### Draft Schedule

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<th>Time</th>
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<tr>
<td>8:00 am</td>
<td><strong>Conference Check-In</strong></td>
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<td>8:15 am</td>
<td><strong>Opening Circle</strong>&lt;br&gt;with Anne Kuzminsky and Crystal Middlestadt&lt;br&gt;Your Pre-ST Conference Coordinators</td>
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| 9:00 am| **Workshop #1:**<br>"Self-Defense as Self Care: Tools for Transformation and Healing"
          <br>with Diane Long<br>How do we create more safety, comfort and ease for ourselves and our students while practicing self-defense? How can self-defense help people better manage fear and anxiety in all areas of life? In what ways can we adapt our teaching practices to be more sensitive to the needs of survivors? How can self-defense help people heal from traumatic experiences? What are some ways that self-defense can foster social engagement and promote social justice? These are the questions we will explore in this workshop. Through a combination of lecture, discussion, and interactive exercises, we will explore ways to reduce fear for class participants, such as:<br>  - Slowing the pace of our classes and breaking concepts down into manageable parts<br>  - Using warm ups as a means to help people orient to their own bodies, to build rapport as a group, and to introduce movements that will be used in self-defense techniques<br>  - Engaging in activities designed to build emotional literacy and to increase internal and external sensory awareness<br>  - Allowing participants to shape the content and direction of class<br>The models we use in our teaching can both reflect and create the changes we want to see. |
| 10:45 am| **Workshop #2:**<br>"Teaching Self-Defense: 101 Ways to Reach Across Cultures"
          <br>with Sarah Trembath, and a panel including Darlene DeFour, Michele Elefante, Janet Gee, Zosia |
This workshop begins with the premise that it is the teacher's responsibility to meet the needs of diverse learners. Ethnicity, culture, and race influence the experience of both the teacher and the student, but it is the teacher's responsibility to be relevant and flexible. A panel of experienced self-defense instructors who have mindfully bridged ethnic, cultural, and racial barriers will relay testimonials of both their successes and frustrations, and offer practical tips based upon their experiences. Through exercises and small group work, the audience will be encouraged to self-reflect so that they may bring new and useful material back to their own self-defense teaching practices. Attendees who attended the 2007 Pre-ST panel will find this panel to be an informative continuation of questions and ideas raised then. New attendees will receive information on improving cross-cultural relations in their self-defense instruction.

12:30 pm  Lunch
AND
Self Defense Instructor Certification Board: Open Meeting

The NWMAF Self Defense Instructors' Certification Board will host a lunch meeting for anybody interested in the organizational aspects of NWMAF Self Defense Instructor Certification, and/or the application process. This meeting is also for anybody who may be interested in serving as a mentor for those applying for certification.

2:00 pm  Workshop #3
"De-Escalation Skills Training Inspiring Nonviolence in Youth"
with Destiny Arts Center Presenters Lauren Benjamin, Bryia Daniels, Marianna Martinez, Damie Nazapas, and Alicia Otis-Levins

The Destiny Arts Center, in Oakland, California, exists to end isolation, prejudice and violence in the lives of young people. We accomplish our mission by providing dance, martial arts, conflict resolution, self-defense, and youth leadership classes and workshops. DESTINY supports multicultural youth in developing an individualized sense of artistic expression, leadership skills and personal empowerment that they understand has an impact on their communities. We reach out to youth of color and low-income youth and offer outreach programs at local schools and community centers that serve primarily youth of color.

DESTINY believes in giving youth the opportunity to share the message of peace and empowerment through performances, events, workshops, and teaching opportunities in the community. The youth instructors undergo continual training in the DESTINY curriculum as well as mentorship with adult instructors as they reach out to other youth within their community as peers and as teachers. The Destiny Arts Center celebrates its 20th anniversary this year.

This workshop will cover techniques used to teach the 5 fingers of violence prevention and conflict resolution to different age groups, from elementary to high school students, through games, discussion and movement (i.e., martial arts and dance). The last 30 minutes will be a panel discussion between the presenters and the Pre-ST conference participants.

3:45 pm  Self Defense Workout
with Janet Gee

Whether you are stepping onto the mat for the first time or have been teaching self defense for years, join us for this energizing afternoon workout with Master Instructor and 7th degree black belt Janet Gee. We'll be working on moving, flowing, breathing and sensing ourselves and our centers as we move through various training drills. This class is designed to help us connect with our inner awareness and wisdom with greater ease when distressed. Please bring training knives and simulated training guns if you have them. Also wear an old T-shirt and bring water pistols and color safe markers.

5:30 pm  Dinner

7:00 pm  Workshop #4
"I'M WORTH DEFENDING: How Self-Defense is Changing Lives in Kenya"
with Lee Sinclair and Susannah MacKaye

What does self-defense look like in a world with no effective police presence, no reliable legal system, and very few laws that support women's rights? What does prevention look like in a country roughly twice the size of the state of Nevada where it is estimated that over 1200 rapes occur daily and aftercare strategies drain every resource dollar available?

The place is Kenya, but it could be anywhere in the world where the prevalence of rape has reached epidemic proportions. Why isn't self-defense on every list of recommended anti-rape strategies put out by global gender-based violence (GBV) watchdog organizations? How can we change this?
This presentation begins with the story of Lee Sinclair's work with AIDS orphans in Kenya and continues into the experience of two self-defense instructors from the US who spent two weeks training and collaborating with eight young women and men in the slums of Nairobi. These eight instructors went on to develop and design the "I'm Worth Defending" program of today.

Since February 2007, IWD (www.imworthdefending.org) has brought anti-rape awareness and the life-saving skills of self-defense to over 20,000 Kenyans. In this workshop, we'll discuss:

- How this program was created
- How its success relates to the self-defense model we shared
- Expanding the boundaries of what is considered self-defense to fit community needs
- Self-Defense's role in the overall global gender-based violence equation
- How you can get involved

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<tr>
<td>8:30 pm</td>
<td>Social Networking &amp; Snacks</td>
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<td>AND</td>
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<td></td>
<td>Handout &amp; Skill Swap with Martha Thompson</td>
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<td>10:00 pm</td>
<td>Bedtime</td>
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<tr>
<td>Thursday</td>
<td>July 17, 2008</td>
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<tr>
<td>7:45 am</td>
<td>Wakeup Workout with Destiny Arts Center Presenters Lauren Benjamin, Bryia Daniels, Marianna Martinez, Damie Nazapas, and Alicia Otis-Levins</td>
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| 9:00 am | Workshop #5:  
| 1) The Business of Self Defense 101 with Erin Weed |
| OR | 2) "Building Peace through Self-Defense: An Exploration of Peace Education Concepts" with Yuko Uchikawa, assisted by Jennifer Lee |
| 10:45 am | Workshop #6:  
| 1) "Business and Strategic Planning" |
Take your marketing and outreach to the next level. Join Erin Weed for a discussion on converting ideas presented in her Business 101 program to action. In this interactive workshop you will learn the key elements for any business and strategic growth plan, and how to effectively implement them. Bring your plans-in-progress, and be prepared to engage.

OR

2) "Welcoming and Icebreaker Activities"
with Janet Aalfs

This workshop will include activities and ideas for promoting a positive and transformative space, bringing a group together, building bridges, creating an encouraging atmosphere, and supporting participants to take risks in healing ways. With emphasis on FUN - for greater self-defense learning possibilities... Feel free to bring handouts describing one or more of your favorite welcoming or icebreaker activities to share with the group.

12:00 pm  Conference Wrap Up
with Anne Kuzminsky and Crystal Middlestadt

12:30 pm  Lunch

AND

Self Defense Instructor Certification Board: Open Meeting

The NWMAF Self Defense Instructors' Certification Board will host a lunch meeting to discuss any aspects of NWMAF's Self Defense programming, including the Special Training Self Defense Track, Self Defense Instructor Networking, and the Pre-ST Conference.