

Wed. July 17	Early check-in 4:00-6:00pm, Res Rec Lobby		
8:00-9:30 PM	Self-Defense Skill Swap		Res Rec 3rd FI Conf Rm
Thu. July 18	Check-in 11:00am-6:00pm, Res Rec Lobby		
7:30-8:30 AM	Breakfast		Kaufman Dining Hall
8:30-10:00 AM	The Energetics of Embodied Activism	Diane Long	Res Rec 3rd FI Conf Rm
10:30 AM-12:00 PM	Trainer orientation #1 (11:00-12:00)	Jaye Spiro	Res Rec 3rd FI Conf Rm
	Take a Stand	Candace Rushton	Gym Area #4 (Blue)
	How to Get Grants for Empowerment Self-Defense	Meg Stone	Classroom #1 (Red)
11:30 AM-1:00 PM	Lunch		Kaufman Dining Hall
	Accessibility orientation		Res Rec 3rd FI Conf Rm
1:30-3:00 PM	YMA/Teen Meet 'n' Greet	Zo Zotigh	Meet in Res Rec Lobby
	If It's Valuable, Shouldn't We Charge for It? The Merits of Offering Self-Defense Classes for Free	Joyce Mende Wong, Amy Jones, Joanne Factor	Res Rec 3rd FI Conf Rm
	Introduction to Malay Kerambit Weapon (Silat Seni Gayong)	Jennifer Para	Gym Area #1 (Red)
	How to Add Pizzazz to Your Kata to Stay Engaged in Your Practice	Nancy Rothenberg	Gym Area #2 (Yellow)
	Level Up your Martial Arts Performance! Six Attributes For Optimizing Your Martial Arts	Sahnnya Thom	Gym Area #3 (Green)
	Effective Escapes Made Easier	Candace Rushton	Gym Area #4 (Blue)
	Allies and "Upstanders": What am I? What do I want to be? How can I do it? Part I	Julie Harmon	Classroom #1 (Red)
3:30-5:00 PM	Trainer orientation #2 (4:00-5:00)	Jaye Spiro	Res Rec 3rd FI Conf Rm
	Sword Explorations	Corrin Eckert-Chu	Gym Area #1 (Red)
	Ichi No Hebi: First Movement of The Snake	Jacqueline Barco	Gym Area #2 (Yellow)
	The Wall Is Your Friend	Diane Wallander	Gym Area #3 (Green)
	The Common Center of Aikido: Nage and Uke, the Two Halves of the Whole	Kim Rivers	Gym Area #4 (Blue)
	Self-Defense for Sexually Exploited Youth	Diane Long	Classroom #1 (Red)
	The Back Story Of Women Warriors: Men Go to Battle, Women Wage War!	Mama G Moriniere-Bey	Classroom #2 (Yellow)
5:00-6:30 PM	Dinner		Kaufman Dining Hall
6:30-7:30 PM	Opening ceremony		Main Gym
8:00-9:30 PM	Empowerment Self-Defense Model Course 1: Introduction & Overview	Yudit Sidikman, Carmel Drewes	Res Rec 3rd FI Conf Rm
	Afrikan Martial Sciences 101: Black Panther Comes Alive	Mama G Moriniere-Bey	Gym Area #1 (Red)
	Introduction to Bo Staff	Joy Williamson	Gym Area #2 (Yellow)
	Introduction to Bunga Teratai Form (Bay Flower Dance), the Soft Form of Silat Seni Gayong	Jennifer Para	Gym Area #3 (Green)
	Stretching for Optimal Health	Robin Dyer	Gym Area #4 (Blue)
	Workplace Sexual Harassment Training: An ESD Approach	Clara Porter	Classroom #1 (Red)
9:30 PM	12-step meeting		Meditation room
Fri. July 19			
6:15-7:15 AM	Running/stretching meet-up groups		Res Rec Lobby
6:30 AM	12-step meeting		Meditation room
7:30-8:30 AM	Breakfast		Kaufman Dining Hall

8:30-10:00 AM	Five Elements Qi-Gong	Cynthia DeCastro	Res Rec 3rd FI Conf Rm
	Blade Defense	Heather Turnbull	Gym Area #1 (Red)
	Girls Just Wanna Have Fun! (YMA)	Nancy Rothenberg	Gym Area #2 (Yellow)
	Relentless Warriors	Beth Bowman	Gym Area #3 (Green)
	Grounded: What Can I Do Now?	Candace Rushton	Gym Area #4 (Blue)
	Allies and "Upstanders": What am I? What do I want to be? How can I do it? Part II	Julie Harmon	Classroom #1 (Red)
	Sexual Assertiveness: Creating Common Language & New Models	Justine Halliwill	Classroom #2 (Yellow)
10:30 AM-12:00 PM	Empowerment Self-Defense Model Course 2: Verbal Skills	Yudit Sidikman, Carmel Drewes	Res Rec 3rd FI Conf Rm
	Keris: Traditional Dagger of the Malay Peninsula	Jennifer Para	Gym Area #1 (Red)
	Sparring for Kids (YMA)	Katherine Nichols	Gym Area #2 (Yellow)
	Managing Fight Ranges with JKD	Jay O'Shea	Gym Area #3 (Green)
	How to Teach Falling and How to Fall	Nancy Moore	Gym Area #4 (Blue)
	Marketing ESD: Identifying and Speaking to Your Audience	Liz Fitzgerald	Classroom #1 (Red)
	The Phoenix Rising Process: The Anatomy of Transformation, Healing, & Resilience	Sahnya Thom	Classroom #2 (Yellow)
11:30 AM-1:00 PM	Lunch		Kaufman Dining Hall
	Meet the current/future board		Kaufman Dining Hall
	Women of color lunch		Res Rec 3rd FI Conf Rm
1:30-3:00 PM	Sensory Integration and Self-Protection	Diane Long	Res Rec 3rd FI Conf Rm
	Stick Sinawali Exercises	Cynthia DeCastro	Gym Area #1 (Red)
	Nunchaku Skills and Basics for Beginner and Intermediate Level	Lisa Santi	Gym Area #2 (Yellow)
	SuperKid School-Friendly Self-Defense	Giovanna Follo	Gym Area #3 (Green)
	Being in the Question: Suspending Knowledge of Technique in Aikido	Kim Rivers	Gym Area #4 (Blue)
	Improving Your Health and Wellness	Odette Russell	Classroom #1 (Red)
	Silat Seni Gayong: Traditional Martial Arts in a Modern USA	Jennifer Para	Classroom #2 (Yellow)
3:30-5:00 PM	Theater Games For ESD Trainings	Jay O'Shea	Res Rec 3rd FI Conf Rm
	Open Sparring		Gym Area #1 (Red)
	Open Self-Defense Practice		Gym Area #2 (Yellow)
	Advanced Blade Defense	Heather Turnbull	Gym Area #3 (Green)
	Open Mat		Gym Area #4 (Blue)
	YMA Open Sparring & Practice	Zo Zotigh	Other Gym Areas
	Demo Practice #1		Other Gym Areas
	A Sovereign Journey of Self-Preservation	Mama G Moriniere-Bey	Classroom #1 (Red)
5:00-6:30 PM	Dinner		Kaufman Dining Hall
6:00-7:30 PM	Empowerment Self-Defense Model Course 3: Escapes from Grabs	Yudit Sidikman, Carmel Drewes	Res Rec 3rd FI Conf Rm
	Fundamentals of Boxing	Jacqueline Barco	Gym Area #1 (Red)
	Defenses to Kicks	Katherine Nichols	Gym Area #2 (Yellow)
	Commando Krav Maga (CKM) Knife Defense	Giovanna Follo	Gym Area #3 (Green)
	Kicks, Cartwheels and Games (YMA)	Patty Lare	Gym Area #4 (Blue)

	Experiential Exercises for Teaching Self-Defense to Young People with Developmental Disabilities	Julie Harmon	Classroom #1 (Red)
	Mindfulness, Meditation, and Mental Health	Sahnya Thom	Classroom #2 (Yellow)
	Friday prayers		Meditation room
7:30-9:00 PM	NWMAF member meeting		Res Rec 3rd FI Conf Rm
9:00 PM	12-step meeting		Meditation room
Sat. July 20	Super Saturday registration 8:00-10:00 AM, Res Rec Lobby		All Genders Welcome
6:15 AM-7:15 AM	Early Bird Body Opening, Stretching and Qigong	Wendy Lathrop	Gym Area #4 (Blue)
6:15-7:15 AM	Running/stretching meet-up groups		Res Rec Lobby
6:30 AM	12-step meeting		Meditation room
7:30-8:30 AM	Breakfast		Kaufman Dining Hall
8:30-10:00 AM	Hate Crime Self Defense Part 1: Applying Research to the Self-Defense Workshop	Maryam Aziz	Res Rec 3rd FI Conf Rm
	Nunchaku for the Intermediate and Advanced Practitioners	Lisa Santi	Gym Area #1 (Red)
	Kick To Your Hearts Content! Exploring Kicks from the Four Animals of Indonesian Silat	Nancy Rothenberg	Gym Area #2 (Yellow)
	Commando Krav Maga (CKM) Gun Disarming	Giovanna Follo	Gym Area #3 (Green)
	Competition Forms	Jane Dillon	Gym Area #4 (Blue)
	Getting Comfortable with Role Play in ESD Teaching	Jay O'Shea	Classroom #1 (Red)
	Writing for Martial Arts and Self-Defense Instructors	Nancy Moore	Classroom #2 (Yellow)
	Saturday prayers		Meditation room
10:30 AM-12:00 PM	Empowerment Self-Defense Model Course 4: Fighting Back	Yudit Sidikman, Carmel Drewes	Res Rec 3rd FI Conf Rm
	Tae Kwon Do – Kick Like a Champion!	Arlene Limas	Gym Area #1 (Red)
	Melting for Stress Relief	Robin Dyer	Gym Area #2 (Yellow)
	I Feel a Choke Coming On: Choke Defenses	Candace Rushton	Gym Area #3 (Green)
	Aikido Basics: Falling, Body Movement, and Grab Defenses	Joan Dehnert	Gym Area #4 (Blue)
	Building Training Scenarios: Creating Successful SD Scenarios	Liz Fitzgerald	Classroom #1 (Red)
	Creating a Diverse and Inclusive Martial Arts Program	Joy Williamson	Classroom #2 (Yellow)
11:30 AM-1:00 PM	Lunch		Kaufman Dining Hall
	Meet the current/future board		Kaufman Dining Hall
	People with disabilities lunch		Res Rec 3rd FI Conf Rm
1:30-3:00 PM	Trauma-Sensitive Martial Arts Training	Jacqueline Barco	Res Rec 3rd FI Conf Rm
	The Twin Sisters: Dance and Martial Arts	Mama G Moriniere-Bey	Gym Area #1 (Red)
	Modern Arnis (YMA)	Corrina Callahan	Gym Area #2 (Yellow)
	Anything is a Lethal Weapon	Odette Russell	Gym Area #3 (Green)
	Hate Crime Self-Defense Part 2: Teaching Defenses Against Hate Crimes	Maryam Aziz	Gym Area #4 (Blue)
	Sexual Coercion: How Do I Defend Myself?	Justine Halliwill	Classroom #1 (Red)
	Effective Role Playing for ESD Trainig	Liz Fitzgerald	Classroom #2 (Yellow)
3:30-5:00 PM	Performance rehearsal		Wentz Concert Hall
	Empowerment Self-Defense Model Course 5: Scenarios & Wrap-Up	Yudit Sidikman, Carmel Drewes	Res Rec 3rd FI Conf Rm

	Joint Lock Flow	Cynthia DeCastro	Gym Area #1 (Red)
	Gi Games	Cathy Chapaty	Gym Area #2 (Yellow)
	Flexibility for Martial Arts	Jane Dillon	Gym Area #3 (Green)
	Understanding Aikido Through Use of Weapons	Nancy Moore	Gym Area #4 (Blue)
	Be Brave - Stand Up for Yourself (YMA)	Nancy Rothenberg	Classroom #1 (Red)
	Origami for Beginners	Tih Penfil	Classroom #2 (Yellow)
5:00-6:30 PM	Dinner		Kaufman Dining Hall
6:30-8:00 PM	Performance/bazaar set-up		
	Self-Care: Exploring the Chakras	Justine Halliwill	Res Rec 3rd Fl Conf Rm
	Double Nunchaku is Double the Fun!	Lisa Santi	Gym Area #1 (Red)
	Yang Style Tai Chi 24	Cynthia DeCastro	Gym Area #2 (Yellow)
	French Kickboxing Methods & Jun Fan Kickboxing	Sahnya S. Thom	Gym Area #3 (Green)
	Fashion as a Weapon	Odette Russell	Gym Area #4 (Blue)
	Protecting Elite Athletes with Empowerment Self-Defense	Arlene Limas	Classroom #1 (Red)
	Converting "Lunch 'n' Learns" to Consulting Proposals: Building Your Martial Arts Business	Heather Turnbull	Classroom #2 (Yellow)
	Saturday prayers		Meditation room
8:30-11:00 PM	Performance & bazaar		Wentz Concert Hall
Sun. July 21	Check out 7:30-10:00 AM, Res Rec Lobby		
6:15-7:15 AM	Running/stretching meet-up groups		Res Rec Lobby
6:30 AM	12-step meeting		Meditation room
7:30-8:30 AM	Breakfast		Kaufman Dining Hall
8:30-10:00 AM	Sound Bath for Physical Restoration	Bianca Pastrana	Res Rec 3rd Fl Conf Rm
	Board Breaking 101	Cathy Chapaty	Gym Area #1 (Red)
	Escrima 101: Filipino Stick Fighting Fundamentals	Heather Turnbull	Gym Area #2 (Yellow)
	Small Joint Manipulation	Odette Russell	Gym Area #3 (Green)
	Best Practices for Seeking CEUs for Martial Arts and Self-Defense Programming	Diane Long	Classroom #1 (Red)
	Martial Arts, Sports Education, and the Politics of the Black Panther Party	Maryam Aziz	Classroom #2 (Yellow)
	Sunday prayers		Meditation room
10:30 AM-12:00 PM	Closing ceremony		Main Gym