

Official schedule and class descriptions coming soon! Trainers and classes may be subject to change.

Maryam Aziz

- Hate Crime SD Part 1: Applying Research to the Self-Defense Workshop
- Hate Crime SD Part 2: Teaching Defenses Against Hate Crimes
- Martial Arts, Sports Education, and the Politics of the Black Panther Party

Jacqueline Barco

- Fundamentals of Boxing
- Trauma Sensitive Martial Arts Training
- Ichi No Hebi - First Movement of the Snake

Beth Bowman

- Relentless Warriors

Corrina Callahan

- YMA Modern Arnis

Cathy Chapaty

- Gi Games
- Board Breaking 101

Cynthia DeCastro

- Stick Sinawali Exercises
- Joint Lock Flow
- Five Elements Qi-Gong
- Yang Style Tai Chi 24

Joan Dehnert

- Aikido Basics: falling, body movement, grab defenses

Jane Dillon

- Competition Forms
- Flexibility for Martial Arts

Robin Dyer

- Stretching for Optimal Health
- Melting for Stress Relief

Corrin Eckert-Chu

- Sword Explorations

Liz Fitzgerald

- Building Training Scenarios: Creating Successful SD Scenarios
- Effective Role Playing for ESD Training
- Marketing ESD: Identifying and Speaking to Your Audience

Giovanna Follo

- Commando Krav Maga: Gun Disarming
- Commando Krav Maga: Knife Defense
- SuperKid School Friendly Self-Defense

Justine Halliwill

- Sexual Coercion: How do I defend myself?
- Sexual Assertiveness: Creating Common Language & New Models
- Self-Care: Exploring the Chakras

Julie Harmon

- The ABCs of Experiential Exercises for Teaching SD: Young People with Developmental Disabilities
- Allies and Upstanders - Parts 1 & 2

Wendy Lathrop

- Early Bird Body Opening, Stretching and Qigong

Arlene Limas

- Protecting Elite Athletes with ESD
- TKD Kicking

Diane Long

- Self-Defense for Sexually Exploited Youth
- Sensory Integration and Self-Protection
- Best Practices for Seeking CEUs for Martial Arts and Self-Defense Programming
- The Energetics of Embodied Activism

Joyce Mende Wong/Amy Jones/Joanne Factor

- If It's Valuable, Shouldn't we Charge for it? The Merits of Offering Self-Defense Classes for Free

Nancy Moore

- How to Teach Falling and How to Fall
- Writing for Martial Arts and Self-Defense Instructors
- Introduction to Aikido Sword Kata and Technique

Germon "Mama G" Moriniere-Bey

- A Sovereign Journey of Self-Preservation
- The Twin Sisters- Dance and Martial Arts
- Afrikan Martial Sciences
- The Back Story of Women Warriors

Katherine Nichols

- Defenses to Kicks
- Sparring for Kids

Jay O'Shea

- Theater Games For ESD Trainings
- Getting Comfortable with Role Play in ESD Teaching

- Managing Fight Ranges with JKD

Jen Para

- Introduction to Bunga Teratai Form
- Silat Seni Gayong: Introduction to Malay Kerambit Weapon
- Keris: Traditional Dagger of the Malay Peninsula
- Silat Seni Gayong: Traditional Arts in a Modern USA

Bianca Pastrana

- Sound Bath for Physical Restoration

Tih Penfil

- Origami for Beginners

Clara Porter

- Workplace Sexual Harassment Training: An ESD Approach

Kim Rivers

- The Common Center of Aikido: Nage and Uke, the 2 halves of the whole
- Being in the Questions: Suspending Knowledge of Technique in Aikido

Nancy Rothenberg

- Be Brave - Stand Up for Yourself (YMA)
- How to Add Pizzazz to your Kata so you can stay engaged in your practice
- Girls Just Wanna Have Fun! (YMA)
- Kick to Your Hearts Content! Exploring Kicks from the 4 Animals of Indonesian Silat

Candace Rushton

- I Feel a Choke Coming On: Choke Defenses
- Effective Escapes Made Easier
- Grounded, What Can I do Now?
- Take A Stand

Odette Russell

- Anything is a Lethal Weapon
- Fashion as Weapon
- Improving Health and Wellness
- Small Joint Manipulation

Lisa Santi

- Nunchaku Skills and Basics
- Nunchaku for the Intermediate and Advanced Practitioners
- Double Nunchaku is Double the Fun!

Yudit Sidikman & Carmel Drewes

- ESD Model Course: What is Empowerment Self-Defense?
- ESD Model Course: Verbal: assertiveness, intervention, de-escalation
- ESD Model Course: Escapes from Grabs and Holds

- ESD Model Course: Fighting Back Physically
- ESD Model Course: Scenarios and Wrap-Up

Meg Stone

- How to get Grants for ESD

Sahnya Thom

- The Phoenix Rising Process: The Anatomy of Transformation, Healing & Resilience
- French Kickboxing Methods & Jun Fan Kickboxing
- Mindfulness, Meditation, & Mental Health
- The Six Attributes for Optimal Martial Arts Performance

Heather Turnbull

- Converting "Lunch 'n' Learns" to Consulting Proposals: Building Your Martial Arts Business
- Escrima 101: Filipino Stick Fighting Fundamentals
- Blade Defense
- Advanced Blade Defense

Diane Wallander

- The Wall is Your Friend

Joy Williamson

- Creating a Diverse and Inclusive Martial Arts Program
- Introduction to Bo Staff