SDIC'10 Conference Presenters

Self-Defense Teacher Training
Swarthmore College
Swarthmore, Pennsylvania
July 13-15, 2010

**Conference Coordinators**

**Linda Ramzy** has been training in martial arts and self-defense for over 30 years, and is a 8th degree black belt in Fuji Ryu Jujitsu. She owns and operates her own martial arts school in the Bronx, as well as the Women’s Empowerment Self Defense Academy, in which she focuses specifically on teaching self-defense skills to children, teenage girls, and women of all ages and physical abilities. Linda has taught women's self-defense extensively throughout the United States, Canada, and Europe, and has been featured as a self-defense expert in media, including Newsweek, Newsday, and ABC-NEWS 20/20. She served as a consultant for Mayor David Dinkins' New York City Task Force Against Sexual Assault and was Princeton University's chief instructor and consultant for Self-Defense and Rape Prevention. An alumna of the NWMAF Board of Directors, Linda coordinated Special Training 1993, which was attended by a record-setting 567 women. She is the 2010 recipient of the NWMAF Coleen Gragen Award of Inspiration.

**Lynne Marie Wanamaker** will celebrate her 22nd anniversary studying self-defense and martial arts in a feminist, social-justice, anti-racist and anti-violence context in 2010. From 1988-2000 she was a member of Brooklyn Women's Martial Arts (Brooklyn, NY), where she was trained as a self-defense instructor by Annie Ellman in 1991. Since 1999 Lynne Marie has studied at Valley Women's Martial Arts (Easthampton, MA) where she earned her Nidan in Shuri Ryu Karate. Lynne Marie holds a B.A. in Women's Studies from the City University of New York and certificates in Group Exercise Instruction and Personal Fitness Training from Holyoke Community College, as well as industry certification in Personal Fitness Training and Perinatal Fitness. She was certified as a Women's Self-Defense Instructor by the National Women's Martial Arts Federation in 2003. Lynne Marie is a writer who often addresses the intersection of parenting and self-defense in her work. She blogs at [www.mindbodymama.com](http://www.mindbodymama.com).
Sally Van Wright is a Karateka and Modern Arnisadora (5th and 2nd degree black belts, respectively), actively training since 1987. She is a grateful student and teacher at Valley Women's Martial Arts in Easthampton, Massachusetts. An NWMAF certified self-defense instructor, Sally is also an NWMAF lifetime member and former Chair of its Board of Directors 2004-2007. She has been honored to serve as a Trainer at both Special Training and PAWMA camps. Sally enjoys shared leadership and currently Co-Chairs the NWMAF’s Anti-Racism Council with Sonya Richardson. She has worked as a social worker in a progressive regional jail in Massachusetts since 1993.

Session Facilitators and Panelists

Janet Aalfs, a 7th degree black belt in Karate, and a 5th degree black belt in Modern Arnis, has been director since 1982 of Valley Women's Martial Arts: Institute for Healing and Violence Prevention Strategies, founded in 1977, and located in Easthampton, Massachusetts. Janet is an active member of the NWMAF Self-Defense Instructors leadership group and certification board, and is a former Secretary, Chair, and a Founding Member of NWMAF. The arts she practices and teaches include Shuri-ryu Karate, Modern Arnis, Tai chi, Qigong, Poetry, and Peace. Her writing has been published widely, and she was the Poet Laureate of Northampton, Massachusetts from 2003 to 2005.

Darlene DeFour, a native of Harlem, New York, graduated from Fisk University and received her doctorate from the University of Illinois at Urbana-Champaign. She is an Associate Professor of Psychology at Hunter College of the City University of New York. In addition to her work as a research psychologist, Darlene has been training in the martial arts for more than 25 years. She is a 9th degree Black Belt in San Yama Bushi Ryu Ju-jutsu, the first woman in the system to hold this rank. She also holds a 3rd degree black belt in Shotokan karate. Darlene is currently the Chief Ju-jutsu instructor at the Harlem School of Ju-jutsu and Self Defense.

Farah Fosse began studying self-defense with Lauren Taylor and then teaching with Defend Yourself in 2005 after being away from martial arts practice for 10 years. She has attended two NWMAF Self-Defense Instructors’ Conferences / Special Trainings. She enjoys supporting women and girls in finding their voices and becoming more assertive, and has been particularly excited about working with other Latinas and sharing self-defense skills in Spanish. For her day job, Farah coordinates a tenant organizing program and works to preserve affordable housing with a Latino non-profit organization in Washington, DC. Farah has been a member of the Down There Health Collective since 2002 and has facilitated and learned from this evolving workshop more than 10 times over the last few years. She is really excited to have discussions on consent with other self-defense instructors. A common thread in her work is supporting people in developing tools to take control of their lives, fight back against oppression, and create spaces based on consent and cooperation.

Johanna Hattendorf has over 25 years of experience working in the areas of body, mind and spirit. She has been a fully licensed Massage Therapist utilizing CranioSacral Therapy, Massage, and Reiki for 16 years. Johanna also holds a second degree Black Belt in Kung Fu, has studied Tai Chi for ten years, and is an NWMAF Certified self-defense instructor. In addition, she is a retired Congregational/UCC minister with a Master of Divinity degree and training in pastoral counseling. Johanna has also been associated with IMPACT Boston since 2005, and is now their lead coach and is in charge of training their new female self-defense instructors. Her diverse background and experiences reflect her core values of wholeness and healing of body, mind and spirit.

Nancy Lanoue is the Co-Director of Thousand Waves Martial Arts and Self-Defense Center in Chicago. She has been a trainer at conferences for the NWMAF and Association of Women Martial Arts Instructors (AWMAI) more than 10 times since 1988, and currently serves as a member of the NWMAF Self-Defense Instructor Certification Board. At home in Chicago, she divides her time between developing new self-defense curricula, teaching violence prevention workshops at schools, non-profits, and business settings, and overseeing the martial arts training of Thousand Waves’ 450 members.
Shannon Lynberg is the National Director of the Younger Women's Task Force and the co-founder of Holla Back DC!, an organization that works to raise awareness and track public sexual harassment in Washington, DC. Shannon has worked with various organizations to improve the lives of women and girls. In November 2008, Shannon spent time in Guatemala researching femicide. While in college, Shannon worked at the Centers for Disease Control and Prevention tailoring sexual assault prevention programs for schools, and at the Dekalb County Board of Health designing cardiovascular health outreach initiatives for Latina’s in Atlanta. In 2007, she worked with a local DC school to write a prevention program for high risk, elementary school girls. In her spare time, Shannon volunteers for Yoga Activist and provides yoga to boys and girls at a local detention center. Shannon holds a B.S. in Psychology and a concentration in Community Psychology. In November 2008, Shannon was featured as one of "Tomorrow's Leaders" in "O, The Oprah Magazine". She has spoken at numerous conferences about topics regarding younger women's issues.

Isabel Millan, a radical queer feminist of color at heart and in practice, is currently a coordinator and active member of her local Incite! Women of Color Against Violence Ann Arbor/Ypsilanti chapter. Under the political framework of Incite!, Isabel Millán and her collective designed and taught a holistic approach to self-defense for local women of color. This approach emphasized the larger needs of marginalized communities alongside the role of state institutions, such as the prison industrial complex. Isabel Millán received her master's degree in Ethnic Studies from San Francisco State University and is currently pursuing her PhD in American Culture at the University of Michigan. Her research interests include transnational feminist, queer, and critical race theories as they relate to children's media and girlhood culture.

Katy Mattingly is the author of Self-Defense: Steps to Survival (Human Kinetics, 2007) and was the director of WAMM Self-Defense in Ann Arbor, Michigan from 1996-2005. She was trained in the IMPACT system, which emphasizes physical and emotional realism, full-force practice against padded instructors, and individualized instruction designed for and by survivors of violence. As a survivor of sexual assault, Katy knows firsthand the challenges that victims face learning self-defense and deeply honors each student's path to healing and freedom. Her teaching includes defenses against physical, verbal, and emotional attacks by friends, family, and strangers. She has been teaching for more than 15 years in a variety of venues, including corporations, universities, community centers, and domestic violence shelters. Katy is currently enrolled in the Master of Social Work program at the University of Michigan, Ann Arbor. She can be reached at www.YouCanDefendYourself.com.

Noel Petrie has dabbled in Tae Kwon Do and Tai Chi since her late teens, and is currently studying Muay Thai. Noel is a recent graduate from Bryn Mawr College's Graduate School of Social Work and Social Research. She now works as a therapist in a West Philadelphia Public School through CATCH (Citizens Acting Together Can Help http://www.catchinc.com/). Noel was a member of the Down There Health Collective from 2002 to 2007. She is excited to meet new people and learn about the tools they engage to understand and empower themselves.
Sonya Richardson, 5th Degree Kajukenbo and Sandan Kenpo Karate, began training in the martial arts in 1990 and has been a practicing physical therapist since 1988. She has taught at three national martial arts camps: PAWMA, NWMAF, and AWMAI. She currently co-chairs the Anti-Racism Council for NWMAF. Sonya serves as the Head Instructor of Kajukenbo Programs and Executive Director of Hand to Hand Kajukenbo Self Defense Center in Oakland, CA, established by the late Professor Coleen Gragen in 1980. She notes that “My passion for training and teaching is fueled by my deep respect and love for our wonderful student body at Hand to Hand and abroad. I believe that as each of us, students and instructors alike, is given space and support enough to root and reach, we will, no doubt, positively affect an even greater portion of our community, of our world.” Sonya is deeply grateful to the ongoing efforts of NWMAF members and is honored to teach at the conference this year.

Chaitra Shenoy is the co-founder of Holla Back DC!, an online, community-based organization which aims to educate about and address public sexual harassment and assault. Started in April 2009, Holla Back DC! has collected hundreds of experiences from DC metro residents addressing street harassment. The organization has been featured in online magazines such as Huffington Post and Mother Jones, along with several blogs including Prince of Petworth and Wonkabout: the DC guide. In addition to Holla Back DC!, Chai is Policy & Technical Assistance Attorney at Break the Cycle. In this capacity, Chai oversees policy initiatives that relate to how schools address dating violence and sexual violence. Currently, she is working with the District of Columbia Public Schools and rural pilot sites to implement model policies in all high schools and middle schools. Chai also trains organizations, government agencies, law enforcement, and citizens who provide services to youth and young adults on the theories and dynamics of dating violence, while providing them practical skills to work with their constituents. Chai is originally from the Bay Area, California, and received her B.A. at UCLA and her J.D. at American University, Washington College of Law.

Nadia Telsey has been involved in the anti-violence movement and teaching self-defense since 1971 and gives classes and workshops throughout the world. She began training in martial arts in 1970 with Sensei Gerald Orange in NYC. Before moving to Oregon in 1981 she co-founded Brooklyn Women's Martial Arts (aka the Center for Anti-Violence Education) and the National Women's Martial Arts Association. Nadia wrote a workbook and accompanying curriculum, Self Defense from the Inside Out. Most recently she co-created a curriculum called Strong, Safe and Free for people who have developmental disabilities. She also created a DVD for teens that demonstrates both barriers to assertiveness and what it looks like in the context of a party scene. She recently retired from the University of Oregon where she taught women's self-defense for 18 years and from her organization, Breaking Free. She is spending her retirement playing in a samba band, doing dog agility with her pup, and working both on an Anti-Hate Task Force and in an organization dedicated to peace and justice in Israel/Palestine.

Martha Thompson is Director and Senior Instructor of IMPACT Chicago, and a member of the NWMAF Self Defense Instructor Certification Board. She has a fourth-degree black belt in Seido karate and trains at Thousand Waves Martial Arts and Self-Defense Center. She is also Professor Emeritus of Sociology and Women's Studies at Northeastern Illinois University. Her grant writing has focused on funding self-defense offerings at organizations that address violence and inequalities based on gender, race, class, and sexual orientation. Among her articles on self-defense are “The Power of NO” and “Building Bridges Against Violence”.

Kate Webster has been teaching self-defense for over 13 years beginning with Chimera's Self-Defense for Women and now, for the past 10 years, with Thousand Waves Martial Arts and Self-Defense Center in Chicago. She is Thousand Waves' Associate Director of Violence Prevention programs and holds a second degree black belt in Seido Karate. Kate teaches in the karate and self-defense empowerment programs at Thousand Waves and conducts self-defense workshops throughout the city of Chicago for teens, adults, members of the LGBTQ community, and staffs of non-profits and corporate companies. Last year, Kate received her self-defense instructor certification from NWMAF. She holds a PhD in Comparative Education from the University of Chicago and recently had a book published titled Difficulties African Women Face Accessing Education (Edwin Mellen Press, 2010). She teaches at the University level in Education, Sociology, and Women's Studies.
Erin Weed's sorority sister was murdered at Eastern Illinois University in 2001. This tragedy inspired her to abandon her career in TV broadcasting and study all aspects of women's safety and self-defense. After training with the best violence prevention experts in the world, Erin created *Girls Fight Back*, a seminar give at high schools and colleges across the United States to empower young women through safety and self-defense education. She has spoken to over a half million young women since 2001, and authored a book titled *Girls Fight Back! The College Girl's Guide to Protecting Herself* (Penguin Group, 2010). Erin has been featured in media including: CNN, The CBS Early Show, Ladies Home Journal, The New York Times, Glamour, The Washington Post and Marie Claire. She was given the Hometown Hero award by John Walsh (Founder of America's Most Wanted) and named Best Female Performer 2009 by Campus Activities Magazine. In addition to speaking and writing books, Erin serves as Executive Director of the Girls Fight Back Foundation, a non-profit organization that promotes personal safety and self-defense education and activism among young women.

Kate Barrett Wilkinson, MPP, is the Research Specialist and Facilitator for the Center for Preventing Hate in Portland, Maine. Prior to joining the Center, Barrett worked for Seeds of Peace International Camp working with youth from South and Central Asia on conflict resolution. Her training and facilitation background include expertise in violence prevention with youth and adults, development of youth led initiatives, diversity awareness education, and dialogue based conflict resolution. Her work has led her all over New England, throughout the U.S. and to Northern Ireland. Barrett has a BA in Psychology and a Masters degree in Public Policy and Management.