

2020 NWMAF VIRTUAL CONFERENCE SCHEDULE

Times are listed in Eastern. Schedule subject to change.

Thu. July 9						
2:00-3:30 PM	♥ ♣ ♠	Web-based Warriors: What COVID-19 has taught us about Teaching Martial Arts and Self-Defense Online	Jill Baker Shames	👤 ★	● ■ ◆	💧 💧 💧
7:30-9:00 PM	♥ ♠	Meditation for Martial Arts Teachers	Kyren Epperson	👤	●	💧 💧 💧
Fri. July 10						
11:30 AM-1:00 PM	♥	Aligned, Agile & Awesome	Sunny Graff	👤	● ■ ◆	💧 💧 💧
2:00-3:30 PM	♠	Knife Battle Drill	Odette Russell		■	💧 💧 💧
4:30-6:00 PM	♣	Running & Debriefing Role-Plays for Self-Defense	Amy Jones	👤	■	💧 💧 💧
7:30-9:00 PM	♥ ♣ ♠	NWMAF Member Meeting		👤 ★	● ■ ◆	💧 💧 💧
Sat. July 11						
11:30 AM-1:00 PM	♠	Snake (Long Form)	Francesca Morabito & Donna Brightman		◆	💧 💧 💧
1:30 PM-3:00 PM	♣	Empowerment Self-Defense for Kids	Kyren Epperson	👤 ★	● ■ ◆	💧 💧 💧
3:30-6:30 PM	♥ ♣ ♠	We All Try: Centering practices of healing justice and accountability in supporting those affected by gender-based violence <i>*REGISTER SEPARATELY*</i>	Yamikani Msosa		● ■ ◆	💧 💧 💧
7:30-9:00 PM	♥	Life Defense Lecture	Odette Russell		● ■ ◆	💧 💧 💧
Sun. July 12						
11:30 AM-1:00 PM	♠	Long Staff (Living Room Version!)	Sunny Graff	👤 ★	● ■ ◆	💧 💧 💧
1:30 PM-2:15 PM	♠	Martial Arts Fitness	Jaye Spiro	👤 ★	● ■ ◆	💧 💧 💧
3:30-6:30 PM	♥ ♣ ♠	Leveraging Social Media for Social Change <i>*REGISTER SEPARATELY*</i>	Carmen Rios	👤	● ■ ◆	💧 💧 💧
7:30-9:00 PM	♠	Bac Hac Quyen – Crane Form and Applications	Didi Goodman	👤	■ ◆	💧 💧 💧
Wed. July 15						
7:30-9:00 PM	♥ ♣ ♠	Intersectionality Discussion	Diane Long & Justine Halliwill	👤	● ■ ◆	💧 💧 💧
Sat. July 18						
4:00-5:30 PM	♠	Moonlight Sai Kata and Applications	Didi Goodman	👤	■ ◆	💧 💧 💧
Wed. July 22						
7:30-9:00 PM	♠	Jitte	Francesca Morabito & Donna Brightman	👤	■ ◆	💧 💧 💧
Sat. July 25						
4:00-5:30 PM	♣	Bystander Intervention	Amy Jones	👤	● ■ ◆	💧 💧 💧
Wed. July 29						
7:30-9:00 PM	♠	Introduction to Sparring with Trauma-Informed Content	Beth Bowman	👤	● ■	💧 💧 💧
Sat. August 1						
4:00-5:30 PM	♣	How to Get Grants for Empowerment Self-Defense	Meg Stone		● ■	💧 💧 💧
Wed. August 5						
7:30-9:00 PM	♠	Spear	Francesca Morabito & Donna Brightman	👤	■ ◆	💧 💧 💧
Sat. August 8						
		NO CLASS				

♥ Healing Arts / ♣ Self-Defense / ♠ Martial Arts

Experience = ● Beginner / ■ Intermediate/ ◆ Advanced

Age = 👤 Teens Welcome / ★ YMA Welcome

Exertion = 💧 💧 💧 None / 💧 💧 Mild / 💧 💧 Moderate / 💧 💧 High

Wed. August 12						
7:30-9:00 PM	♠	17 Line Drill Sinawali	Francesca Morabito & Donna Brightman	♠ ★	●	💧💧💧
Sat. August 15						
4:00-5:30 PM	♠	Just for Kicks	Tiffany Richards	♠ ★	■ ◆	💧💧💧
Wed. August 19						
7:30-9:00 PM	♥ ♣ ♠	Applying an Intersectional Lens to our Teaching (Facilitated Discussion & Workgroup)	Diane Long	♠	● ■ ◆	💧💧💧
Sat. August 22						
4:00-5:30 PM	♥ ♠	Martial Arts as Therapy: Building Courage and Resilience through the "Kids Kicking Cancer" Model	Jill Baker Shames	♠	● ■ ◆	💧💧💧
Wed. August 26						
		NO CLASS				
Sat. August 29						
4:00-5:30 PM	♥ ♣ ♠	Becoming a Trainer in 2021	Cathy Chapaty	♠ ★	● ■ ◆	💧💧💧

♥ Healing Arts / ♣ Self-Defense / ♠ Martial Arts

Age = ♠ Teens Welcome / ★ YMA Welcome

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KEYNOTE PRESENTERS



Yamikani Msosa | *they/them/theirs*

Yami Msosa is a grassroots anti-violence organizer, educator and yoga instructor who centers healing and restorative justice in their work with those impacted by sexual and gender based violence. After ten years working in rape crisis centers, Yami founded SEEDS Yoga, a yoga series for folks impacted by sexual and gender based violence. Currently living in Tkaronto, Yami is currently part of a CARE Collective of Brick and Glitter that centers practices of healing justice.

We all try: Centering practices of healing justice and accountability in supporting those affected by gender-based violence

Saturday, July 11, 3:30-6:30 PM EDT

The desire to create safe(r) spaces for folks impacted by sexual and gender based violence requires careful consideration. We All Try is a workshop that will explore ways to center healing justice, accountability and liberatory practices as they relate to supporting survivors/ those impacted by violence using an intersectional feminist approach.

This workshop will center the experiences of Black Indigenous People of Color, (dis)abled, crip, trans and non-binary communities of color.

This is not an introductory-level anti-oppression class. Participants should have some knowledge of anti-oppression principles of power, privilege, intersectionality, and social location.

Intended for Adults | All Experience Levels | No Exertion



Carmen Rios | *she/her/hers*

Carmen Rios is a nationally-recognized digital media superstar who has spent the last decade building activist communities, mobilizing movements and writing about intersectional feminist issues online. Her innovative and successful digital strategies—crafted for organizations like Hollaback!, the Feminist Majority Foundation, Autostraddle and change.org, among others—have challenged sexism, fueled feminist progress and won victories for women. Carmen is currently the host and producer of Bitch Media’s Popaganda podcast and a contributor for outlets like Dame and the Women’s Media Center, and most recently served for over three years as the Managing Digital Editor at Ms. magazine, where she designed social media and editorial strategies that drove engagement and built the brand’s presence across the Internet. Her website is carmenfuckingrios.com and her license plate is VBADGRL.

Leveraging Social Media for Social Change

Sunday, July 12, 3:30-6:30 PM EDT

In this interactive workshop, participants will learn how to design a successful social media strategy, tap into activist communities online and help drive social change. Instructor Carmen Rios will walk attendees through the building blocks of a successful social media strategy—including building a brand online, deciding where to invest energies and how to approach day-to-day maintenance as well as growth strategies on different platforms. Carmen’s career is defined by her work crafting digital strategies for social justice organizations and activist efforts, but instructors looking to grow their business online and individual activists looking to raise their own voices online will all come away from the workshop with a better grasp on the digital landscape and a starter social media strategy to put into motion once they get home!

Intended for Adults & Teens | All Experience Levels | No Exertion

INSTRUCTORS



Beth Bowman | *she/her/hers*

Beth Bowman, LPC, CPCS, CTRS, is a Licensed Professional Counselor and Supervisor, Certified Therapeutic Recreation Specialist as well as a martial artist. This will mark her 30th year in the mental health field as well as the martial arts. Beth began studying karate in 1990 and has been teaching it since 1995. Beth provides consultative workshops for individuals affected by domestic violence, abuse and/or hate crimes in Georgia. She has always sought ways to incorporate her counseling training into her karate classes, with special attention paid to providing trauma informed self defense.

Introduction to Sparring with Trauma-Informed Content

Wednesday, July 29, 7:30-9:00 PM EDT

This class will introduce participants to beginning sparring and give participants an understanding of distance, techniques and combinations. Special attention will be given to helping instructors assess the needs of those who have experienced a traumatic event, to include assisting with anxiety, encouraging and supporting resilience, self-reliance and maximize learning potential.

You will need: • *Partner and sparring equipment (if available)** • *Moderate space (10-foot circle)*

**Partner and sparring equipment is ideal, but you can also practice alone or sit out. If you practice alone you will need less space and no special equipment.*

Intended for Adults & Teens | Beginner & Intermediate Levels | No or Moderate Exertion



Donna Brightman | she/her/hers

Donna began her martial arts journey in 1987 studying Lau Gar Kung Fu under Sifu Kevin Money. After attaining her purple sash she unfortunately had to stop training with him as she joined the RAF and moved away.

Nineteen years later, after moving to North Bay, Canada, she stumbled across 3 Fires Martial Arts Academy. After initially enrolling her daughter she was soon out of the chairs and on to the floor learning Shotokan Karate. With a new found enthusiasm for martial arts it wasn't long before she added Ng Ying Keun - 5 Animal Form Kung Fu to her training.

Donna has currently achieved her 2nd degree black belt in Shotokan Karate and her 3rd degree black sash in Ng Ying Keun. She teaches the adult karate program at 3 Fires Martial Arts Academy.

Snake (Long Form)

Saturday, July 11, 11:30 AM-1:00 PM EDT

See description under Francesca Morabito.



Jitte

Wednesday, July 22, 7:30-9:00 PM EDT

See description under Francesca Morabito.



Spear

Wednesday, August 5, 7:30-9:00 PM EDT

See description under Francesca Morabito.



17 Line Drill Sinawali

Wednesday, August 12, 7:30-9:00 PM EDT

See description under Francesca Morabito.



Cathy Chapaty | she/her/hers

Cathy Chapaty holds a fourth-degree black belt in taekwondo and is author of *No Pouting in the Dojo*, a book about teaching children Taekwondo. She has studied a variety of martial arts styles for more than twenty-five years, is currently chair of the board of directors for the National Women’s Martial Arts Federation, and is an ambassador for the Association of Women Martial Arts Instructors. Cathy was honored in 2012 by the Embassy of the Republic of Korea for her essay on the transformational power of Taekwondo. She writes most frequently about her journey as a martial artist and Taekwondo instructor.

Becoming a Trainer in 2021

Saturday, August 29, 4:00-5:30 PM EDT

The NWMAF is always looking for diverse martial arts and self-defense experiences and voices to teach at our annual conference. Could this be you? Join NWMAF Board Chair Cathy Chapaty for an informative how-to session for those who want to teach next year in Buffalo—or beyond.

Intended for All Ages | All Experience Levels | No Exertion



Kyren Epperson | *they/them/theirs*

Dr. Kyren Epperson earned their PhD in South Asian Studies in 2017. They are a second degree black belt in Seido karate, and beginning student in Aikido. They started teaching children’s karate in 2014, and karate for adults in 2016. They have taught, written about, and practiced Empowerment Self-Defense since 2012 and have been an NWMAF certified Self-Defense instructor since 2016. Kyren served on the NWMAF Board as Fundraiser/Development coordinator from 2016-2019. They have practiced meditation off and on since childhood, but formally began studying a Thai Theravada Buddhist-based samatha tradition in 2012 and is now a certified meditation instructor through the Samatha Foundation of North America and teaches weekly community classes in Chicago.

Kyren is co-founder of Culture of Safety, LLC, a small woman- and queer-owned business dedicated to creating cultures of safety through empowerment self-defense, assertiveness, and mindfulness trainings for kids and adults throughout Chicago and surrounding suburbs. Erin is the primary kids and teens instructor for Culture of Safety, which they co-run with their partner Amy Jones, LSW. Outside of Culture of Safety, Kyren volunteers with the Adapted Seido Karate program (A.S.K.), an outreach program of Thousand Waves, which serves youth with disabilities. They also serve as volunteer coordinator of monthly “Self Care Sunday” workshop series through Apna Ghar, a local domestic violence shelter and organization that specializes in supporting immigrant and refugee survivors.

Meditation for Martial Arts Teachers

Thursday, July 9, 7:30-9:00 PM EDT

Ever feel like an imposter leading meditation at the beginning and end of a martial arts class? Looking for ways to better explain the connection between meditation and a martial arts practice? Ever wonder what’s the difference between mindfulness and meditation? Learn more about how meditation can feed a martial arts practice (and vice versa) through discussion and exercises designed to bridge seated meditation and mindful martial arts movements.

Intended for Adults & Teens | Beginner Level | No Exertion



Empowerment Self-Defense for Kids

Saturday, July 11, 1:30-3:00 PM EDT

In this fun, interactive, and engaging workshop, youth will practice using assertive communication to ask for what they want and need to feel safe, strong, and respected, and to notice when someone is trying to ignore their boundaries. They'll also learn how to listen to their instincts and practice awareness of their surroundings, and how to know where safety is, where danger is, and how to move towards safety and away from danger in a variety of situations.

Using the model of Body, Voice and Mind, participants will:

- Body – Communicate your strength through body language, and defend yourself physically if you have to
- Voice – Use assertive communication to increase your everyday safety and to de-escalate tense situations before they escalate to physical harm
- Mind -Discover your mental tools: learn where the real risks of violence are in your life, and what you can do to minimize them. Practice mindfulness techniques to decrease your stress and increase your ability to respond under stress

You will need: • *Some space (5-foot circle)*

Intended for YMA & Teens | All Experience Levels | Mild-Moderate Exertion



Didi Goodman | *she/her/hers*

Master Didi Goodman holds the rank of 7th degree (shichidan) in Cuong Nhu, a Vietnamese eclectic style that blends “hard” and “soft.” She founded Redwood Dojo in Oakland, California, in 1992, and has since taught many hundreds of children, teens and adults. She began training in college in 1976, in a student-run Taekwondo class. She then trained under women’s martial arts pioneer Pauline Short at Karate for Women in Portland, Oregon, before moving to Berkeley and continuing in Taekwondo. In 1986, she joined the Pacific Association of Women Martial Artists, and through PAWMA Camp was inspired to take up Aikido, then Cuong Nhu, which later became her full-time focus. A writer, editor, and poet, she is the author of *The Kids’ Karate Workbook: A Take-Home Training Guide for Young Martial Artists*, from North Atlantic/Blue Snake books, and two volumes of poetry. She was inducted into the AWMAI Hall of Fame in 2014, and joined AWMAI’s Board of Directors in 2017.

Bac Hac Quyen - Crane Form and Applications

Sunday, July 12, 7:30-9:00 PM EDT

Vietnamese-style animal forms are a much-loved facet of Cuong Nhu training. They provide an outlet for artistic expression, as well as high-level movement skills. More importantly, they are a medium for "hard stylists" to explore the intersection and overlap of hard and soft, the inherent power of "flow," and the difference between being **focused** and being **tense**. Cuong Nhu Crane form is brief enough to cover in a class, while beautiful and challenging enough to be worth the effort.

You will need: • *Some space (5-foot circle)*

Intended for Adults & Teens | Intermediate & Advanced Levels | Moderate Exertion (Flexible)



Moonlight Sai Kata and Applications

Saturday, July 18, 4:00-5:30 PM EDT

Moonlight Sai is a beautiful kata created by Cuong Nhu Master Lap Hoang, blending traditional Sai weapon techniques with flowing movements and kicks. The class will focus on learning the moves of the kata, and showing how key moves can be applied against attackers.

Previous experience with sai will be helpful, but we will cover/review the basics.

You will need: • *Sai** • *Other weapons, for applications (sword, long staff, double knives, or others!)*
• *Moderate space (10-foot circle)*

**Anything with a little heft to it and roughly the length of your forearm will work: escrima sticks, wooden spoons, barbecue tools, sticks from the backyard, maybe even dinner knives (length isn't critical)!*

Intended for Adults & Teens | Intermediate & Advanced Levels | Moderate Exertion (Flexible)



Sunny Graff | *she/her/hers*

I've trained 45 years, am a Grandmaster in Taekwondo and Lapunti Arnis, a posture/alignment specialist, produced more than 300 feminist anti-racist self-defense instructors, 120 Black belts and authored self-defense books in English and German. I co-founded NWMAF, served on the first steering committee, Self-Defense Certification Board, AWMAL Rank Committee. I'm a Gold medalist in the World Games and Pan-American Games, 4x National Taekwondo Champion with a Lifetime Achievement Award from the Taekwondo Hall of Fame. In 1983 I founded Women in Movement in Frankfurt. I teach all levels, ages, abilities and ethnicities, in multiple arts and weapons at national/international conferences worldwide.

Aligned, Agile and Awesome!

Friday, July 10, 11:30 AM-1:00 PM EDT

I have been teaching functional exercise and training functional exercise teachers for 30 years. Having gone down my own path of misalignment, limitation, injury and pain, I was delighted in my early 40's to meet a teacher who helped me reclaim, realign and rebuild my body, saving my career and greatly enhancing my martial arts performance. I have since been certified in a number of functional exercise and therapy systems (Being in Balance, Egoscue Methode, Liebscher and Bracht LnB Motion, LnB Painless Osteopressure Therapy, Dr. Brügger, Pilates) and am fascinated with the healing capacity of the body. Misalignment causes uneven wear and tear, which can destroy joint structures and proper mechanics, leading to restriction and eventually pain. When we return to our natural aligned posture, our bodies can heal, pain disappears and we can reclaim the joy of unrestricted movement.

After a postural assessment, we will learn a set of simple functional exercises which can be done daily to restore/maintain proper alignment, release stress on the joints and keep the body free from restrictions. I will teach osteopressure techniques to immediately release muscular tension and pain. So bring your pain, problems and frustrations and let's get back to being awesome!

You will need: • Lacrosse/tennis balls (if available) • 2 towels • Chair • Clear wall space • Moderate space (10-foot circle)

Intended for Adults & Teens | All Experience Levels | Moderate Exertion (Very Flexible)



Long Staff (Living Room Version!)

Sunday, July 12, 11:30 AM-1:00 PM EDT

I started baton twirling when I was 5 years old. Long staff is just a big baton and is lots of fun to twirl! Plus you get to hit people...

We will warm up with some basic twirls, strikes and blocks. We will learn a simple form which incorporates these basic skills. I will be teaching in my living room and have adapted the movements accordingly. This class can be done indoors with limited space!

No long staff experience necessary, but you need to have at least 1 year of martial arts training. If more advanced practitioners attend, we can do a more advanced version of the form/drill.

You will need: • Long staff* • Eye protection (recommended) • Some space

** Anything 3-6 feet long will work: yardstick, broom handle, etc.*

Intended for All Ages | All Experience Levels | Moderate Exertion (Flexible)



Amy Jones | she/her/hers

Amy L.E. Jones is the co-founder of Culture of Safety, LLC, with her partner, Kyren Epperson. Amy and Kyren founded Culture of Safety (affectionately referred to as CoS) in the first half of 2019 to bring Empowerment Self-Defense to Chicago and surrounding suburbs. Amy is a licensed social worker in the State of Illinois, a 3rd degree black belt in Seido karate, a 1st degree black belt in Kyokushin Karate, and has just recently begun studying Aikido. In April of 2019, Amy celebrated 18 years in the martial arts, and just a few months later, 44 years on this Earth. Amy very much enjoyed being divisible by 11, and having a martial arts career that is old enough to vote.

Running and Debriefing Role-Plays for Self-Defense

Friday, July 10, 4:30-6:00 PM EDT

Running and debriefing role plays is one of the most effective ways of teaching verbal self-defense skills, but it's hard to do well. In this session, you'll participate in a role play and debrief, and we'll

talk about why they're important and some things you can do both make them more effective and less intimidating.

Intended for Adults & Teens | Intermediate Level | No Exertion



Bystander Intervention

Saturday, July 25, 4:00-5:00 PM EDT

Looking for ways to become a better ally? Want to learn how to set boundaries and stand up for those you love? Learn how to stand up for others—both on the street, and around the dinner table—through this hands-on, interactive workshop.

You will need: • *Some space (5-foot circle)*

Intended for Adults & Teens | All Experience Levels | Mild-Moderate Exertion



Emily McKee | *she/her/hers*

Emily began her Wing Chun training in May of 2007, while living in Taipei, Taiwan. She trained under her master, Thierry Cuvillier and Master Lo Man Kam for the next 11.5 years, completing all six levels of the Wing Chun system as well as her 1st degree teacher's certificate. In September of 2018 Emily became a teacher at the Thierry Cuvillier International Academy of Wing Chun, teaching 4 classes a week, as well as weekly women's self-defense classes. She has presented at the Women's Day March in Taipei and given courses at other organizations, as well as weekly classes in Canada.

Introduction to Basic Wing Chun Theories

Pre-recorded, available online

This class is an introduction to basic Wing Chun theories, both through discussion and application exercises. These theories are the principles of Wing Chun and they are: 1) to economize

movement, timing and energy; 2) the use of the center-line; 3) simultaneous defense and attack; 4) the deflection of power through the fixed elbow.

You will need: • *Some space (5-foot circle)*

Intended for Adults & Teens | All Experience Levels | Moderate Exertion (Very Flexible)



Francesca Morabito | *she/her/hers*

Francesca began her Martial Arts journey in 2002 studying under Sensei Darrell Couchie of 3 Fires Martial Arts Academy. Initially she focused Yang style Tai Chi, then one year later added Kempo Karate.

Francesca has her 1st degree black sash in Yang Style Tai Chi Chuan, 4th degree black belt in Shotokan Karate-Do and a 4th degree black sash in Ng Ying Kuen – 5 Animal Forms Kung Fu. She is head instructor at 3 Fires Martial Arts Academy.

Throughout her journey, she has had the privilege teaching students in Tai Chi, Karate, and Kung Fu. These student have an age range of 4 to 90 with varying abilities. In recent years, along with Jessica Hothi, Francesca has been developing a Personal Defense Programs (PDP) that focuses on children and women. Within the PDP they have developed specialized workshops in self defense for deaf and deaf/blind women that ties in with Francesca's work experience as a General Support Services Worker for a non-profit social service agency.

Snake (Long Form)

Saturday, July 11, 11:30 AM-1:00 PM EDT

This form is considered one of the oldest Shaolin animal forms. The techniques used in the snake form are found in most modern martial arts used today. The primary targets for snake techniques are vital points which appear throughout the body.

You will need: • *Some space (5-foot circle)*

Intended for Adults | Advanced Level | Moderate Exertion (Very Flexible)



Jitte

Wednesday, July 22, 7:30-9:00 PM EDT

Although it is relatively short in comparison to other kata, this is considered to be at an intermediate level. The focus of Jitte is the techniques used against an attack from a stick. This is a very powerful kata with both offensive and defensive techniques. Some of the open hand techniques include palm strikes, ridge hand strikes, as well as knife hand blocks.

You will need: • Some space (5-foot circle)

Intended for Adults & Teens | Intermediate & Advanced Levels | Moderate Exertion (Very Flexible)



Spear

Wednesday, August 5, 7:30-9:00 PM EDT

This form focuses on body shifting of stances and targeting as well as spear manipulation. We encourage students to visualize while completing defense and counter methods from attacks from varying heights and angles. This form consists of large flowing movements ranging from soft to hard techniques.

You will need: • Spear or bo* • Lots of space (>10-foot circle) • High ceiling; no low-hanging lighting

**Possible substitutions for spear: Anything 4 feet long or more, such as a broom*

Intended for Adults & Teens | Intermediate & Advanced Levels | Moderate Exertion (Very Flexible)



17 Line Drill Sinawali

Wednesday, August 12, 7:30-9:00 PM EDT

The 17 line drill sinwali is an excellent opportunity for students to learn striking lines using a blunt or edged weapon. In learning the drill the student will start by working with a stick and in working with the strike lines, a student will learn: how to hold the stick/weapon; proper foot positions and body movement as the techniques are executed.

Although students will be taught using a stick, students will have an opportunity to work the drill with a broadsword or similar edged weapon.

You will need: • Kali stick and/or similar training weapon* • Some space (5-foot circle)

**Possible substitutions for kali stick: ruler, pen, rolling pin—or use a sword or similar weapon!*

Intended for Ages 10+ | Beginner Level | Mild Exertion (Very Flexible)



Tiffany Richards | *she/her/hers*

Tiffany Richards is the co-founder of Peaceful Warrior Martial Arts & Healing Center in Scottsdale, AZ. She has trained since 1998 and began her studies in Kenpo, Shotokan, Tae Kwon Do and Goju Shorei. In late 1999 to present, Tiffany took to Kensho-Do with Grand Master Alex Santa Maria. The system is a blend of both hard and soft styles, and combines Chinese Kenpo, Shorei-Ryu, Tai Liu Chuan Fa, Limalama, Aikido, Jeet Kune Do, Pananjakman, Aiki Jujitsu and more.

While maintaining her own system, Tiffany owns and teaches traditional Shorin Ryu karate at Peaceful Warrior. Tiffany also owns an on-site corporate wellness firm, The Back Rub Company. The firm provides companies' employees with chair massage, fitness classes, wellness workshops, meditation, cooking demos and more.

Tiffany began her career in holistic healthcare the same year she started training martial arts, and toured with Cirque du Soleil from 2002-2003 working with the artists as their personal massage therapist and fitness coach. Upon her return, she founded The Back Rub Company, and today credits martial arts as an integral part of her life. Martial arts has helped her to stay grounded, focused, in shape and both the martial and healing arts go hand-in-hand.

Just for Kicks

Saturday, August 15, 4:00-5:30 PM EDT

We've all practiced our front kicks, roundhouse and side kicks a million times. But there are so many more! This seminar will teach various kicks like axe, crescent, inverted hook, pananjakman and others. Learn how to use your body to kick low or high with very little effort.

You will need: • Moderate space (10-foot circle)

Intended for All Ages | Intermediate & Advanced Levels | Moderate Exertion (Flexible)



Be Your Own Publicist: 8 steps to getting the media's attention... and keeping it!

****CANCELLED****

Ever wonder why everyone else is featured on the news and you're watching from the couch? Even YOU have a great shot at making headlines. Have you won an award or hosted a spectacular event? Does anyone know about it? Learn how to get the media's attention and keep it!

Tiffany Richards is a media guru and business consultant who specializes in helping people in the martial arts industry. Her expertise in public relations has landed her and her school in local and national headlines. Tiffany's no-nonsense attitude helps business owners become capable of much and not afraid of anything.

Intended for Adults | All Experience Levels | No Exertion



Odette Russell | *she/her/hers*

Dr. Odette Russell, also known as SiDaGoo, has a PhD in Health Psychology. She is a 9th Degree Black Belt "Grandmaster" and "Designated Inheritor" under the SWAM Martial Arts Academy. She has 40 years of martial arts training and 29 years of teaching experience. She is a native New Yorker who within the 1980s competed in semi-contact karate tournaments in both katas and kumite women's division; 75% of her wins were in 1st place. She has received multiple accomplishment awards which include Women of the Year for 2016, Grandmaster of the Year 2017 and 2019, Inspirational Martial Arts Example 2018, and 2019 AWMAI 30+ years Hall of Fame Inductee, to name a few. Sidagoo, which means "Mother of SWAM" is responsible for customizing an aspect of the SWAM Martial Arts system targeted for women and has taught this system to hundreds of females.

Knife Battle Drill

Friday, July 10, 2:00-3:30 PM EDT

This class will teach basic knife holding skills, triangular footwork (stepping off the center line) and knife to knife combat skills. Participants will learn flow, traps and disarmaments through this 8 level unique knife battle drill. Knife skills will be elevated through repetitive movements of offense and defense routines that include blocks and slashes to vulnerable areas of the human anatomy. Participants will develop intuitive motion, while building the ability to feel comfortable with sharp weapons as spontaneous blocking skills are obtained. Bring your own training knife.

You will need: • Training knife • Partner • Moderate space (10-foot circle)

Intended for Adults | Intermediate Level | Moderate Exertion



Life Defense Lecture

Saturday, July 11, 7:30-9:00 PM EDT

This interactive workshop is designed to develop emotional healing of past experiences which may consciously or subconsciously release self-sabotaging and self-destructive behaviors (staying in toxic relationships, not pushing yourself to do better, etc). Learning the tools to protect yourself from your critical self as inner strength is cultivated through the Mind-Body-Spirit restoration that is designed to ignite the warrior within. Benefits will include building leadership skills, elevating self-awareness, enhancing self-esteem and learning how to better handle daily stressors.

Intended for Adults | All Experience Levels | No Exertion



Jill Baker Shames | *she/her/hers*

Jill Baker Shames, MSW, was born in Brooklyn, and raised first on Long Island and then rural Upstate New York. She attended Boston University where she earned a BS in Communications (Magna Cum Laude) specializing in Public Relations for Non-Profit Agencies and a Masters in Social Work (MSW) specializing in Health Care.

Jill has been studying and teaching Shorin-ryu Karate and Kobudo since 1987 and teaching Empowerment Self-Defense since 1990.

In 1996, Jill and her husband and children moved to from Pittsburgh, PA, to Israel, where she has and continues to train and mentor martial artists through their transformation and ongoing journey as instructors of Empowerment Self-Defense.

As the Israel Coordinator of Heroes Circle/ Kids Kicking Cancer Israel and as part of the Personal Safety collective SafeMoves (תנועה בטוחה), Jill brings her unique combination of trauma-informed Shorin-ryu Karate,

ESD, Liberation Self-Defense and Therapeutic Martial Arts to children, teens and adults all over Israel and wherever ZOOM can reach them.

Web-based Warriors: What COVID-19 has taught us about teaching martial arts and self-defense online

Thursday, July 9, 2:00-3:30 PM EDT

A brag and brainstorming session for EVERYONE interested in (or forced into) teaching or learning self-defense or martial arts online.

Pre-share short videos or images of games and other novel adaptations that have enhanced your online teaching and learning. Send an email to Jill at beyondwords@gmail.com with a short description of what you hope to show or tell and about how much time you may need.

You will need: • *Some space (5-foot circle)* • *Descriptions or demonstrations of online adaptations (optional – see above)*

Intended for All Ages | All Experience Levels | No or Mild Exertion



Martial Arts as Therapy: Building Courage and Resilience through the "Kids Kicking Cancer" Model

Saturday, August 22, 4:00-5:30 PM EDT

For more than 20 years, Kids Kicking Cancer has been employing its evidence-based modalities to help kids with serious and chronic illnesses and their family members cope with pain, anger and fear. In this workshop we will learn how to employ and adapt martial arts-based movement, breathing and cognitive skills to help ourselves and others meet life's challenges with Power, Peace and Purpose.

Intended for Adults & Mature Teens | All Experience Levels | Mild-Moderate Exertion



Jaye Spiro | *she/her/hers*

A 49 year veteran of martial arts, Jaye Spiro (Sensei Jaye) directs Meijishi Martial Arts, the Lioness School of Self Defense. This dojo, for all genders and ages, celebrated its fortieth anniversary last year. Sensei Jaye first hosted Special Training in 1979 and that conference became a template for future camps.

A founding member of the National Women's Martial Arts Federation, she was its first chair in 1983-87. Jaye was first to serve with Janet Aalfs as Co-Chair of NWMAF Self Defense Teacher Certification Program in 1994. Sensei Jaye received the NWMAF Award of Excellence, the Founder's Award and Member of the Year award twice.

She calls on all instructors to bring as many new martial artists as possible to NWMAF for empowerment and growth.

Martial Arts Fitness

Sunday, July 12, 1:30-2:15 PM EDT

You are invited to join Sensei Jaye in a 45-minute fun martial arts workout designed to increase strength, flexibility and endurance. Students of all ages and abilities will challenge themselves while supporting and inspiring each other to perform solo martial arts and fitness skills.

You will need: • *Workout clothes* • *Water bottle* • *Mat or blanket for sitting or lying on the floor* • *Some space (minimum 5-foot circle)*

Intended for All Ages | All Experience Levels | High Exertion (Flexible)



Meg Stone | *she/her/hers*

Meg Stone is the Executive Director of IMPACT Boston, an empowerment self-defense program based in New England. She has gotten grants for abuse prevention and empowerment self-defense programs from the Robert Wood Johnson Foundation, the NoVo Foundation through the Just Beginnings Collaborative, Raliance, the Vera Institute of Justice, and numerous other local and national funders. As a result of grant funding, IMPACT Boston developed an empowerment self-defense program for people with intellectual disabilities and is currently training a group of Chippewa instructors to bring IMPACT to the Turtle Mountain reservation in North Dakota. Under Meg’s leadership, IMPACT was invited to join Jane Doe, the Massachusetts Coalition Against Sexual and Domestic Violence. IMPACT currently collaborates with rape crisis and domestic violence programs throughout the state.

How to Get Grants for Empowerment Self-Defense

Saturday, August 1, 4:00-5:30 PM EDT

We all know the benefits of empowerment self-defense, yet it’s often hard to convince funders to support our work. This workshop will provide an introduction to grant proposal writing and strategies for communicating about self-defense in ways that appeal to decision makers at foundations and grantmaking organizations. You’ll learn the definitions of common grant writing terms, strategies to help you search for funders, and ways of connecting your work to funders’ priorities. No grant writing experience is necessary and beginners are enthusiastically welcomed!

Intended for Adults | Beginner & Intermediate Levels | No Exertion