

Suggested/Requested Classes and Topics for Next Camp

- **Crossover classes (SD-MA, MA-HA, HA-SD)**
- **(x3) Escape from cars w/ Su Gould/George Schorn**
- More board breaking
- More kicking classes
- More classes like Origami where there's some down time to be creative in other ways
- More about sensory topics and healing arts
- Slow yoga transitions
- Joint anatomy with demonstrations (“you can feel this ligament if you do this...” “here’s how you can hurt/protect it...”)
- More practical self-defense applications
- Morality and legality of using different levels of force in self-defense
- History of martial arts and women

Across Traditions

- Fighting concepts from different schools/traditions
- Comparing forms. There are so many forms represented by attendees and I realize how little I know.
- More classes on principles of other forms. What makes Karate Karate? What makes Kung Fu, Kung Fu? etc. Not in the class room, active on the mat.

Sparring

- Sparring for beginners
- Trauma-informed sparring

For Teachers/Directors

- A few classes for martial arts instructors (how to teach)
- How to design activities/games to address something specific (ESD)
- Ideas/exercises for getting participants/clients more comfortable with touch (healing arts)
- I’d love to have an opportunity to connect with other ESD instructors who teach in Spanish. A model workshop or class in Spanish would be great. I’m looking for a Spanish-language curriculum share and discussion about culturally relative curriculum for Latinas/Hispanic women.
- Humor in your classes
- Youth-led class? on social media—Twitter, Snapchat—whatever makes us more up-to-date
- Addressing issues that come up in ESD classes (for new/upcoming ESD instructors)
- Marketing for self defense classes
- Teaching de-escalation
- Deep dive into one basic self-defense technique (e.g. palm-heel strike)—different ways to do it,

safety concerns, tips for teaching, ways to make it more powerful, etc.

Weapons

- Class on active shooter situations (one for participants and one about how to teach this in ESD)
- Nunchucks again
- More traditional martial arts weapon classes
- Advanced bo staff

Sexuality

- **(x2) More sex ed/sex positivity**
- Gender, sexuality, pronouns class Why don't we know these things - hormones, menstruation, and more
- More classes about sexuality topics and their connections to self defense

Intersectionality

- **(x3) How to bring intersectionality into the classroom—giving credit to Black Feminists**
- LGBTQIA issues/inclusion
- Teaching ESD for different populations (PTSD, trans, WoC, etc.)

Arts

- **Judo (x2) & grappling**
- **(x2) Brazilian Jiu-Jitsu + (x2) Intermediate BJJ class**
- **(x2) Boxing**
- **(x2) Capoeira**
- **(x2) Jeet Kune Do**
- **(x2) Krav Maga**
- More soft arts
- More Chinese style classes
- Qi gong
- Tai-chi
- Kung fu styles
- Savate
- Jun Fan
- Aikido
- Escrima sticks
- Anything TKD

Specific classes/trainers

- **(x3) Keep welcoming new trainers, including new people of color.**
- Women of color/non-binary instructors for ESD model course
- **(x2) Cynthia DeCastro - Joint Lock Flow**
- **(x2) Giovanna Follo**
- **(x2) Bianca Pastrana - Sound bath**