



NWMAF December 2021 Newsletter

News for Our Members, Friends, and Supporters

"Empowering women and girls to achieve personal and collective strength, safety, and well being through martial arts, healing arts, and self-defense education"

From the Chair

By Lisette Delgado-Fitzgerald, NWMAF Board Chair

It's that time of the year again. The Holidays are upon us, and the year comes to a close. In 2021, the season seems more important, more focused, maybe even more dire – almost as if we have to make up for a pandemic's worth of everything being out of our control. So, before I launch into gratitude, I want to recognize that I have many more things that I could be grateful for yet lack the bandwidth to approach. I want to reach out to all of you, our loyal members, and remind you that however you process these Holidays, it is entirely okay. Set the boundaries that you need to set, even among family, and do what is best for you.

Self Care is the most radical act of Self Defense we can take.

Having said that, I wanted to share some things with you all that I am thankful for this season and hope that you will share with us what you are grateful for this year.

I wanted to start by saying thank you for the opportunity to serve this incredible organization. Being Board Chair has gifted me friendships and lessons I may not have otherwise been able to enjoy. It has surrounded me with an exceptional group of women to laugh with, work with, vent with, and grow with... Women who encourage each other and cheer each other as they, we, do the work of building the future of the NWMAF. I am thankful for each and every challenge we face, wisdom we discover, and goal that we meet.

I am thankful for you, our members, who continue to place your trust in us, support us, and roll up your sleeves to help us sustain and build the NWMAF. I am grateful for this organization, for its decades of history providing safe spaces for women to train and work together and for its future decades of growing inclusion, camaraderie, and connection.

Finally, I am thankful for a life in martial arts and self-defense. Training as a novice was a crucial step in my own rediscovery. Teaching was and continues to be a crucial step in my own healing. I am thankful for my students and my teachers; they were not always who you might expect them to be, but they were always the right person for the job. The last few years, but specifically these past two, have been hard. It is those teachers and students and the lessons I learn from

them every day that have sustained me, held me up when I was tired, cheered me on at every turn.

Your Board has been working on a number of programs and projects to improve our offerings and member benefits, with many of these launching starting January 2022; and we don't want you to miss a thing. So, now, I have a hard ask for you: I invite you to encourage everyone that you know to become members of the NWMAF. Introduce them to our network of nurturing, strong Rock Stars so that they, too, can enjoy the experience and wisdom of our founders and members and add their own special sauce to the mix. Let's bring brand new voices to the training mat so that we can all grow, the NWMAF and You, together.

Thank you all for all you do!

In Health,
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RISE With Us Next August!

By Natalie DeMaioribus, NWMAF Events Coordinator

Our 2022 RISE Conference will run next August 3-7! (Please note the new dates -- we had to do a bit of re-shuffling. But these are FINAL.)

Daemen College has been an absolute peach during these three(!) years. We're so grateful to them for being flexible and going the extra mile for us. I want to buy them flowers or something.

Self-defense content will start on Wednesday morning, everything else starts Thursday morning, and we'll close with a bang at the Saturday night performance. That leaves Sunday for travel and maybe breakfast with your camp buddies! Things that will happen SOON:

- **Trainer applications** will open before the end of the year! What was missing from last summer? Do you know someone who can teach it? Can YOU teach it??
- **Registration** will open early in January!

And we need volunteers. This is a 100% volunteer-run event and won't run smoothly without YOU! Volunteers we need in January include:

- Trainer Selection Volunteers* - Review applications and pick classes
- Trainer Liaison* - Point of contact for selected trainers
- Registrar* - Point of contact for registration questions
- Travel Stipend Allowance - Help distribute our small travel fund
- CEU Coordinator(s) - Set up Continuing Education Units for your field (MUST be done by end of April or we can't offer CEUs)
- Volunteer Czar* - Help coordinate volunteer teams

Roles with a * get registration credit! Check out this [list of volunteer roles](#) for more detail. (Timeline is a bit off since we're behind, but let me know if you have questions.)

Also, I can never believe it's this time of year, but **we need a venue for 2023!** If you want us in your backyard, help us out with a little research. [Here are the venue requirements.](#) The deadline for venue suggestions is March 31. If we HAD to come to your state, where could we go??

Introducing the new NWMAF Treasurer: Tina Mead!



Tina Mead is a fourth-degree black belt in Tae Kwon Do, first-degree black belt in Hapkido, and a certified Kardio Kickbox instructor. She started her Tae Kwon Do training in 1994 in Nashville, Tennessee. While training in Tae Kwon Do, she received her Referee certification in 2000 from the United States Taekwondo Union. Tina is currently the head instructor for the Youth Program for KSA Martial Academy in Nashville, TN. She has also started the study of Jeet Kun Do and is a new member to the NWMAF.

Membership Spotlight: Lindsey Ross

NWMAF Wonder Women
Our Origin Stories in Our Own Words



This month we feature Lindsey Ross, NWMAF Board Member, co-owner of the ESD organization Thrive Empowerment Center, and BJJ practitioner.

I'd just escaped my second controlling relationship and was in a pretty dark place emotionally. I had an intense job working with at-risk kids and didn't really have an outlet for myself or any idea who I was after all those years of shrinking myself to survive in those relationships. I watched a lot of kung fu and Marvel movies.

I wanted to take a self-defense course, so I was scrolling through Groupon looking for something close to my house and cheap. I found one advertising self-defense and bought it, with no idea that what the dojo was actually selling was hapkido.

Picture it: Florence, Kentucky, 2015.

I expected a place filled with guys in black silky dragon shirts, but instead I found a couple of women and a few good guys who became my "Fight Club" and made me want to stay.

I walked in that building feeling like I had to prove I was the best, but my friends taught me I was already the best without having to prove anything. I gradually learned my body was capable of a lot. And I got attached to the community aspect. I found my home in people who made me feel like I belonged.

Now I am an undefeated BJJ state champion.

NWMAF Business Buffet

NWMAF Business Buffet, January 28, 29, and 30

Ever wonder how you could bring more students into your self-defense, martial arts, or healing arts business? Have you wanted to write a grant proposal but don't know how to start or have tried and not been successful yet? Are you trying to make your business meaningful to people who are often marginalized? Are you looking to maximize your internet presence? Update your communications?

If you said yes to any of these questions, join us for the **NWMAF Business Buffet January 28, 29, and 30, 2022** where you will get sage advice and feedback about marketing your business, writing grants, designing your public communications, and assessing and increasing inclusivity and outreach to often marginalized people. Empowerment Self-Defense (ESD) will be the focus of most of the sessions, but all sessions are applicable and open to martial artists and healing arts practitioners. The Business Buffet is for any and all NWMAF members!

More information about the conference and registration will be up on the new website at <https://nwmaf-we-persist-2021.org/> soon. And we didn't goof with the [URL](#) for the 2022 Business Buffet. While we build the new website, we are using the same URL we used for the 2021 NWMAF Conference. When available in early December, it will get you to conference information and how to register for the 2022 Business Buffet. And, of course, still "We Persist."

ESD Research Support

By Martha Thompson, Self-Defense Coordinator

Wednesday October 29, the NWMAF ESD Research Organizing Committee hosted a conversation among a dozen ESD practitioners with an interest in research. The purpose of the meeting was to begin creating a network and a forum for developing common research measures. These purposes reflected the responses to the ESD Research Support Survey results completed by 24 ESD practitioners prior to the meeting.

Attendees briefly shared what research they had done or were doing, and what has encouraged them and prevented them from doing more research. The main activity of the meeting was reviewing a sample short workshop evaluation and brainstorming what was missing, resulting in a lively discussion about what we are trying to understand, the need for both common and “local” language, what and who we are teaching, and much more.

We agreed the next step is that those of us who are currently doing research will categorize the questions we are using and then share. The goal is to create a bank of questions organized by topic. The ESD Research Support Organizing Committee — Jocelyn Hollander, Amy Jones, Jennifer Keller, and Martha Thompson — will share a list of labels that we can use to categorize our questions and will investigate the best platform for sharing this information. We hope to have this information available by the end of the year.

Questions? Concerns? Want to volunteer? Contact Martha, Self-Defense Coordinator, selfdefense@nwmaf.org.

Youth Members

By Jes Macalear, NWMAF Youth Program Director

Do you have questions, comments, or suggestions regarding improving the NWMAF’s youth program? Whether you’re a student, parent/guardian, or instructor, the NWMAF would love to hear from you. If you’re under the age of 18 years old, please write an email (with your parent/guardian or instructor) and send it from their email address to youth@nwmaf.org.

Upcoming Board Meeting

The next NWMAF Board meeting is **December 12**. Board meetings typically take place on Sundays at 2 pm central time, via an online meeting site. If you are a member interested in attending, contact Liz, chair@nwmaf.org, and she will provide you with log-in instructions.

Call for Submissions

Have news and information to share with the NWMAF Community?

We welcome your submissions of news, opinion pieces, fiction, or other writing related to our practices of martial arts, healing arts, and self-defense. We also accept art, photos, and comics! Our editorial board reserves the right to edit for space or content considerations. The deadline for the next issue is **November 29**, and will be approximately every four to six weeks thereafter. Send contributions to secretary@nwmaf.org.