace.
Appropriate for: Teens, All genders

Diane Long - Chakra Self-Defense, Friday 6-7:30pm

Chakra Self-Defense 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*. Chakra Self-Defense combines somatic therapy with yoga, bioenergetics, hands-on techniques, guided imagery and ritual arts.
Appropriate for: Adults, Teens & YMA

Diane Long - Self Defense and Sex Education, Saturday 8:30-10am

Some of the most compelling self-defense research to date is based on programs that explicitly include aspects of sex education as part of curriculum. Lee Paiva's work with youth in Kenya includes basic sex

ed – anatomy and reproductive health – as part of a 6-week class. One unintended yet measurable benefit of the programs in Kenya was a 46% reduction in teen pregnancies among participants. Self-defense is clearly a viable form of risk reduction. This kind of evidence makes it clear that it is essential to not only to be able to defend against unwanted experiences but to negotiate desired ones.

Appropriate for: Adults & Teens (16 and up)

Jen Para - Silat Empty Hands- Locking, Chokes and Strikes - Thursday 1:30 - 3pm

Introduction to various locking and striking techniques found in Silat Seni Gayong. Participants will learn techniques that will show the different empty hand techniques and variety within Silat Seni Gayong. Include: Buah (Fruit) locking techniques, Kombat (Striking) techniques, Belian Long (Tearing) techniques, Yoi (Monkey Style) techniques.

Appropriate for: Adults & Teens

Jen Para - Silat Seni Gayong- Introduction to Cindai (Flexible Weapon) Friday 8:30 - 10am

Cindai is any flexible weapon. We will use sarong and uniform belts to learn the locking and striking techniques involved in Cindai curriculum, and discuss the concept behind cindai, the traditional sarong uses plus other options for flexible weapons. We will provide alternative techniques for cindai for those not comfortable with choking techniques. A focus on safety and proper execution of techniques will be emphasized.

Appropriate for: Adults & teens

Jen Para- Silat Seni Gayong- Introduction to Malay Kerambit Weapon Friday 1:30 - 3pm

The Malay Kerambit (lawi ayam) is a small blade that is typically hidden in the hand and worn on one finger by ring on the weapon. We will go over slicing, slashing, cutting, tearing, along with applications building on empty hand techniques with the addition of a kerambit.

Appropriate for: Adults & Teens

Jen Para - Parang (Machete) locks, defense, and disarms Friday 6:30 – 8pm

We'll learn defense, locking, and disarms against an opponent with a Parang (machete), including machete against empty hand. Cultural explanations and relation to the use of the Parang will be included.

Appropriate for: Adults & Teens

Tih Penfil - Beginning Origami Friday 6-7:30pm

Learn the basics of folding Origami. Everyone will be provided with instructions to complete 5 to 7 projects to take with them. A fun and relaxing class.

Appropriate for: Adults, Teens & YMA

Amber Ray - Capoeira for beginners 2 classes – YMA Saturday 1:30 - 3pm and for All Saturday 10:30-12pm

The class introduces the fundamental concepts and beginning techniques necessary to perform the Brazilian martial art of Capoeira. Students will learn the historical background and safety awareness and beginning techniques including the Ginga (foundation movement), Esquivas (dodges), and kicks (meia lua de frente) as well as a simple song that is sung throughout warm up.

1st class Appropriate for: YMA, All genders, 2nd class - Appropriate for: Adults & Teens, all genders

Nancy Rothenberg - Unified Mindshift - We are as powerful as we think we are, Thursday 1:30 - 3pm

We have been lied to for all time. It is not true that we cannot be successful at speaking up and fighting back. Is there still a part of you that wonders if you would be able to defend yourself successfully? This class will transform that inner doubt into an inner confidence you might not have even known you lack. It is time that we know the truth about our power. That we step into our power with both feet, with our

intuition with our voice and with our bodies.
Appropriate for: Adults & Teens

Nancy Rothenberg - Kids Speaking Up! Friday 8:30 - 10am

Let's practice speaking up for ourselves and each other! We will explore lots of choices for what to say, how to say it and what to do when faced with a mean person or see or hear someone being mean to someone else. We will do lots of role playing. Although the topic can be serious we will keep it light by focusing on how awesome we are and how we deserve to be treated kindly.

Appropriate for: YMA and YMA Instructors

Nancy Rothenberg - Unified Energy Within - The 4 Animals of Indonesian Silat, Friday 10:30 - 12pm

Let's experience the four animals of Indonesian Silat: Monkey, tiger, snake, and crane. When we have mastered the energies of each animal, we will feel a unification of energy within ourselves; an equal balance of earth, fire, air, and water. Through movement, breathwork and guided visualizations, this class will energize you and expand your energy.

Appropriate for: Adults and Teens

Nancy Rothenberg - Kids Just Wanna Have Fun, Friday 1:30 - 3pm

A full-out "fun and games" experience for kids of all ages. Tag games, "keep away", animal races, creative strikes to the pads and more! Some cooperation games too. Lots of movement and long stretching sessions to end the class.

Appropriate for: YMA

Wendy Rouse - Book Talk - "Her Own Hero: The Origins of Women's Self-Defense" Friday 8:30 - 10am

At the turn of the twentieth century, women famously organized to demand the right to vote. However, few realize that the Progressive Era also witnessed the birth of the women's self-defense movement. Some women were inspired to take up self-defense for personal reasons that ranged from protecting themselves from attacks by strangers on the street to rejecting gendered notions about feminine weakness. The discussion surrounding women's self-defense revealed powerful myths about the source of violence against women. A new image emerged of women as powerful and self-reliant. This class will be a lecture/presentation on the history of women's self-defense in the United States in the early twentieth century.

Appropriate for: Adults & Teens

Chez Rumpf - #FreeThemAll: Abolitionist Responses to Gender-Based Violence, Friday 1:30 - 3pm

An introduction to the ways women of color have been and continue to be criminalized for self-defense. It will highlight resistance movements, rooted in a prison abolitionist framework, to support and defend criminalized survivors. Drawing on the work of "Love & Protect," the workshop will provide examples of specific defense campaigns, as well as support work for criminalized survivors who are facing trial and who are incarcerated.

Appropriate for: Adults & Teens

Candace Rushton - Sweeping Your Troubles Away, Thursday 3:30 - 5pm

A sweep is often used in ground work as a technique to gain a dominant position from either a neutral or inferior position, it is also sometimes referred to as a reversal. There are several sweeps used in Brazilian Jiu-Jitsu that will help you to gain an advantage over your opponent. When sweeping someone you are using their momentum to change their direction and put them in a more vulnerable position.

Appropriate for: Adults, Teens & YMA

Candace Rushton - Choke Defense, Friday 1:30 - 3pm

Chokes can be applied in many different positions. The application of the choke can cause pressure to exist differently. Even though the same principles of the choke are the same, one's position leads to how to work your defense. We'll learn where to place your hands, chin, and shoulders. Where does your leverage come from in each position? What can we move? Learn various choke defenses.

Appropriate for: Adults, Teens & YMA

Candace Rushton - Grounded, What Can I Do Now? Saturday 1:30 - 3pm

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 to what degree of movement is needed for your advantage can make all the difference. Positions and movements will enable you to react without becoming exhausted, allowing you to think more clearly and keeping you safe. The ground offers a leverage that becomes your aid, assisting in all of these useful techniques.

Appropriate for: Adults, Teens & YMA, All genders

Candace Rushton - Effective Escapes Made Easier, Saturday 6:30 - 8pm

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 or what is referred to as a mounted position. You will learn how to move your body in various ways while being pinned, know when your body moves in a certain direction what will inevitably happen, and discover the cause and effect of pins and escapes knowing how uncomfortable this position is. Whether you want more knowledge for personal safety or you want to teach, this class is a must!

Appropriate for: Adults & Teens, all genders

Jill Shames - Hit & Run: Making Active Disengagement a Viable Choice, Thursday 8-9:30pm

"If you can run, RUN!" Sound familiar? Of course it does. It is important to "talk the talk" of fleeing from danger, but we must also "walk the walk", i.e. practice what we preach. That is what we have to do if we expect students' muscle memory to kick in under the stress of an attack. This is a class that will help you find new ways to incorporate "Hit & Run" tactics and activities into your classes both to help students incorporate "running away" as part of their physical training and to encourage them to redefine "flight" as a courageous choice rather than an act of cowardice.

Appropriate for: Adults

Jill Shames - Teaching & Evaluating ESD Teachers, Friday 1:30 - 3pm

Congratulations! You have decided to leverage your experience and wisdom in teaching Self-Defense to mentoring the next generation of Self-Defense Teachers! Now what? We will take what we know about teaching self-defense students and place it in the context of teacher training. We'll flesh our models of teacher training and mentoring to meet our professional, philosophical and moral standards. Participants with instructor-trainer experience are welcome to share their experiences and ideas.

Appropriate for: Adults

Carrie Slack - Cultivating Emotional Safety in Self Defense Courses Thursday 3:30-5pm

Teaching empowerment self-defense necessitates teaching about the realities of violence. Although it is an inherently emotionally charged topic, there are many ways an instructor can cultivate respect, trust and sufficient emotional safety for students to feel comfortable enough to engage in learning to defend themselves. This course will address these aspects of course preparation and facilitation, including reviewing the role of the teacher and the role of agreements, especially offender accountability. We'll talk about boundaries, and practical issues such as how to decide to 86 a student from class, how to intervene when a student is inappropriate, or something is uncomfortable, and addressing and deconstructing victim blaming misconceptions.

Appropriate for: Adults

Nikki Smith – Judo, Saturday 10:30 - 12pm

Judo basics - throws, pins, chokes and armbars. Participants will have the opportunity to practice their new skills in live practice, or randori. People new to the art will learn the safety aspects, falls etc. More experienced people will live drill and work on improving skills.

Appropriate for: Adults & Teens, all genders

Nikki Smith - Judo for kids, Sunday 8:30 - 10am

Judo for children - falls, throws, and pins. Everyone will have the opportunity to practice their new skills in live practice, or randori, and will play some Judo games. A fun, high energy class to finish off camp with!

Appropriate for: YMA

Jaye Spiro- YMA Filipino Stick Fighting, Thursday 3:30 - 5pm

We will bring Stick Fighting from the Philippines to the YMA at Special Training in this exciting and fun class. Youth will practice empty hand and stick patterns with and without partners. We will disarm with the sneaky scissors, the puno circle, the twisty punch down and the thumb rocket. Then, we will prepare a fun Filipino Stick Fighting Demo together.

Appropriate for: YMA

Jaye Spiro- Timbei: Tortoise Shell Shield and Sword, Saturday 8:30 - 10am

For the first time, we will introduce to NWMAF Matayoshi No Timbei, a simple, beautiful Okinawan shield and sword form. Besides learning the form itself, participants will practice some very interesting applications of the form as well. No equipment is needed, however, if you have an Arnis stick, bo, or Muay Thai pad, please bring them for your use or to share.

Appropriate for: Adults, Teens & YMA and All genders

Jaye Spiro - The Power of Martial Arts Form, Saturday 3:30 - 5pm

Transform your form in this class for martial artists of all levels. We will challenge the artificial limits placed on our expression. We will deepen our understanding of our many different, but brilliant arts. There will be an opportunity for each participant to proudly demonstrate their skills, passion and power in an enthusiastic atmosphere and witness the courage, strength and beauty of others.

Appropriate for: Adults & Teens, All genders

Jaye Spiro - Blindfolded Self-Defense, Sunday 8:30 - 10am

This class prepares us to apply our self-defense techniques to some scary, but possible scenarios.

Examples are: If an attacker were to turn off the lights, if we were accosted in the dark, or had to close our eyes in order to protect them. Through the practice of non-reliance on vision, we will increase our sensitivity to the vulnerable areas of the assailant's body and enhance our ability to execute effective techniques without the aid of our sight.

Appropriate for: Adults, Teens & YMA

Lauren Taylor - Working with LGBTQ and differing/fluid gender identities and orientations, Thursday 1:30 - 3pm

Examine how oppression of LGBTQIA/GNC (Lesbian, Gay, Bisexual/Pansexual, Transgender, Queer, Intersex and Asexual/Gender Non-Conforming) people fits in the framework of oppression and gender-based violence. The class will discuss how the risks LGBTQIA/GNC people face are different from those most straight/cis people face. The session will give people ideas about how to tailor a workshop to LGBTQIA/GNC participants and how to make all workshops more inclusive for non-straight, non-cis people.

Appropriate for: Adults & Teens

Lauren Taylor - Safe Bars: Using bystander training to impact bar culture, Saturday 1:30 - 3pm

Safe Bars, a bystander intervention training program for nightlife workers, has taken off around the U.S. In this experiential workshop, attendees will examine the role of bystanders and bystander intervention in working to end gender-based violence, participate in some of the bystander intervention skills-acquisition exercises involved in the Safe Bars training, and discuss how specialized approaches such as Safe Bars can broaden the reach of our Empowerment Self-Defense programs.

Appropriate for: Adults & Teens, All genders

Meetings

SDIC Group Meeting - Thursday 8:30-10am

An optional pre-camp meeting for SDIC trainers and attendees. You've arrived early for camp, so come meet for bagels, coffee, and a gathering with your fellow SDIC attendees and your NWMAF Board.

Trainer Orientation - Thursday 11-12pm and 3:30 - 5pm

There are 2 meetings this year so as many trainers as possible can attend. We request that all trainers attend orientation.

Purple Ribbon Sisters - Thursday 12-1pm

Orientation for the Purple Ribbon Sister volunteers.

Women of Color meeting - Friday 11:30 - 1pm

Because racial oppression can so powerfully affect the lives of our members, having a special time for women of color to connect and network with each other is very important. The meeting is scheduled to not conflict with any classes. Girls and women of color are invited to attend for all or part of the meeting. We ask that white women be respectful of this space and time on Friday.

Meet the board/future board Ice cream social - Friday 6-7:30pm

Meet the current & future board members before the official board meeting while you enjoy some ice cream. This is a fun social event not an official meeting.

NWMAF Member meeting - Friday 7:30 - 9pm

All are encouraged and welcome to attend the membership annual meeting where the board will report on the state of the organization, activities and future plans. This is your opportunity to discuss the federation with other members.

Open discussion - Encouraging more gender & cultural diversity in martial/healing arts/self-defense schools/clubs - Saturday 10:30 - 12pm

An open discussion regarding encouraging greater diversity in schools & programs. This is an all gender discussion, to get everyone's perspective.

Regional rap - talk to people from your home state etc. - Saturday 1:30-3pm

Come & see if there is someone from your home state or city at camp.

Camp Exposition and Demonstration - Saturday 8:30 - 11pm

This is an opportunity to socialize, to see what people have for sale or to share at the expo and to watch some amazing demonstrations. Everyone is invited to attend and to bring their friends & family.

Closing Ceremony – Sunday 10:30 – noon

Sadly this will be our last session. We will meet to close camp out and to have a final class from our

chairperson George. She will be doing a slightly different version of her “The Personal is Political” class to get us all ready to go out into the world again.

Open Sessions

Open Sparring & Open Sticky Hands - Thursday 3:30 - 5pm

An opportunity to practice your sparring or Sticky hand skills with others in a controlled environment. We'll have a coordinator keep any eye on things & control the timer but everything else will be up to the practitioners & their comfort levels, just please try to avoid injuries on the first day!! Sparring equipment is encouraged.

Opening Ceremony - Thursday 6:30 - 7:30pm

Join everyone else in celebrating the opening of camp. Meet the NWMAF board members, Camp Coordinators and the Trainers along with other camp attendees.

School Owner Discussion Meeting - Thursday 8-9:30pm

This is an opportunity for people who run their own schools or programs and who would like to share info & ideas with others, or just have a chat about teaching & running martial arts, healing arts or self-defense schools/programs. A great opportunity for anyone who is just opening a school or who is thinking of opening a school to talk to people who have been there & done that. Feel free to bring info to share with others.

SDIC Open Discussion - Thursday 9:30 - 11pm

This is an open discussion class for SDIC trainers and for people interested in the certification process.

Meet the Board/Future Board Ice Cream Social - Friday 6-7:30pm -

Come and meet the board members current & future and enjoy some ice cream while you chat.

YMA/Teen Open Sparring - Friday 6-7:30pm

A supervised sparring session for children & teens. Sparring gear is encouraged.

Open Practice Space & Open Mat - Adults, Teens & YMA - Friday 7:30 - 9pm

This is an open session for people who don't want to go to the NWMAF meeting, though we'd rather you come to the meeting! No Sparring please, but you can practice your skills or your demo performance in the space.

Open mat - Adults, Teens & YMA & All Genders - Saturday 3:30 - 5pm

Come & get your roll on! A supervised session for free practice (Randori), stand-up (Tachi Waza) skills may be practiced if the space allows but mostly people will grapple (Newaza).

Demo Practice - Friday 8:30 - 10am & Saturday 6:30 - 8pm

Practice your demo performance before the big night! Open to anyone, bring your own music player to the gym, the correct device or volume you need may not be available.

Follow up discussions - Sunday 8:30 - 10am

Come & talk about camp next year, SDIC in the future, etc. This is an open discussion time for people to talk about what's on their mind & to ask info. As many board members & SDIC representative will be there as possible.

Daily Sessions/Meetings

Early Morning Running Group - Early morning

See who is up early and would like to join you for a run in the gym or around the campus.

Early Morning Stretching - Early morning

The mats will be open for people to stretch or move on a soft surface, please no shoes on the mat.

12-step meetings - Morning & Evening

A room is being set aside as a meeting room where people can schedule meetings. There will be standing times for 12-step meetings at the beginning & end of each day for people to meet & to organize themselves. Meetings can be arranged at other times as long as the room is available, there is a sign-up sheet.

Prayer meetings - Morning & Evening

Time has been set aside in the Meditation room for prayer meetings, but meetings can be arranged at other times as long as the room is available, there is a sign-up sheet.