



Martial Arts | Healing Arts | Self-Defense

July 16-25, 2021

100% ONLINE

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THANK YOU TO OUR 2021 SPONSORS!

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AND



Sponsors



MIRROR MEMOIRS & IMPACT INTERNATIONAL PRESENT:

**MIRROR
MEMOIRS**

What Constitutes “Self-Defense” for Black Trans Survivors?

IMPACT
International



**A panel featuring
Wriply Bennet, Ky Peterson & edxi betts**

July 27, 2021

12:00-1:30pm EST

RSVP: tinyurl.com/MM727panel



2021 NWMAF VIRTUAL CONFERENCE SCHEDULE

Zoom links are posted at [NWMAF-we-persist-2021.org/conference-links](https://www.nwmaf-we-persist-2021.org/conference-links). Check website for most up-to-date schedule.

Times are listed in Eastern Daylight Time.

Fri. July 16					
5:00-5:30 PM	Opening Remarks	NWMAF	▲★	●■◆	☹☹☹
5:30-7:00 PM	ESD Instructor Panel: What Would I Do and Why?	Maryam Aziz, PhD Nancy Lanoue Debbie Leung Carrie Slack, moderator		● ◆	☹☹☹
7:30-9:00 PM	ESD Skill Swap	Lauren M. Bailey Lindsey Ross	▲★	●■◆ ◆	☹☹☹
Sat. July 17					
11:30 AM-1:00 PM	Participation – It's not "all or nothing"	Karen Chasen Linda Leu	▲★	◆	☹☹☹
1:30-3:00 PM	Teaching Self-Defense and Sexuality Education to Survivors with Disabilities	Mandy Cohen Allie Talarico		●	☹☹☹
3:30-5:00 PM	Making Connections with Rape Crisis and Domestic Violence Organizations	Meg Stone	▲	●■◆ ◆	☹☹☹
7:30-9:00 PM	They have questions, do you have answers? The reality of firearms and teaching self-defense	Michele Elefante Deb Lee		●■◆ ◆	☹☹☹
Sun. July 18					
10:30 AM-12:00 PM	Aligned, agile & awesome!	Grandmaster Sunny Graff	▲	●■◆	☹☹☹
12:30-2:00 PM	Microaggressions Post the Capitol Siege	Darlene C. Defour, PhD	▲★	●■◆	☹☹☹
2:30 PM-6:00 PM	ESD Model Workshop & Debrief (with breaks!) *closed to men*	Jill Baker Shames		●■◆ ◆	☹☹☹
6:30-8:00 PM	Ethics in Empowerment Self-Defense	Diane Long	▲★	●■◆ ◆	☹☹☹
8:00-8:30 PM	Look-Ahead Social	NWMAF	▲★	●■◆	☹☹☹
Thu. July 22					
11:00-11:30 AM	Opening Remarks	NWMAF	▲★	●■◆	☹☹☹
11:30 AM-1:00 PM	Learning how to adapt: Scaling up an international ESD program in the COVID era	Hind Essayegh Katie Bradley Alice Clarfelt Levy Wagner	▲	●■◆ ◆	☹☹☹
1:30-3:00 PM	Arnis Striking Styles & Applications	Beth Holt	▲★	■◆	☹☹☹
3:30-5:00 PM	Sanctuary: Designing a Martial Arts Program Where Survivors can Thrive	Linda Green	▲	●■◆ ◆	☹☹☹
	Labyrinth Through Fear: A Gift Event	Shinshii Janet Aalfs		●■◆	☹☹☹
5:30-7:00 PM	Teaching Bullying Prevention in an Inclusive Setting	Mandy Cohen Katiana Gordon Kaya Van Der Meer Jeanine Woods	▲	● ◆	☹☹☹

Elective for ESD certification (see page 9)

Age = ▲ Teens Welcome / ★ YMA Welcome (6-12yr)

Experience = ● Beginner / ■ Intermediate/ ◆ Advanced / ◆ Instructor

Exertion = ☹☹☹ None / ☹☹☹ Mild / ☹☹☹ Moderate / ☹☹☹ High

7:30-9:00 PM	Building a Women's Team	AJ Clingerman	▲★	●■◆ ❖	☹☹☹
	Introduction to Traditional Chinese Lion Dance	Nikki Strong Andréa Fernández Antelo Eva Luong Annika Mueller-Owens Connie Wong	▲★	●■◆	☹☹☹
Fri. July 23					
11:30 AM-1:00 PM	Debriefing Role-Plays for Self-Defense	Amy L.E. Jones	▲	●■◆ ❖	☹☹☹
1:30-3:00 PM	The Future of ESD Research	Jocelyn Hollander Amy L.E. Jones Jennifer Keller Martha Thompson	▲	●■◆ ❖	☹☹☹
	Fearless Sparring	Beth Holt	▲★	●■◆ ❖	☹☹☹
3:30-5:00 PM	How to be popular! Creating an engaging training using popular education (even online!)	Farah Fosse		●■◆ ❖	☹☹☹
	Gameplanning and Competition Prep	AJ Clingerman	▲★	●■◆ ❖	☹☹☹
5:30-7:00 PM	Introduction to Decolonial Practices for ESD	Magdalena Dircio Diaz Michelle Pereira-Henriquez	▲★	●■◆ ❖	☹☹☹
	Wudang Five Animal Qigong	Nikki Strong	▲★	●■◆	☹☹☹
7:30-9:00 PM	NWMAF Member Conversation	NWMAF	▲★	●■◆	☹☹☹
Sat. July 24					
11:30 AM-1:00 PM	Pads 101 and Beyond!	Arlene Limas	▲★	● ❖	☹☹☹
	Shake Out Tension and Stress with TRE: Tension and Trauma Releasing Exercise	Johanna Hattendorf	▲★	●■◆	☹☹☹
1:30-3:00 PM	It's an unpredictable world right now! What should I know about firearms? Basic safety and information for owners, potential owners and everyone else	Michele Elefante Deb Lee		●	☹☹☹
3:30-5:00 PM	What is bullying and how to stop it *YMA only*	Mandy Cohen Katiana Gordon Kaya Van Der Meer Jeanine Woods	★	●	☹☹☹
5:30-7:00 PM	Box Like a Champion!	Hanna Gabriels	▲★	●■◆	☹☹☹
7:30-9:00 PM	Human Trafficking Safety Tips for Tweens, Teens & Parents	Dr. Odette Russell	▲★	●■	☹☹☹
	Facilitated Book Discussion: <i>Sexual Citizens</i>	Justine Halliwill	▲	●■◆ ❖	☹☹☹
Sun. July 25					

Elective for ESD certification (see page 9)

Age = ▲ Teens Welcome / ★ YMA Welcome (6-12yr)

Experience = ● Beginner / ■ Intermediate / ◆ Advanced / ❖ Instructor

Exertion = ☹☹☹ None / ☹☹ Mild / ☹ Moderate / ☹☹☹ High

11:30 AM-1:00 PM	Bystander Intervention to Stop Identity-Based Hate	Farah Fosse	▲★	●■◆ ❖	💧💧💧
	Long Staff	Grandmaster Sunny Graff	▲★	■◆	💧💧💧
1:30-3:00 PM	Sweeps and Kicks	MyTien Duong	▲★	●■◆	💧💧💧
3:30-5:00 PM	Retreat into Mindfulness	Latisha McCray	▲★	●■◆	💧💧💧
5:30-7:00 PM	Fashion as a Weapon	Dr. Odette Russell		●■	💧💧💧
7:30-9:00 PM	Performance & Closing	NWMAF	▲★	●■◆	💧💧💧

Elective for ESD certification (see page 9)

Age = ▲ Teens Welcome / ★ YMA Welcome (6-12yr)

Experience = ● Beginner / ■ Intermediate/ ◆ Advanced / ❖ Instructor

Exertion = 💧💧💧 None / 💧💧 Mild / 💧💧💧 Moderate / 💧💧💧 High

CONFERENCE INFORMATION

Our instructors have designated ages and experience levels that they intend their class for. If you're very interested in a class that wasn't designed for you, just be aware that it may not reach you as well.

NEW—Areas of Focus

This year we are introducing Areas of Focus. Instructors chose up to five “tags” that described the content of their class, to help give a better idea of the content.

1 DRILL	<p>Learn a single kata or drill</p> <p>Introduction to Traditional Chinese Lion Dance Long Staff</p>
ADJUST CURR	<p>Learn how to adapt or adjust curriculum and teaching style to suit different audiences</p> <p>ESD Instructor Panel: What Would I Do and Why? Participation – It's not “all or nothing” Teaching Self-Defense and Sexuality Education to Survivors with Disabilities Making Connections with Rape Crisis and Domestic Violence Organizations They have questions, do you have answers? The reality of firearms and self-defense Ethics in Empowerment Self-Defense Learning how to adapt: Scaling up an international ESD program in the COVID era Sanctuary: Designing a Martial Arts Program Where Survivors can Thrive Teaching Bullying Prevention in an Inclusive Setting Debriefing Role-Plays for Self-Defense How to be popular! Creating an engaging training using popular education Introduction to Decolonial Practices for ESD Pads 101 and Beyond! Bystander Intervention to Stop Identity-Based Hate</p>
ADVANCE	<p>Learn how to advance your practice (activities, exercises, competition prep)</p> <p>Introduction to Traditional Chinese Lion Dance Fearless Sparring Gameplanning and Competition Prep Wudang Five Animal Qigong</p>
ARMED TECH	<p>Learn armed physical techniques (martial arts or self-defense)</p> <p>They have questions, do you have answers? The reality of firearms and self-defense Arnis Striking Styles & Applications Long Staff Fashion as a Weapon</p>
BODY MECH	<p>Learn about body mechanics, anatomy, stretching techniques, etc.</p> <p>Aligned, agile, and awesome! Introduction to Traditional Chinese Lion Dance Wudang Five Animal Qigong Shake Out Tension and Stress with TRE: Tension and Trauma Releasing Exercise Box Like a Champion! Sweeps and Kicks Retreat into Mindfulness</p>
BUSINESS ADMIN	<p>Learn skills for running or administrating schools/programs (business, marketing, fundraising, etc.)</p> <p>Learning how to adapt: Scaling up an international ESD program in the COVID era</p>

Sanctuary: Designing a Martial Arts Program Where Survivors can Thrive
Building a Women's Team

CENTERING	<p>Leave feeling centered, peaceful, healed</p> <p>Labyrinth Through Fear: A Gift Event Introduction to Decolonial Practices for ESD Retreat into Mindfulness</p>
CROSSOVER	<p>Learn crossover content from 2+ disciplines (martial arts, healing arts, self-defense, theater, dance, writing)</p> <p>Ethics in Empowerment Self-Defense Labyrinth Through Fear: A Gift Event Sanctuary: Designing a Martial Arts Program Where Survivors can Thrive Fearless Sparring Introduction to Decolonial Practices for ESD Shake Out Tension and Stress with TRE: Tension and Trauma Releasing Exercise</p>
DEEP DIVE	<p>Learn about a specific topic (eating disorders, sexual assault in the military, Title IX, etc.)</p> <p>Teaching Self-Defense and Sexuality Education to Survivors with Disabilities Making Connections with Rape Crisis and Domestic Violence Organizations They have questions, do you have answers? The reality of firearms and self-defense Ethics in Empowerment Self-Defense Teaching Bullying Prevention in an Inclusive Setting The Future of ESD Research Gameplanning and Competition Prep Introduction to Decolonial Practices for ESD It's an unpredictable world right now! What should I know about firearms? What is Bullying and How to Stop it Human Trafficking Safety Tips for Tweens, Teens & Parents Facilitated Book Discussion: Sexual Citizens</p>
FUNDAMENTALS	<p>Learn or refine the fundamentals of an art or technique</p> <p>Wudang Five Animal Qigong Box Like a Champion!</p>
INSTITUTIONS	<p>Learn how to work with institutions (schools, professional orgs, sports orgs)</p> <p>Making Connections with Rape Crisis and Domestic Violence Organizations</p>
LIVE	<p>Get real-time practice against an opponent (sparring, role-plays, etc.)</p> <p>Teaching Self-Defense and Sexuality Education to Survivors with Disabilities Arnis Striking Styles & Applications Teaching Bullying Prevention in an Inclusive Setting What is Bullying and How to Stop it</p>
MODEL	<p>See a model or demonstration of curriculum, activities, or games</p> <p>Teaching Self-Defense and Sexuality Education to Survivors with Disabilities ESD Model Workshop & Debrief (with breaks!) Teaching Bullying Prevention in an Inclusive Setting Debriefing Role-Plays for Self-Defense How to be popular! Creating an engaging training using popular education Shake Out Tension and Stress with TRE: Tension and Trauma Releasing Exercise Bystander Intervention to Stop Identity-Based Hate</p>
RESEARCH	<p>See a presentation of statistics, research, or historical information</p> <p>Making Connections with Rape Crisis and Domestic Violence Organizations Introduction to Traditional Chinese Lion Dance</p>

The Future of ESD Research
Wudang Five Animal Qigong
Human Trafficking Safety Tips for Tweens, Teens & Parents
Facilitated Book Discussion: Sexual Citizens

SITUATION Learn skills for a **specific situation or application** (against a wall, at a protest, lobbying, grant-writing, etc.)

Arnis Striking Styles & Applications
Teaching Bullying Prevention in an Inclusive Setting
What is Bullying and How to Stop it

TEACHING SKILLS Learn **skills for teaching** or for developing and leading curriculum/activities

ESD Instructor Panel: What Would I Do and Why?
Participation – It’s not “all or nothing”
They have questions, do you have answers? The reality of firearms and self-defense
ESD Model Workshop & Debrief (with breaks!)
Learning how to adapt: Scaling up an international ESD program in the COVID era
Building a Women’s Team
Debriefing Role-Plays for Self-Defense
How to be popular! Creating an engaging training using popular education
Pads 101 and Beyond!
Facilitated Book Discussion: Sexual Citizens
Bystander Intervention to Stop Identity-Based Hate

TRAUMA INF Learn and/or gain **skills around trauma-informed practices**

Participation – It’s not “all or nothing”
Teaching Self-Defense and Sexuality Education to Survivors with Disabilities
Making Connections with Rape Crisis and Domestic Violence Organizations
Ethics in Empowerment Self-Defense
Sanctuary: Designing a Martial Arts Program Where Survivors can Thrive
Debriefing Role-Plays for Self-Defense
How to be popular! Creating an engaging training using popular education
Shake Out Tension and Stress with TRE: Tension and Trauma Releasing Exercise
Bystander Intervention to Stop Identity-Based Hate

UNARMED TECH Learn **unarmed physical techniques** (martial arts or self-defense)

Labyrinth Through Fear: A Gift Event
Introduction to Traditional Chinese Lion Dance
Pads 101 and Beyond!
Box Like a Champion!
Human Trafficking Safety Tips for Tweens, Teens & Parents
Sweeps and Kicks

WELLNESS Learn about physical, mental, and/or emotional **health & wellness**

ESD Instructor Panel: What Would I Do and Why?
Aligned, agile, and awesome!
Ethics in Empowerment Self-Defense
Labyrinth Through Fear: A Gift Event
Sanctuary: Designing a Martial Arts Program Where Survivors can Thrive
Gameplanning and Competition Prep
Wudang Five Animal Qigong
Shake Out Tension and Stress with TRE: Tension and Trauma Releasing Exercise
What is Bullying and How to Stop it
Human Trafficking Safety Tips for Tweens, Teens & Parents
Sweeps and Kicks
Retreat into Mindfulness

WORKOUT

Get a **good workout** (sweat, elevated heart rate)

Arnis Striking Styles & Applications
Fearless Sparring
Long Staff
Sweeps and Kicks
Retreat into Mindfulness

ESD Instructor Certification

If you're hoping to certify, you must take BOTH:

- Model Workshop & Debrief, July 18, 2:30-6:00 PM EDT
- Three electives from this list (these are also tagged "ESD Elective" on the online schedule)

ESD Instructor Panel: What Would I Do and Why?

Participation – It's not "all or nothing"

Teaching Self-Defense and Sexuality Education to Survivors with Disabilities

Making Connections with Rape Crisis and Domestic Violence Organizations

They have questions, do you have answers? The reality of firearms and teaching self-defense

Microaggressions Post the Capitol Siege

Ethics in Empowerment Self-Defense

Learning how to adapt: Scaling up an international ESD program in the COVID era

Teaching Bullying Prevention in an Inclusive Setting

The Future of ESD Research

Introduction to Decolonial Practices for ESD

Pads 101 and Beyond!

Shake Out Tension and Stress with TRE: Tension and Trauma Releasing Exercise

Facilitated Book Discussion: Sexual Citizens

Bystander Intervention to Stop Identity-Based Hate

Fashion as a Weapon

NWMAF BOARD OF DIRECTORS



Lisette Delgado-Fitzgerald | *she/her/hers*

Chair 2021–2022

Liz and her partner Cat co-created the ASSERT Program in 2004: a liability-conscious, scalable, empowerment self-defense-based system for Civilian, LEO/ Security Pros, and Military/ Mission Critical Teams. The multi-tasking Liz wears many hats in her leadership of this nonprofit, including curriculum design, business management, and marketing duties; design of defensive tactics programs, trainable progressions with reproducible results, and policies for a variety of groups; research and development of the program; design and maintenance of Instructor Certification Curriculum; and she still manages to teach regularly scheduled workshops.

In 2013 Liz founded KSA Martial Academy in Nashville, Tenn. She teaches daily classes in Aikido, Filipino Kali, Jeet Kune Do, and Tae Kwon Do. ASSERT, as well as Liz herself, volunteer services, classes, and workshops with various at-risk youth groups, previously victimized groups, public schools, and several social organizations.



Cheryl VanHoosen | *she/her/hers*

Treasurer 2019-2021

Cheryl VanHoosen is a third-degree black belt in Sho Shin Do, a first-degree black belt in TAOS Cielo y Tierra Arnis, and a first-degree black belt in Jun Fan/PMA/Kali with 20 years of martial arts training. Cheryl is a lifetime member of the NWMAF and has been a trainer at two NWMAF training camps.

Cheryl is a former instructor for the children's program at Global Martial Arts in Virginia Beach, Virginia, where she developed a program focused on basic life skills, character development, and martial skills. While there, she also implemented school's Kindness Ninja program.



Corrin Eckert-Chu | *she/her/hers*
Secretary 2020–2022

Corrin began training in Goju Karate at Brooklyn Women’s Martial Arts in 2000. She also holds a 6th degree lineage in Northern Wu Tai Ji, and 8th in Hubei Xing Yi through her training in tai chi and sword at the Wu Tang Physical Culture Association, having had an interest in other styles sparked by Special Training 2002.

She teaches karate at Brooklyn Goju, the successor school to BWMA, and is currently most interested in continuing with her training in Xing Yi and Wu sword styles. In her professional life, she is a senior Project Manager for a technology company.



Martha Thompson | *she/her/hers*
Self-Defense Coordinator 2020–2022

Martha Thompson has been an IMPACT Chicago Lead Instructor since 1988, a member of NWMAF since 1991, and an NWMAF certified self-defense instructor since 2002. Martha has been a trainer at several NWMAF Conferences, including co-teaching the Empowerment Self-Defense Model Course in 2015, and is a co-author of the NWMAF Empowerment Model for Teaching Women’s Self-Defense.

Inspired by attendance at the 1991 NWMAF Special Training, Martha started training in Seido Karate in the fall of 1991 with the hosts of that conference Nancy Lanoue and Sarah Ludden, Thousand Waves Martial Arts and Self-Defense Center. Martha is now a fifth-degree black belt in Seido Karate.

Martha served as the IMPACT Chicago Director and Admin Team Leader from 1988-2020, has served on the IMPACT International Board of Directors, is a co-founder of the Empowerment Self-Defense Alliance, and co-coordinates the ESD Research Committee. She is retired from Northeastern Illinois as Professor of Sociology and Women’s and Gender Studies and in December 2020 retired from IMPACT Chicago (still serving on the Retired Instructors Council and as an Admin consultant).

She has written articles on self-defense, such “The Power of NO” in Feminist Teacher and “Empowering Self-Defense Training” in Violence Against Women.



Lauren M. Bailey | *she/her/hers*

Membership Coordinator 2019-2023

Lauren Bailey has been an NWMAF member since 2017, attending Super Saturday in 2018 and Special Training in 2019. She is a first-degree black belt in combat hapkido and holds rank in kali and Brazilian jiu-jitsu. She trains with Jeff Robison (Club MMA, Cincinnati, Ohio; Rister International Kali and Will-Machado Jiu-Jitsu) and Larry Zickefoose (International Combat Hapkido Federation). When she's not on the mats, Lauren is a book editor and a co-founder of Thrive Empowerment Center, which offers Empowerment Self-Defense classes in the metro Cincinnati area. She's mom to Finn (age 10) and Sloane (age 8)—both martial artists themselves.

ESD Skill Swap

This conference tradition is an informal gathering of ESD instructors. You can share an activity, game, or other teaching tool with the group, and learn from what others share. All are welcome!

Intended for All Ages | All Experience Levels | No Exertion



Natalie DeMaioribus | *she/her/hers*

Events Coordinator 2018–2022

Natalie DeMaioribus found the NWMAF only a few years ago. She has practiced mixed martial arts including muay thai, kali, and panantukan with Minnesota Kali Group schools in two states. In 2015 she became an instructor with Chimera Self-Defense in Madison, Wisconsin, and has developed curricula for a variety of audiences including teen survivors of sexual violence, English language learner tutors, and Human Resources professionals.

Natalie enjoys writing fiction, learning languages, and singing, and is still considering becoming a hydrologist or a structural geologist.



Jes McAlear | *she/her or they/them*

Youth Coordinator 2019-2021

Jessica McAlear started her path in martial arts and self-defense in 1999, attending her first National Women's Martial Arts Federation (NWMAF) conference in 2012. Jes obtained a Bachelor of Arts in Geography and a Bachelor of Education from Nipissing University.

A fourth-degree black belt in both Shotokan Karate-Do and Ng Ying Kuen Kung Fu, Jes has taught youth and adults various martial arts skills for the past 17 years, primarily leading youth programs, most recently at 3 Fires Martial Arts Academy in North Bay, ON. Jes has also taught Empowerment Self-Defence for the past 9 years primarily through the co-founded Personal Defense Program with Francesca Morabito at 3 Fires. With a passion for advocating for and empowering youth, Jes wants to ensure that their voices are heard.

Outside of the Kwoon/Dojo, Jes is a member of the Canadian Armed Forces, specifically the Royal Canadian Air Force. As part of her security background, Jes has received use-of-force and de-escalation training for various emergency situations. Her past academic research includes 'Fear of Crime and Self-Defense' and 'The Role of the Physical Environment in Learning Martial Arts,' and current work is focused on child abuse prevention.



Lindsey Ross | *she/her/hers*

Development Coordinator & Fundraiser 2019-2021

Lindsey is a 90-degree black belt and a master street fighter, and she dabbles in 15,000 different forms of martial arts. When Lindsey is not making jokes, you will find her rolling around on the floor with friends. (She thinks they call it jiu-jitsu.) Sometimes you'll find her dabbling in Muay Thai. Off the mats, she spends her time as a professional sex coach, educating and empowering people through sexual health. Lindsey also has a background in working with children recovering from trauma. Lindsey has a huge passion for teaching self-defense and empowering women. This led her to co-found Thrive Empowerment Center, which offers Empowerment Self-Defense classes in the metro Cincinnati area.

ESD Skill Swap

See description under Lauren Bailey (board member).

INSTRUCTOR BIOS AND CLASS DESCRIPTIONS



AJ Clingerman | *she/her/hers*

AJ is a Brown Belt in Brazilian Jiu Jitsu and Co-Owner of Fight Hub LLC with her husband, James. She trains Brazilian Jiu Jitsu and competes in many grappling tournaments. As a Purple Belt AJ won such notable tournaments as No-Gi Worlds and Gi Pans. AJ teaches multiple classes per week including 3 Women's Only BJJ Classes, multiple co-ed BJJ classes and a Takedown Class. In addition to teaching classes and training, AJ runs The Extreme Grappling Open, and the Roll Model Women's Only Grappling Camp.

Building a Women's Team

Whether you own an academy, teach at a school, or you are a student that wants to help grow the women's team, this class is for you! We will discuss why it is important to grow the female community in martial arts as well as ways to make it happen! We will also cover ways to make your current community more cohesive.

Intended for All Ages | All Experience Levels; For Instructors | No exertion

BUSINESS ADMIN | TEACHING SKILLS

Gameplanning and Competition Prep

This class will go over ways to set up a gameplan specifically for Brazilian Jiu Jitsu, but can be adapted for other martial arts. We will discuss competition prep, what to expect and how best to deal with the nerves of competing. We will also discuss why it's important that you compete!

Intended for All Ages | All Experience Levels; For Instructors | No exertion

ADVANCE | DEEP DIVE | WELLNESS



Alice Clarfelt | *she/her/hers*

Alice Clarfelt is the Sexual Violence Technical Advisor at No Means No Worldwide. Alice is a gender specialist, researcher and facilitator. She has significant experience in the fields of youth development, HIV prevention, sexual violence, and sexual and reproductive health. For the past 12+ years she's engaged deeply on designing and evaluating participatory approaches to research, education and social change. Alice has worked with NGOs, community-based organizations, international development agencies and provincial and national government across sub-Saharan Africa. She believes strongly in the transformative possibilities of educational programs that build young people's critical thinking and inner-resourcefulness, and is deeply committed to ending sexual violence.

Learning how to adapt: Scaling up an international ESD program in the COVID era

See description under Hind Essayegh.



Allie Talarico | *she/her/hers*

Allie Talarico is a full-time Program Coordinator for IMPACT:Ability. Fueled by her passion for psychology, her experience in disability services, a trauma-informed domestic violence education, and lots of coffee, Allie spends her days educating adults with disabilities about healthy relationships, sexuality education, and self-advocacy. She believes strongly that everyone has the right to comprehensive education and that all people should be able to express themselves in unique and healthy ways. In her spare time, Allie enjoys painting, dyeing her hair fun colors, knitting, and supporting inclusive social change.

Teaching Self-Defense and Sexuality Education to Survivors with Disabilities

See description under Mandy Cohen.



Amy L. E. Jones | *she/her & they/them*

Amy L. E. Jones, LSW, has been teaching empowerment-based violence prevention since 2003. Amy has taught workshops for people with cognitive, sensory, and mobility impairments; social workers and other helping professionals, older adults, and college students. Amy is a licensed social worker in the state of Illinois, a third-degree black belt in Jin Sei Ryu Karate-Do, and a first-degree black belt in Kyokushin karate. She currently trains in Jin Sei Ryu karate-do under the instruction of Kancho Ino Maquirang and Sei Shihan Mel Ramsey and is the co-head instructor of Jin Sei Ryu Chicago. She is currently the Self-Defense Certification Coordinator for the National Women’s Martial Arts Federation (NWMAF).

Debriefing Role-Plays for Self-Defense

Running and debriefing role plays are some of the most effective ways of teaching verbal self-defense skills, but it’s hard to do well. In this session, you’ll participate in a role-play and debrief, and we’ll talk about why they’re important and some things you can do both to make them more effective and less intimidating.

You will need: • *A little space (5-foot circle)*

Intended for Teens & Adults | All Experience Levels; For Instructors | No exertion

ADJUST CURR | MODEL | TEACHING SKILLS | TRAUMA INF



Andr a Fern andez Antelo | *she/her/hers*

Andr a Fern andez Antelo has over a decade of experience in martial arts and lion dance. In 2011 she began her study of Chinese martial arts and its culture at the Zhong Yi Kung Fu Association under the guidance of Shifu Nelson Ferreira. Since then Andr a has diligently studied the arts as well as furthered her understanding through study with different high-level masters such as Chan Siew Ki, Jeffrey Tan, and Mak Chi Leong. In 2011 she also began competing in forms, fighting, and lion dance, winning many accolades, awards, and championships, and representing the USA in international competitions in countries including Macau, and became an award-winning competitor on the world stage. Andr a is an assistant instructor at the ZYKFA teaching and instructing members of all ages. Andr a has traveled to Mexico, Brazil, Panama, Germany, Taiwan, and Macau to further her studies as well as assisting Shifu Ferreira in his international seminar teachings.

Introduction to Traditional Chinese Lion Dance

See description under Nikki Strong.



Annika Mueller-Owens | *she/her/hers*

Annika Mueller-Owens began studying Southern Chinese Lion Dance in 2014. In 2014 she began her study of Chinese martial arts and its culture at the Zhong Yi Kung Fu Association under the guidance of Shifu Nelson Ferreira. Since then, Annika has diligently studied the arts as well as furthered her understanding through study with different high-level masters such as Chan Siew Kee and Leong Mak. In 2014 she began competing in forms and lion dance, winning many accolades, awards, and championships as well as representing the USA in international competitions in Brazil (2016) and Macau (2018 and 2019) and becoming an award-winning competitor on the world stage. Annika is an assistant instructor at the ZYKFA teaching and instructing members of all ages. Annika has traveled to Macau, Taiwan, and Brazil to further her studies as well as assisting Shifu Ferreira in his international seminar teachings.

Introduction to Traditional Chinese Lion Dance

See description under Nikki Strong.



Arlene Limas | *she/her/hers*

Arlene Limas has been training in a variety of martial arts styles for 47 years, including Kung fu, Taekwondo, Karate, and Krav Maga. She made history by becoming the first American to win a gold medal in Taekwondo at the 1988 Olympics in Seoul, Korea. She also became the World TKD Champion in Athens, Greece, in 1991. Arlene is an inductee in the Black Belt Magazine Hall of Fame, Taekwondo Hall of Fame, and Inside Kung Fu Magazine Hall of Fame. She was an AAU/USA Taekwondo National Coach and Executive Committee Member, and is the owner of Power Kix Martial Arts in Stafford, Virginia. Arlene also participated in the inaugural Empowerment Self-Defense (ESD) Global Camp in 2017. Arlene has been working with the US House Committee on Energy and Commerce Subcommittee on Oversight, as it investigates and attempts to reform the US Olympic Committee and the National Governing Bodies to protect athletes from sexual abuse. She has also been working with the US Center for SafeSport to do the same. Arlene is now the CEO of PAVE Prevention (Proactive Anti Violence Education).

Pads 101 and Beyond!

The focus in this class is on using pads to help students experience their power, increase their speed, and increase their understanding of self-defense weapons. We will cover basics for safely and effectively holding pads. We will practice effective drills for single techniques and for combinations. We will also cover ways to use pads for online classes.

Intended for All Ages | Beginner Level; For Instructors | Mild Exertion

ADJUST CURR | TEACHING SKILLS | UNARMED TECH | ESD ELECTIVE



Beth Holt | *she/her/hers*

Mushi no kokuro: mind like moon. To be as the moon, as the sun; that is the essence of Martial Arts. One with nature, one with self. Embracing the true essence of body, mind and spirit is what Martial Arts is about for me. One of the things I love about it is that one can practice alone, in silence. I was gifted with a curiosity of Martial Arts in the early 70's when the TV show *Kung Fu* was all the rage. I was offered the opportunity to start my Martial Arts career learning Kung Fu for a year . It would be a few years until I started Shuri-Ryu Karate in 1977 and consequently Arnis, both of which have made me feel honored to call myself a Martial Artist. As the body ages , we cannot do things the way we did 10 or 20 years ago, so we find a way to adapt. That ability to adapt is imbedded in the Martial Arts and encourages me to find new ways of teaching and being creative. This chosen path has given me many gifts in the form of friends, colleagues & students. All of my experiences have enriched my life. I continue to learn from my students, my teachers, daily experiences and the challenges and pleasures life puts on my path. I am grateful for all those who have come before and have yet to come.

Arnis Striking Styles & Applications

We will cover the 5 striking styles including banda y bandai, figure 8's (2 ways), rompida & baba y tas. Starting out empty hand (eh) we will warm up with the cane as well using various striking styles & sinawalis. If you are able to train with a partner, there will also be a number of partner exercises with and without sticks. These can also be practiced alone.

Options according to level will include: cane to cane, eh to eh, cane to eh.

You will need: • *Arnis sticks or substitute (~18 inches)* • *Moderate space (10-foot circle)*

Intended for All Ages | Intermediate & Advanced Level | High Exertion

ARMED TECH | LIVE | SITUATION | WORKOUT |

Fearless Sparring

There are 8 faces used in Shuri Ryu sparring. Confident, contempt, friendly , fear, anger, solemn, shocked, unconcerned. Fear can play an important role in “moving beyond” to the next level. On the other side of fear often lies confidence, which is also one of the 8 Shuri faces we will explore in this workout. Sometimes in actual street situations one has to apply the “fake it till you make it” concept. This can be accomplished at times by acting in a way you are not accustomed to. Going beyond fear by acting confident or friendly is one way of moving forward.

You will need: • *Sparring partner & gear** • *Lots of space (more than a 10-foot circle)*

**If available! If you work without a partner, you will need less space and no gear.*

Intended for All Ages | All Experience Levels; For Instructors | Moderate Exertion

ADVANCE | CROSSOVER | WORKOUT |



Carrie Slack | *she/her/hers*

I began in the Rape Crisis Movement as a volunteer then worked for 10 years as an educator and advocate with my local Rape Crisis Team. I have been educating my community about child abuse and violence prevention since 1987 and teaching Empowerment Self Defense since 1998. I trained to teach self-defense in 1998 with Peace Over Violence, and am certified by the National Women's Martial Arts Federation. I developed and taught self-defense courses for two colleges and community groups. As a licensed clinical social worker, I provided treatment for people who've committed sex offenses. Beginning this August, I will train ESD instructors with Empowerment Self Defense Global.

ESD Instructor Panel: What would I do and why?

A panel of three seasoned ESD instructors will respond to common questions as well as some questions from the audience. If you are to teach a 4-hour ESD course for beginners, what 4 physical techniques would you teach and why? Do you teach lethal strikes to beginning students? Why or why not? How do you answer the common question, "If I physically strike an assailant, won't it make them mad and make them more violent?" Do you think adrenalized training is important and, if so, what kind of adrenalized exercises do you lead?

Intended for Adults | Beginner Level; For Instructors | No exertion

ADJUST CURR | TEACHING SKILLS | WELLNESS | **ESD ELECTIVE**



Connie Wong | *she/her/hers*

A lifelong Bostonian who grew up in the heart of Boston's Chinatown, Connie (*she/her*) grew up watching lion and dragon dancing, and kung fu demonstrations on the streets of Chinatown during major festivals and celebrations. She was also an avid attendee of Chinese martial arts movies at the local Chinese movie theatres. In the late 1990s, Connie joined an all Asian women's lion and dragon dance troupe, the Gund Kwok Asian Women's Lion and Dragon Dance Troupe. The troupe's mission, aside from learning the art of lion and dragon dance, is to enable Asian American girls and women to live a bigger life, to have the confidence to excel and exceed their own expectations. Connie started out as lion dancer and eventually became a coach teaching new lion dancers the basics of lion dance. She also assisted with choreographing routines and teaching troupe members how to play the gong and cymbals and drum. In the early 2000s, Connie took over coaching and leading Gund Kwok's dragon team, training the team, choreographing dragon routines and managing the dragon team. The dragon team became her passion. She loves the team-oriented aspect of dragon dance, and is often quoted to say that in teamwork, and in dragon dance, you are only as strong as your weakest link. In the late 2010s, Connie joined a new Boston Asian American women troupe, the Nuwa Athletic Club. The name Nuwa comes from Chinese mythology, the goddess of Mother Earth. Nuwa promotes a healthy lifestyle with exercise activities, with a focus on Chinese lion dancing. Over the years, Connie has also taken up tai chi. Professionally, Connie is an attorney and currently serves as the Deputy Commissioner for Labor Relations, Human Resources and Legal Affairs for the Boston Fire Department. Connie is also pro bono General Counsel for the United States Dragon and Lion Dance Federation, and a certified judge for lion and dragon dance competitions, tying in her professional acumen with her personal passions for the lion and dragon dance arts.

Introduction to Traditional Chinese Lion Dance

See description under Nikki Strong.



Darlene C. DeFour, PhD | *she/her/hers*

A native of Harlem, Darlene DeFour 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, where her academic research has focused on the exploration of the various ways that violence in the form of racism, sexism, as well as physical violence, impacts health and everyday life experiences. In addition to her work as a Social/Community psychologist, Darlene has been training in the martial arts for 39 years and was inducted into the Association of Women Martial Arts Instructors Hall of Fame in 2012. She received the NWMAF award of excellence in 2016. She is a 9th degree Black Belt in San Yama Bushi Ryu Ju-jutsu, the first woman in the system to hold this rank and the Shihan title. She also holds a 6th degree black belt in Kushinda Ryu Shotokan karate. Darlene was a founding co-chair (with Lauren Wheeler) of the National Women’s Martial Arts Federation Anti-Racism Council in 2008. At SDIC starting in 2010 she introduced a course on Applied Microaggressions Defense to the martial arts and self-defense instructors communities, designed to address the subtle forms of racism that often permeate classroom settings. This class as well as the classes that she has given over the last decade were designed to highlight the need for anti-oppression training as a core competency for all self-defense teachers and other professionals committed to social justice.

Microaggressions Post the Capitol Siege

Events over the last year have shown us that social inequities and violence based on race, gender, ethnicity, sexuality, and religion continue to be central, and parts of the everyday lives of many. Blatant, deliberate, conscious, mistreatment based on group membership continue to occur alongside subtle, antagonistic behaviors. Microaggressions are “brief, everyday exchanges that send denigrating messages to certain individuals because of their group membership.” Research results show that these brief encounters can induce trauma and negatively impact the health and quality life of the targets. In this session, we will briefly review current conceptualizations of microaggressions and where they fit in the current climate. After the short overview, we will participate in small group activities.

Intended for All Ages | All Experience Levels | No Exertion

DEEP DIVE | RESEARCH | WELLNESS | **ESD ELECTIVE**



Deb Lee | *she/her/hers*

Deb Lee Sensei, has been a martial arts student since 1983. Deb has practiced Tang Soo Do, Shorin Ryu, Tui De, Iaido and Aikido. She's been a karate and self-defense instructor since 1988, teaching adults and youth. She has taught numerous self-defense and personal safety seminars and workshops throughout the US and was honored to have taught at the National Women's Martial Arts Federation's Special Training camp, the Association of Women Martial Arts Instructors conference, and the Okinawan Karate Club's National Special Training. Deb has an extensive background in law enforcement, having spent many years as a law enforcement officer and special deputy assigned to the Space Shuttle Protection Team in Florida. Additionally Deb holds a degree in Criminology and a Master's Degree in Business Administration. Currently she works as a data analyst and visualization specialist.

They have questions, do you have answers? The reality of firearms and teaching self-defense

See description under Michele Elefante.

It's an unpredictable world right now! What should I know about firearms? Basic safety and information for owners, potential owners and everyone else

See description under Michele Elefante.



Debbie Leung | *she/her/hers*

Debbie Leung was first exposed to self-defense in a women's karate class in 1978. Women in that class soon established FIST (Feminists in Self-Defense Training) in Olympia, WA, to develop self-defense classes that addressed the needs and experiences of women. The classes were aligned with the empowerment self-defense model which was created later, rather than traditional martial arts. Debbie taught classes through FIST for many years and wrote *Self-Defense: the Womanly Art of Self-Care, Intuition and Choice* in 1991. She stepped away from self-defense to focus on helping people with their health issues as they age through qigong and Taiji (Chinese Healing & Movement Arts), but is returning to it to work with targeted communities, primarily queer and people of color.

ESD Instructor Panel: What would I do and why?

See description under Carrie Slack.



Diane Long | *they/them/theirs*

Diane Long, BCTMB, SEP, has been teaching Sex Positive Self-Defense for 28 years, helping people say “No” to what they don’t want and “Yes” to what they do. First trained with CAE of Brooklyn, this model for inclusive, sliding-scale training has informed all of their subsequent work. Diane is particularly interested in the benefits of ESD for healing from trauma and oppression and teaches widely in shelters, support groups, and social service agencies, particularly with LGBTQI youth and youth experiencing homelessness. Diane is trained in various body-oriented modalities including Massage, Healing Touch, Somatic Experiencing, Trauma First Aide, BCST and SomaYoga. Diane believes that empowerment self-defense should be a regular adjunct to other therapies and secured social work CEUs for SDIC programs beginning in 2012. A lifetime member of NWMAF, Diane was an SDIC teacher and conference organizer for several years. They were awarded Member of the Year in 2014 and served on the board from 2014-2016.

Ethics in Empowerment Self-Defense

A working group of national and international ESD instructors came together in the Fall of 2020 to build consensus around ethical standards for the field. This code of ethics outlines principles designed to help instructors and aspiring instructors conduct business with honesty, integrity and professionalism. Grounded in shared values, these standards help orient our work and provide guidance on how to approach problems or ethical dilemmas. Areas highlighted include: trauma-informed teaching, social justice and teaching with a racial equity lens, an awareness of power differentials, the need to model consent and healthy boundaries in all aspects of our work, physical accessibility, financial accessibility, responding to disclosures in the class context, practitioner self-care and the need for ongoing training and peer consultation. This 90-minute session will include a review of these ethical guidelines with opportunities for discussion and feedback. We will explore how ethics are essential in our work and in our broader lives.

Intended for All Ages | All Experience Levels; For Instructors | No exertion

ADJUST CURR | CROSSOVER | DEEP DIVE | TRAUMA INF | WELLNESS | ESD ELECTIVE



Eva Luong | *she/her/hers*

Eva Luong (*she/her*) has been a lion dance practitioner for 13 years, with over a decade of experience serving as a lion dance team coach and instructor, and competing in National and International level competitions. Eva is a USDLDF Lion and Dragon Dance certified judge and has served as a judge for numerous National competitions. She is a disciple of Grandmaster Chan Siew Kee 陳紹箕師公, third Generation inheritor of the Sar Ping Lion Arts and Chairman of the World Sar Ping Lion Dance Federation. Eva is passionate about lion dancing , teaching lion dancing, and inspiring the next generation of lion dancers.

Introduction to Traditional Chinese Lion Dance

See description under Nikki Strong.



Farah Fosse, Lead Instructor, Defend Yourself | *she/her or they/them*

Farah has been teaching empowerment self-defense, bystander intervention, and de-escalation with Defend Yourself in Washington, DC since 2005 - after taking an advanced Empowerment Self-Defense class. Farah also trains hospitality staff to prevent sexual assault through bystander intervention with Safe Bars. Farah is a long-time community organizer, trainer, and social worker in DC. In all her work, she is passionate about supporting people in developing tools to take control of their lives, fight back against oppression, and create spaces based on consent and cooperation. As a self defense instructor Farah brings a trauma-informed perspective and regularly teaches classes to social service, and public-facing, workers.

How to be popular! Creating an engaging training using popular education (even online!)

Learn how to build engaging – transformative – curriculum through a popular education model. Popular education builds from the participants’ life experience, brings in new info and skills, includes practice and planning, and is designed for action. We’ll learn by doing so that you’ll be ready to implement pop ed activities in-person or on-line.

Intended for Adults | All Experience Levels; For Instructors | No exertion

ADJUST CURR | MODEL | TEACHING SKILLS | TRAUMA INF |

Bystander Intervention to Stop Identity-Based Hate

Learn to teach active bystander and de-escalation skills to support communities in keeping themselves, and their families safer. You will learn how to teach the 3 Ds of Bystander Intervention – direct, distract, and delegate online to support people in standing up to gender based, racist, and other hate-based violence.

Students should be ready to actively participate – mic and camera on.

Intended for All Ages | All Experience Levels; For Instructors | No exertion

ADJUST CURR | MODEL | TEACHING SKILLS | TRAUMA INF | ESD ELECTIVE



Hanna Gabriels | *she/her/hers*

Hanna Gabriels is Costa Rica’s most accomplished and celebrated boxer, becoming the first World Boxing Champion of Costa Rica in 2009. She has held boxing world championships in Welterweight and Super Welterweight weight classes, and is the first and current WBA (World Boxing Association) Light Heavyweight and WBC (World Boxing Council) Heavyweight World Boxing Champion (April 17, 2021). In 2010, Costa Rica's National Sports Games were dedicated to Hanna for her achievements in sports. Hanna actively supports social causes related to promoting health and women’s empowerment, and preventing gender based violence. She is a certified ESD Global Empowerment Self-Defense Instructor and the CEO of New You Development CLINIC and Gabriels Boxing Company. In addition, Hanna partners with the UN Refugee Agency, to advocate for inclusion and non-discrimination of refugees in Costa Rica.

Box Like a Champion!

Want to learn how to box? You’ve come to the right place! Join World Boxing Champion Hanna Gabriels for this exciting workshop! You’ll learn boxing muscle activation, stances, footwork, mindset, and more! All levels are welcome!

You will need: • *Some space (5-foot circle)*

Intended for All Ages | All Experience Levels | Moderate Exertion

BODY MECH | FUNDAMENTALS | UNARMED TECH |



Hind Essayegh | *she/her/hers*

Hind is an empowerment self-defense trainer. She currently serves as Global Empowerment Self-Defense (ESD) Specialist at No Means No Worldwide- an international non-governmental organization whose mission is to end sexual and gender-based violence against women and children globally. Hind’s passion is to build safety and power for women and children by helping them tap into their inner strength and stand up for themselves and their communities against gender-based and hate-based violence . Hind trains in Tang Soo Do Karate and received formal self-defense and by-stander intervention training from Defend Yourself and Malikah where she has become a trainer. Hind is also a gender justice organizer and educator. She serves as Malikah DMV chapter regional director.

Learning how to adapt: Scaling up an international ESD program in the COVID era

Despite the myriad challenges of the COVID-19 era, No Means No Worldwide stayed true to its mission to end sexual violence against women and children. The NMNW team had to think outside the box, adjust, and scale up its programming. Our training team adapted our ESD curriculum through a systematic process which involved:

1. A rapid review of sexual and gender based violence in the current COVID-19 era especially in the sub-Saharan African context where most of our programs are delivered;
2. Conversations with implementing partners to understand COVID limitations to their work;
3. Exploring best practices for online learning and virtual learning platforms, etc.

This session aims to shed light on the challenges, opportunities, and lessons we learned undertaking this significant task.

Intended for Teens & Adults | All Experience Levels; For Instructors | No exertion

ADJUST CURR | BUSINESS ADMIN | TEACHING SKILLS | ESD ELECTIVE



Shinshii Janet Aalfs | *she/her/hers*

Shinshii Janet Aalfs, 2nd poet laureate of Northampton, MA (2003-2005), published poet and writer, master Taiji/Qigong instructor, and 7th-degree black belt in both Okinawan Karate and Filipino Modern Arnis, has been sharing her poetic movement weavings locally, nationally, and internationally for 40+ years. Founder and director of Lotus Peace Arts at Heron's Bridge/Valley Women's Martial Arts, a non-profit community school since 1977, Janet is dedicated to helping create sites for revelation, creative understanding, empowerment, and healing. Recipient of the Leadership and Advocacy in the Arts Award (UMass 2013), the NWMAF Founders Award (2016), IMA Black Belt Hall of Fame Pioneer Award (2013), and Connecticut Martial Arts Masters Lifetime Achievement Award (2011), Janet practices peace-building through arts activism. In 2008-2009 and 2018, she participated in performing artist teaching exchanges in western MA and in Cape Town, South Africa. Janet received an MFA in poetry from Sarah Lawrence College and has been a featured presenter and performer at numerous events and conferences. Her most recent book of poems is *Bird of a Thousand Eyes* (Levellers Press).

Labyrinth through Fear: A Gift Event

“Labyrinth Through Fear: A Gift Event” is an ongoing integrative arts project designed in 2017 by Ingrid Askew and Janet Aalfs in loving memory of Monwabisi, a truly inspirational Cape Town, South Africa, theater artist, gardener, and arts activist.

This class will offer participants the opportunity to explore fear as information, and to ask: What am I afraid of? What do I want? How can I keep moving through fear? What fear do I need to face in order to address racial and other social justice issues? How can I transform fear into courage through my martial arts practice?

In an atmosphere of unconditional positive regard that the group creates together, unknown gifts of the Labyrinth will reveal themselves. Through movement meditation, sensory exploration, martial arts forms, free writing, and open-hearted sharing, participants can offer and receive practical everyday skills that are designed to transform fear and adversity into courage and hope.

This fear I face
is a deeper breath I take
is the courage I share

I am because you are
You are because I am
We are all connected through spirit
Ubuntu

“Triple Ripple” Movement Poems by Janet E. Aalfs

You will need: • Notebook & pen

Intended for Adults | All Experience Levels | Mild Exertion

CENTERING | CROSSOVER | UNARMED TECH | WELLNESS



Jeanine Woods | *she/her/hers*

Jeanine is an IMPACT:Ability Program Coordinator at IMPACT Boston. She teaches bullying prevention, safety and self-advocacy, abuse reporting and response, healthy relationships and sexuality education, and internet safety within the Boston Public School system. She has graduated from Middlesex Community College with an Associate of Science in Business Administration and went on to transfer to the University of Massachusetts Lowell. She graduated with a Bachelor of Science in Business Administration with a concentration in Management. Social justice and community service have been a lifelong passion for creating access for all people with disabilities and networking these people to the resource they can use.

Teaching Bullying Prevention in an Inclusive Setting

See description under Mandy Cohen.

What is bullying and how to stop it

See description under Mandy Cohen.



Jennifer Keller | *she/her/hers*

Jennifer Keller is a clinical psychologist and works as a Clinical Associate Professor at Stanford University School of Medicine. Her martial arts training is in Tae Kwon Do, and she has previously taught Tae Kwon Do and teaches self-defense seminars for women and girls. Her research focuses on healing from the prevention of and healing from interpersonal violence with the goal of improving lives through education, skill building, and physical empowerment.

ESD Instructor Panel: What would I do and why?

See description under Carrie Slack.



Jill Baker Shames | *she/her/hers*

Empowerment Self-Defense Model Workshop & Debrief

This class is closed to men.

The first half of this class will be a demonstration of a 90-minute workshop. After a break, the attendees have the opportunity to debrief with the instructor and ask questions.

For instructors hoping to certify: This class is REQUIRED, plus 3 of the electives listed on page 9.

Intended for Adults | All Experience Levels; For Instructors | Mild Exertion

MODEL | TEACHING SKILLS



Jocelyn Hollander | *she/her/hers*

Jocelyn Hollander is a professor of sociology at the University of Oregon, where her research focuses on the effectiveness of self-defense training. She teaches undergraduate and graduate classes including gender-based violence, research methods, and pedagogy. In addition, she has taught empowerment self-defense for more than 30 years, and currently co-teaches a college-level ESD class at the University of Oregon.

The Future of ESD Research

In this interactive session, we will briefly review past research on empowerment self-defense, and then facilitate a discussion about where this research should go in the future. What would be helpful for us, as a community, to know about ESD? What would we like others to know? We will generate ideas and discuss how a diverse group of ESD scholars and practitioners can come together to move the research forward.

Intended for Teens & Adults | All Experience Levels; For Instructors | No exertion

DEEP DIVE | RESEARCH | ESD ELECTIVE



Johanna Hattendorf | *she/her/hers*

Johanna Hattendorf is an NWMAF-Certified Self-Defense Instructor, Certified Tai Chi Instructor, Certified Provider of TRE® Tension/Trauma Release Exercise, 2nd degree Black Belt in Kung Fu, Nationally Certified Massage Therapist, Ordained UCC pastor, and founder of The Spiral Path providing holistic healing, bodywork, and education. She is also a trauma survivor (thrivor). Martial arts and Tai Chi have been an important part of her healing. Since 2005, she has taught classes for kids, teens, adults, seniors, trauma survivors, and persons with physical, cognitive, and intellectual disabilities. In 2016, she added TRE: Tension and Trauma Releasing Exercise as a self-care method to modulate the effects of trauma in the body. As a bodyworker, Johanna uses Craniosacral Therapy, SomatoEmotional Release, and Reiki to treat trauma survivors and people with chronic pain. In all she does, Johanna seeks to create a safe space for people to find balance, healing, and power.

Shake Out Tension and Stress with TRE®: Tension and Trauma Releasing Exercise

Shaking is the body’s way of releasing trauma that is felt and stored in the body. And, because this is about releasing trauma from the body, we don’t have to talk about it, or try to figure out “why”—we just need to do the exercises and we will feel better.

TRE®: is an innovative series of exercises that helps the body release deeply held tension, stress, & trauma. Developed by David Berceci, Ph.D., TRE® safely activates a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system.

I’ve been certified to teach TRE® since 2016, and I can tell you—it WORKS.

As a trauma survivor, TRE® helps me sleep, calms me down, and gives me access to my own resilience and capacity to cope. It can do that for you too. Come and shake in a safe, supportive environment.

This class is usually done on the floor. All exercises can be modified so that participants with limited mobility can participate seated in a chair.

PLEASE NOTE THAT THIS CLASS WILL NOT BE RECORDED

You will need: • *Yoga mat (or chair if the floor is uncomfortable)* • *Towel or blanket (optional)*

Intended for All Ages | All Experience Levels | Mild Exertion

BODY MECH | CROSSOVER | MODEL | TRAUMA INF | WELLNESS | ESD ELECTIVE



Justine Halliwill | *she/her/hers*

Justine (*she/her*) teaches women's self-defense and wellness techniques in yoga at the University of Oregon. She is also a yoga therapist working with cardiac and pulmonary rehab patients. She started a cardiac yoga program at the Mayo Clinic in MN before moving to OR in 2002. She has a degree in Human Physiology. She is training former WSD students to lead workshops. She also mentors students as they bring ESD into the wider communities that they serve.

Facilitated Book Discussion: Sexual Citizens

In 2020 Jennifer S Hirsch and Shamus Khan published *Sexual Citizens: A Landmark Study of Sex, Power, and Assault on Campus*. This massive study of students at Columbia University examined the interactional dynamics that make rape possible, and emphasized the intersectional nature of sexual assault, including systems of inequality such as gender, race, educational background and wealth. This engagingly-written book offers tools and new concepts for understanding sexual assault and new language for possible solutions.

This facilitated discussion group hopes to identify ways in which ESD curriculum can be improved to reflect the research findings presented in this book. Although the focus is on sexual assault risk reduction and mitigation on college campuses, many of these principles apply to a wider audience.

Here is one example for us to explore. Many of us teach about environmental risk factors for sexual assault. *Sexual Citizens* outlines the power dynamics of space which can expand our understanding of the environmental risks. There are many other concepts in this book for us to evaluate utilizing a lens of ESD.

The goal of this 90 minute session is to create actionable steps as a collective of ESD professionals. **Please be prepared by reading the book.** Go to [Sexualcitizens.com](https://www.sexualcitizens.com) for discussion resources and links to “micro” lectures. [Check out the podcast The Empowerment Project by NAGA where Silvia Smart \(member of NWMAF\) interviews Jennifer Hirsch about her book.](#)

You will need: • *Copy of the book Sexual Citizens*

Intended for Teens & Adults | All Experience Levels; For Instructors | No exertion

DEEP DIVE | RESEARCH | TEACHING SKILLS | ESD ELECTIVE



Karen Chasen, Co-Founder, Prepare, Inc. | she/her/hers

Karen Chasen is co-founder of Prepare Inc., offering the Impact program in NY NJ CT & PA, and other comprehensive violence prevention education programs for adults, teens, and children. Since 1992, she has been teaching, training teachers, developing curriculum, supporting research, and collaborating with others in the fields of safety and preparedness, education, communication, trauma recovery, and intervention. She has trained in numerous martial arts and self-defense styles. Karen is a repeat guest professor at Drew University with Dr. Cermele presenting Gender Violence and Women’s Resistance and at Hunter College with Dr. Danielle Berke for Empowerment Self-Defense as Transformational Learning. She collaborated with Dr. Rosenblum and Dr. Taska to create a trauma intervention combining ESD classes with group therapy for private clients and with Dr. Lisa Weinberg of Montclair State University’s CAPS Center to annually offer this trauma intervention for college students. Karen loves crafts, sports, and performing arts.

Participation – It’s not “all or nothing”

We’ve all had reluctant, stressed, or frightened students in our classes – you may have been that student at one time yourself. A key component of trauma-informed experiential ESD and martial arts programs is the power of students to self-select their level of participation to match what they are ready to try without moving outside their comfort zone or stretch zone.

This session will discuss over a dozen practical solutions to incorporate into programs that offer students rehearsal with verbal and / or physical skills (with the instructor or with each other). Instructors with an expansive list of options are better able to support students to find a way to remain present and engaged. The session will explore presenter ideas and attendee-generated solutions as well.

This session is appropriate for both practitioners leading classes or assisting lead instructors and for students who would like to be able to suggest to their instructors some adaptations that would support their increased participation in classes.

Intended for All Ages | Advanced Level; For Instructors | No Exertion

ADJUST CURR | TEACHING SKILLS | TRAUMA INF | ESD ELECTIVE



Katiana Gordon | *she/her/hers*

Katiana Gordon is a Youth Educator at IMPACT Boston. She will be teaching the Peer IMPACT program at the Henderson K-12 Inclusion School and the yearlong IMPACT:Ability program at both the Henderson and CASH. Previously with IMPACT:Ability Peer IMPACT program, she was a Peer Trainer and Peer Leader teaching 5th grade students and training new Peer Leaders. She graduated in 2017 at the Henderson K-12 Inclusion school with a certificate of completion and in 2020 I completed the Transition Program at the Henderson as well. She has presented at both the National Sexual Assault Conference and The Massachusetts Council for Exceptional Children Conference. She loves to write, dance, and shop.

Teaching Bullying Prevention in an Inclusive Setting

See description under Mandy Cohen.

What is bullying and how to stop it

See description under Mandy Cohen.



Katie Bradley | *she/her/hers*

Katie Bradley earned a bachelor's degree in Psychology and Human and Social Development from the University of Miami. She began her youth development career as an AmeriCorps volunteer with City Year Miami where she tutored and mentored high school students in an under-resourced community. She then served in the Peace Corps as a high school math teacher in Mozambique. Inspired by the resiliency and strength of her female students, she became involved in gender equality activities including the formation of girl empowerment clubs and the organization of a violence prevention training for teachers. She is passionate about youth empowerment and looks forward to promoting a violence-free future with the NMNW team!

Learning how to adapt: Scaling up an international ESD program in the COVID era

See description under Hind Essayegh.



Kaya Van Der Meer | *she/her/hers*

Kayataina Lee Van Der Meer is a youth educator at Impact Boston. She teaches students at the Henderson Inclusion School about bullying prevention, self-advocacy, healthy relationships, and sex education. She has previously worked with IMPACT as a Peer Leader and was a Service Warrior in the EPIC Program. She has graduated from Another Course to College with a Certificate of Completion and from the Henderson Inclusion School with a High School Diploma. She has also presented at the Massachusetts Council for Exceptional Children Conference.

Teaching Bullying Prevention in an Inclusive Setting

See description under Mandy Cohen.

What is bullying and how to stop it

See description under Mandy Cohen.



Latisha McCray, CYT | *she/her/hers*

Latisha came to yoga through an extra credit assignment in a college physical education class. She very much enjoys guiding those that are new and helping them to track and celebrate progress. She has been teaching for a few years now but, still mixes up her left and right sides. She is very passionate about helping those develop and maintain healthy lifestyle changes. Her teaching style is very informal allowing everyone to find their balance. After being diagnosed with Fibromyalgia in 2013, Latisha strongly believes that yoga is for every Body. The only thing that she asks is that you be present in your present.

Retreat into Mindfulness

This class is open to anyone interested in trying or adding yoga to their toolbox. Participants will take part in a guided meditation focused on Mindfulness followed by a Slow Flow yoga session.

Intended for All Ages | All Experience Levels | Moderate Exertion

BODY MECH | CENTERING | WELLNESS | WORKOUT |



Levy Wagner | *she/her/hers*

Levy has a background in chemical engineering but found herself back in the empowerment sector where her drive for prevention of sexual violence lies. She has over 8 years of experience in public and motivational speaking, facilitating empowerment and HIV prevention programs where her passion became deeply rooted advocating for gender based violence prevention. She was trained as a No Means No Instructor in South Africa in late 2019. She is delighted to begin her journey and flourish in her career with NMNW to empower and instill skills in young women and create a chain of impact in empowerment where women uplift one another. She hopes to continue on community development whilst working for NMNW to create a network for the organization to be able to flourish into as many communities as possible.

Learning how to adapt: Scaling up an international ESD program in the COVID era

See description under Hind Essayegh.



Linda Green | *she/her/hers*

Linda is a former gymnast and childhood trauma survivor. She spent most of her life working to bury those experiences until she was introduced to jiu-jitsu as an adult. She now tries to channel those experiences to help women embrace their own inner hero while teaching fellow martial arts instructors the necessity and foundations of trauma informed coaching. Linda is a certified Women Empowered Instructor, a Certified Trauma Support Specialist, and a blue belt in the Gracie Jiu-Jitsu system.

Sanctuary: Designing a Martial Arts Program Where Survivors can Thrive

As an instructor or school owner, you work hard to make sure your programs are welcoming to all. But what does that mean EXACTLY? Does it mean having flyers for your events all over the walls? Happy students congregating and laughing and cheering at the door? Students in a corner quietly practicing their techniques? Sounds awesome, right? But did you know that each one of these can be a trigger for a trauma survivor? Both what we do and what we don't do can greatly impact what a trauma survivor experiences when they come in your door and, ultimately, can determine whether or not they return. In this course, you'll learn to evaluate and adapt both your physical setting and programs to help create a balanced yet vivid refuge for students no matter their backgrounds or past experiences.

Note: This is intended to be a practical course and participants are encouraged to bring photos, stories, experiences, and questions to discuss.

Intended for Teens & Adults | All Levels; For Instructors | No exertion

ADJUST CURR | BUSINESS ADMIN | CROSSOVER | TRAUMA INF | WELLNESS |



Linda Leu | *she/her/hers*

Linda is an instructor and Executive Director at IMPACT Bay Area. In addition to self-defense, Linda has a decade of experience teaching trauma-informed yoga and mindfulness.

Participation – It's not "all or nothing"

See description under Karen Chasen.



Magdalena Dircio Diaz | *she/her/hers*

Magdalena Diaz currently serves as the Title IX Case Manager at California State University Fullerton. She has worked in Student Affairs since 2017. In her role, she has provided trauma-informed responses to issues of sexual misconduct, dating/domestic violence, and stalking throughout the campus community. Previously she worked as the Campus Confidential Advocate. Magdalena also served as the Legal Department Manager at a domestic violence advocacy center in Orange County. During that time, she co-developed the Courthouse Advocacy Project, which now serves nearly 1,800 domestic violence survivors each year in Orange County. She is certified in Mental Health Recovery and Trauma-Informed Care and is also a certified Restorative Justice Facilitator. She is also a level one Empowerment Self Defense Instructor. Magdalena is a first-generation professional who received her BA in Psychology from California State University Long Beach and her MA in Education with a concentration in Counseling at San Diego State University.

Introduction to Decolonial Practices for Empowerment Self-Defense

This workshop will go over the use of decolonization in ESD and utilizing an increased awareness in the embodied approach to address oppression within structures that uphold power based violence. Through an understanding of what decolonization can mean we learn to recognize the history of the body and the revolution of self-defense as a means to reclaim reparation and a return to lived experiences of the body. We will give an overview of the history of self-defense and colonization; as well as tools to decolonize our work. This workshop aims to create a space for dialogue on how ESD instructors can create awareness, implement these tools and/or practices in their courses.

Intended for All Ages | All Experience Levels; For Instructors | No exertion

ADJUST CURR | CENTERING | CROSSOVER | DEEP DIVE | ESD ELECTIVE



Mandy Cohen | *she/her/hers*

Mandy Cohen is IMPACT:Ability Manager at IMPACT Boston and primarily teaches self-defense, sexuality education, and bullying prevention to people with disabilities. She is a certified special education teacher in Massachusetts and has a Masters Degree in Intercultural Relations from Lesley University. She trained throughout her childhood and early adult life in Shaolin Kung Fu and received her black sash in 2003.

Teaching Self-Defense and Sexuality Education to Survivors with Disabilities

This class will focus on IMPACT’s work 1:1 with clients of the Massachusetts Disabled Person’s Protection Commission and Massachusetts Department of Developmental Services and will teach best practices and activities for teaching self-defense and sexuality education to adults with intellectual and developmental disabilities who are survivors of abuse. We will discuss the realities of working within government disability systems and how these realities impact survivors and their healing process.

Intended for Adults | Beginner Level | No Exertion

ADJUST CURR | DEEP DIVE | LIVE | MODEL | TRAUMA INF | ESD ELECTIVE

Teaching Bullying Prevention in an Inclusive Setting

Peer IMPACT is an inclusive bullying prevention program lead by an IMPACT instructor and young adults with disabilities targeting middle school students with and without disabilities in two schools in the Boston area. Learn about our best practices and participate in bullying prevention roleplays, and hands-on activities designed to build teamwork skills, self-advocacy skills, and reporting skills.

Intended for Teens & Adults | Beginner Level; For Instructors | No exertion

ADJUST CURR | CROSSOVER | LIVE | MODEL | SITUATION | ESD ELECTIVE

What is bullying and how to stop it

This is a YMA class to help young people understand what bullying is, why bullying occurs, and some possible ways to interrupt it. Through games and role-play, students will engage in honest conversation and learning around bullying and will leave with some tools in their tool belts around dealing with bullying when they see or experience it as well as how to discuss what they experience with adults in their lives.

Intended for YMA | Beginner Level | Mild Exertion

DEEP DIVE | LIVE | SITUATION | WELLNESS



Maryam Aziz, PhD | *they/them & all pronouns*

Maryam Aziz (they/all pronouns) is a 2nd degree Black Belt in Goju Ryu Karate and a Brown Belt in Hakko Denshin Ryu Jujutsu. Aziz has a Ph.D. in American Studies from the University of Michigan. Aziz is currently working on their first book on the use of martial arts during Black Power. Aziz has widely taught and lectured on how to formulate classes that cater to populations targeted by "hate" attacks.

ESD Instructor Panel: What would I do and why?

See description under Carrie Slack.



Meg Stone | *she/her/hers*

Meg Stone is the Executive Director of IMPACT Boston, an empowerment self-defense program based in New England. She has gotten grants for abuse prevention and empowerment self-defense programs from the Robert Wood Johnson Foundation, the NoVo Foundation through the Just Beginnings Collaborative, Raliance, the Vera Institute of Justice, and numerous other local and national funders. As a result of grant funding, IMPACT Boston developed an empowerment self-defense program for people with intellectual disabilities and is currently training a group of Chippewa instructors to bring IMPACT to the Turtle Mountain reservation in North Dakota. Under Meg's leadership, IMPACT was invited to join Jane Doe, the Massachusetts Coalition Against Sexual and Domestic Violence. IMPACT currently collaborates with rape crisis and domestic violence programs throughout the state.

Making Connections with Rape Crisis and Domestic Violence Organizations

As ESD practitioners, many of us see sexual assault and domestic violence advocates as our natural allies. Yet because of preconceptions about self-defense or past experiences, some of these advocates are reluctant or unwilling to offer ESD programs to survivors. This workshop will present results of a survey of sexual assault and domestic violence advocates about their experiences with self-defense. It will also help you build skills and strategies for connecting with your local rape crisis center or domestic violence program.

Intended for Teens & Adults | All Experience Levels; For Instructors | No Exertion

ADJUST CURR | DEEP DIVE | INSTITUTIONS | RESEARCH | TRAUMA INF | **ESD ELECTIVE**



Michele Elefante | *she/her/hers*

The head instructor for OKC San Francisco (est. 2005), Michele Elefante Sensei holds the rank of Godan (5th degree black belt) in Shobayashi Shorin-Ryu and Shudokan Karate. She began her formal study of martial arts in 1990. She joined OKC Dallas in 1999 under Ilene Smoger Sensei (7th Dan in Shudokan and Shobayashi Karate). She received her Shodan rank directly from Shimabukuro O'Sensei several years later. She has instructed numerous times at the National Women's Martial Arts Federation (NWMFA) Special Training, the Pacific Association of Women Martial Artists (PAWMA) training and the Association of Women Martial Artists (AWMAI) conference; additionally she has hosted and instructed at the OKC national seminars. She continues to teach Self-defense workshops throughout the United States, and is a licensed Marriage and Family Therapist (LMFT) in California.

They have questions, do you have answers? The reality of firearms and teaching self-defense

This class will focus on firearm safety, information and effectiveness in the context of self-defense and incorporating into your toolbox. It's always better to have the tool and not need it than need it and not have it.

Intended for Adults | All Experience Levels; For Instructors | Mild Exertion

ADJUST CURR | ARMED TECH | DEEP DIVE | TEACHING SKILLS | ESD ELECTIVE

It's an unpredictable world right now! What should I know about firearms? Basic safety and information for owners, potential owners and everyone else

This class is not about whether or not to own a firearm. It is about obtaining information, learning basic safety, and the opportunity to ask questions about the general operation of firearms.

Intended for Adults | Beginner Level | No exertion

DEEP DIVE



Michelle Pereira-Henriquez, LCSW | *she/her/hers*

Michelle Pereira-Henriquez has worked in the field of social services for more than 10 years as a therapist, case manager, advocate, mentor, consultant, and licensed clinical social worker. She holds a position as a Therapist/Intern Preceptor/Campus Advocate at the East Los Angeles Women's Center and worked closely with survivors of domestic violence, sexual assault, human trafficking, and stalking for 10 years providing group and individual therapy. She has also served as on Campus Advocate for California State University, Los Angeles, and the University of California, Riverside, and Rio Hondo College. Pereira started her work with ESD Global Self Defense in 2018 in New York and hasn't looked back since. She recognized the need to provide healing and prevention efforts to the local community that mostly consisted of Latinx and Asian folx who were healing from intergenerational and systemic trauma. Over the next two years, she engaged in a dialogue with others about the realities of BIPOC within advocacy and embarked on a process to further extend decolonial practices from individual and group counseling to community empowerment in self-defense. She has taught ESD to both bilingual and monolingual Spanish-speaking folks.

Introduction to Decolonial Practices for ESD

See description under Magdalena Dircio Diaz.



MyTien Duong | *she/her/hers*

Master MyTien Duong (*she/her*) holds the rank of 5th Degree Black Belt in Moogong-Ryu (Guardians of Peace) Taekwondo. She currently resides in Canada where she owns and operates Martial Arts 360°. Besides Taekwondo, she has trained in aikido, judo, iaido, qigong, kung fu, Brazilian jujitsu, and Kajukenbo. She enjoys working with people from diverse backgrounds, abilities, and gender expressions. After 30 years of exploring, training, and teaching with talented martial artists, she looks forward to sharing this knowledge with other trainers.

Sweeps and Kicks

Have fun exploring different ways to move your body like an action hero or arcade character! Participants will learn various hand techniques, kicks and sweeps and combine them into fun sequences. Various options will be provided for participants to choose from.

For a more sensory experience, bring paper and masking tape. These materials are not necessary but could add to the fun.

Wear long pants.

You will need:

- *Newspaper or scratch paper (optional)*
- *Masking tape (optional)*
- *Moderate Space (10-foot circle)*

Intended for All Ages | All Experience Levels | Moderate Exertion

BODY MECH | UNARMED TECH | WELLNESS | WORKOUT



Nancy Lanoue | *she/her/hers*

Nancy Lanoue has been actively training and teaching martial arts and self-defense since 1977. She founded Thousand Waves Martial Arts & Self-Defense Center in Chicago in 1985 and served as Co-Head Instructor, along with her spouse Sarah Ludden, through 2020. The Center is still thriving today under the leadership of new generations of leaders that Lanoue trained.

ESD Instructor Panel: What would I do and why?

See description under Carrie Slack.



Nikki Strong | *she/her/hers*

Nikki has studied traditional Chinese martial arts for many years. She has a 2nd degree black belt in Northern Shaolin and Praying Mantis Kungfu (Michael Voss, Minnesota, USA) and has a background in and taught various topics in Wudang martial arts (XueChao Zhong, Wudang Mt, China), Traditional Chinese Lion and Dragon Dance (USDLDF), Traditional Chinese Medicine (AAAOM, Minnesota, USA), and traditional Indian Himalayan style Hatha Yoga, and Meditation. She also has a research and teaching background in the fields of geology, geophysics, and civil engineering (PhD, University of Minnesota).

Introduction to Traditional Chinese Lion Dance

Many think of a Lion Dance as purely entertainment, as something that you might see performed in a local Chinatown during the Chinese New Year or see in Chinese kung fu movies. Lion Dances are colorful, acrobatic, and accompanied with exciting drum, gongs and cymbal music. But you may not know that Chinese Lion Dancing is really at its core, a martial art. It is fun, challenging, and has something for everybody! In this class we will learn and practice some basic Lion Dance training moves, all of which are excellent foundational training for any martial art system! We will also learn a little bit about the history and modern day practice of Lion dance in the USA and abroad, with a special note on female Lion Dancers in this once male-dominated physically demanding art.

Wear loose, comfortable clothing.

Intended for All Ages | All Experience Levels | Moderate Exertion

1 DRILL | ADVANCE | BODY MECH | RESEARCH | UNARMED TECH

Wudang Five Animal Qigong

Wudang Five Animal Qigong is one of the great treasures of the martial and healing traditions of Wudang Mountain, China. For hundreds and even thousands of years female and male Wudang practitioners have developed this group of internal practices which combine physical fitness, internal cultivation, and attack and defense strategies all into one. Traditionally Wudang Daoists were required to practice these five forms daily. The complete set includes five individual animal forms, derived from some of the most powerful and treasured creatures in traditional Chinese culture (Dragon, Tiger, Crane, Snake, and Turtle). In this class we will explore key elements of all five animal movements, combining them together into a single short mini form that will both give you a taste of this beautiful set of practices... and equip you with a fun little routine that you can use to cultivate the five element aspects of your body and mind for health and martial prowess!! Come play with the animals... they are so much fun!

Wear loose comfortable clothing.

Intended for All Ages | All Experience Levels | Mild Exertion

ADVANCE | BODY MECH | FUNDAMENTALS | RESEARCH | WELLNESS



Dr. Odette Russell | *she/her/hers*

Dr. Odette Russell, also known as SiDaGoo, has a Ph.D. in Health Psychology. She is a 9th Degree with over 40 years of martial arts training and over 30 years of teaching experience. She is a native New Yorker who within the 1980s competed in semi-contact karate tournaments in both katas and Kumite women’s division; 75% of her wins were in 1st place. Dr. Russell has received multiple accomplishment awards which include Women of the Year for 2016, Grandmaster of the Year 2017 and 2019, Inspirational Martial Arts Example 2018, and 2019 AWMAI 30+ years Hall of Fame Inductee, to name a few. Sidagoo, which means “Mother of SWAM”, is responsible for customizing an aspect of the SWAM Martial Arts system targeted at women and has taught this system to hundreds of females.

Human Trafficking Safety Tips for Tweens, Teens & Parents

This class will teach important information geared to tweens and teens relating to human trafficking that will include details on its definition, the various factors it includes, and its USA stats. Learn specifics on the five main traits that traffickers look for in picking their victims, as well as the age group that has the highest likelihood to be lured into sex trafficking. Participants will be able to recognize the abductors’ recruiting process, which will include actual events on how victims were lured. Learn the signs to detect a predator and activities to enhance avoidance on being a victim. Information on important smartphone apps will be discussed, including the 15 concerning apps that traffickers could use to lure their victims and the three protective apps individuals can download to elevate safety. The class will conclude with empowering the participants by reviewing self-defense techniques that can be used against attempting attacks and kidnapping.

You will need: • *Moderate space (10-foot circle)*

Intended for All Ages | Beginner & Intermediate Levels | Mild Exertion

DEEP DIVE | RESEARCH | UNARMED TECH | WELLNESS

Fashion as a Weapon

This class will provide practical concepts on how a person’s ordinary clothing can be used as improvised lethal weapons. I will demonstrate multiple techniques from different attack angles using clothing and instruct how to use the attacker’s clothing for defensive counterattacks.

Items I will include are **scarves, hats, any style shirt, tie, hoodie, high heels, and belts.**

You will need: • *Any of the items you own (bolded above)*

Intended for Adults | Beginner & Intermediate Levels | Mild Exertion

ARMED TECH | ESD ELECTIVE



Grandmaster Sunny Graff | *she/her/hers*

I've trained 47 years, am a Grandmaster in Taekwondo and Lapunti Arnis, a posture/alignment specialist, produced more than 300 feminist anti-racist self-defense instructors, 120 Black belts and authored self-defense books in English and German. I co-founded NWMAF, served on the first steering committee, Self-defense Certification Board, AWMAI Rank Committee, and was awarded the NWMAF Award of Excellence in 2020. I'm a Gold medalist in the World Games and Pan American Games, 4x National Taekwondo Champion with a Lifetime Achievement Award from the Taekwondo Hall of Fame. In 1983 I founded Women in Movement in Frankfurt. I teach all levels, ages, abilities and ethnicities, in multiple arts and weapons at my school and at conferences word wide. The one thing I haven't been successful at is retiring...

Aligned, agile & awesome!

I have been teaching functional exercise and training functional exercise teachers for 30 years. Having gone down my own path of misalignment, limitation, injury and pain, I was delighted in my early 40's to meet a teacher who helped me reclaim, realign and rebuild my body, saving my career and greatly enhancing my martial arts performance. I have since been certified in a number of functional exercise and therapy systems (Being in Balance, Egoscue Methode, Liebscher and Bracht LnB Motion, LnB Painless Osteopressure Therapy, Dr. Brügger, Pilates) and am fascinated with the healing capacity of the body. Misalignment causes uneven wear and tear, which can destroy joint structures and proper mechanics, leading to restriction and eventually pain. When we return to our natural aligned posture, our bodies can heal, pain disappears and we can reclaim the joy of unrestricted movement.

After a postural assessment, we will learn a set of simple functional exercises which can be done daily to restore/maintain proper alignment, release stress on the joints and keep the body free from restrictions. So bring your pain, problems, and frustrations. Let's get back to being awesome!

Wear socks or go barefoot.

You will need: • 2 towels • Focus mitt • Lacrosse or tennis ball • Moderate space (10-foot circle)

Intended for Teens & Adults | All Experience Levels | Moderate Exertion

BODY MECH | WELLNESS

Long Staff

I started baton twirling when I was 5 years old. Long staff is just a big baton and is lots of fun to twirl! Plus you get to hit people....

Since this is a zoom class, I will be teaching a form that you can do in an indoor area. You can use a shorter staff to represent a long staff if you are limited in space. I often use a foldable yardstick to train and it works fine. To avoid breaking lamps and windows we will only do two-handed twirling and no throwing or sweeping motions. We will warm up with some twirls, strikes and blocks, then learn a form that incorporates these skills.

You need to have at least 1 year of martial arts training, a long staff, or a shorter substitute.

You will need:

- *Long staff or substitute (3 feet or longer)*
- *Eye protection (recommended)*
- *Lots of space (more than a 10-foot circle)*

Intended for All Ages | Intermediate & Advanced Levels | Moderate Exertion

1 DRILL | ARMED TECH | WORKOUT