



NWMAF January 2023 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"

2023

H A P P Y N E W Y E A R

Looking for Something New? Look Inside...

By Florence Vincioni - Marketing Coordinator

For many, the New Year is a synonym for a new start where a quest for purpose, solutions, or goals begins. In 2023, we will all be offered a multitude of tools to further our endeavors, but the best means available rests within each one of us waiting to be awakened. Martial arts, healing arts, and self-defense education are ways to awaken the best in ourselves. Those mediums give us the opportunity to take control of our lives by learning how to utilize the physical, mental, and spiritual resources available to us.



Through martial arts, healing arts, and self-defense education, we can learn how to solve and overcome the challenges that prevent us from progressing and thriving. Those mediums provide a learning path that takes into consideration each individual, as they reinforce our capability to look inside ourselves and self-assess, so that we may use the different talents and experiences that each one of us independently possesses with a positive mindset and develop the

ability to acquire those attributes that we feel we are missing.

Humankind is intelligent, therefore, it is our nature to find happiness in lifelong learning. With lifelong learning, we develop the leadership and confidence that keeps us from feeling victimized.

Regardless of our sex, race, orientation, or socioeconomic background, we enjoy the same access to our inner self. The women of the NWMAF believe that the only thing that stands between us and our greater self is our ability to access it. This is why we have chosen to support each other in doing so. Our diversity of thought and our conviction that women can achieve and overcome anything is our strength. We hope that as the new year starts you will join us.

Events

2023 Conference

By Lisa Susko, NWMAF Events Coordinator 2023

Date: July 26-29, 2023. Place: North Central College, Naperville, IL. More details coming soon. Instructor applications are being accepted on a rolling basis. Apply to teach! Also, reach out to your favorite teachers, and bring your "dream" class to the conference. [Instructor Application Form](#)

Members Special: January Training By Georgia Verry

Georgia Verry Kyokushin is karate black belt, a pro-level Muay Thai fighter, and a BJJ blue belt with 15 years of experience in martial arts who combined the knowledge from her bachelor's degree in exercise physiology, martial arts experience, peer-reviewed literature, informal research, and advice from a team of psychologists to create The Fight Back Project, a trauma informed kickboxing program for female identified survivors, offered both online and in person. Georgia hosts The Fight Back Podcast, hosted the first international conference for trauma-informed martial arts coaches and offers online training programs for conscious combat coaches wanting to create bespoke trauma-informed programs unique to their experience and martial art.

Interested? Join the Zoom link below on Jan 8, 2023 at 06:00 PM Eastern Time (US and Canada). Meeting ID: 883 0537 0067, Passcode: No attendance limit.

[January Training by Georgia Verry](#)

Upcoming All-Members Meeting

The next NWMAF All-Members Meeting is January 22, 4:30 to 6:00 PM EST. The meeting will be held online. All members are encouraged to attend.

Welcome New Board Members

We would like to extend a warm welcome to Miriam Cavnar, our new NWMAF Treasurer, and Daniella Gleiberman, our new NWMAF Digital Coordinator. If you are interested in joining the Board, in a leadership role, we are still actively recruiting for Board Chair. Please send a statement of interest and your resume to vicechair@nwmaf.org.

Youth Members

By Jes Maclear, 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.

Call for Submissions

By Florence Vincioni - Marketing Coordinator

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 January 20, 2023. Please send your submissions to marketing@nwmaf.org.