

## Schedule

### Tuesday

7:00 - 8:30 pm	Early Bird Gathering Martha Thompson, facilitator	Wick 113-115
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### Wednesday

7:00 - 8:00 am	Breakfast	
8:00 - 9:30 am	ESD Welcome and Skill Share Martha Thompson, facilitator	Wick 113-115
10:00 - 11:30 am	ESD Physical Techniques for EveryBody Jill Shames	Wick 113-115
11:30 - 1:00 pm	Lunch	
1:00 - 2:30 pm	Beyond verbal and physical skills: Overcoming internalized barriers to self-defense Lauren Taylor	Wick 113-115
3:00 - 4:30 pm	More than mani-pedi's: how to NAIL a sustainable self-care routine Karen Chasen and Linda Leu	Wick 113-115
4:30 - 5:30 pm	Empowerment Self-Defense Meeting	Wick 113-115
5:00 - 6:30 pm	Dinner	
7:00 - 8:30 pm	The Future of ESD Hind Essayegh, moderator & panelist Panel: Adriana Li Amellia Chifodya, Emily McKee	Wick 113-115

### Thursday

7:00 - 8:00 am	Breakfast	
8:00 - 9:30 am	RISE Conference Opening All, with Arlene Limas leading the warmup	Wick Social
10:00 - 11:30 am	Judo Games I Connie Halporn	Wick Social
	Muay Thai: Kickbox Like You Mean It! Angela Meyer	Wick Alumni
	Tag you're it! Kim Rivers	Wick 113-115
	ESD Model Course Session 1 Clara Porter	Duns Scotus 26
	Participation - It's not "all or nothing" Karen Chasen and Linda Leu	Duns Scotus 236
11:30 - 1:00	Lunch	
1:00 - 2:30 pm	I Got Your Back Candace Rushton	Wick Social
	Introduction to Wing Chun Basics Emily McKee	Wick Alumni
	Interoception for Trauma Survivors in Martial Arts Georgia Verry	Wick 113-115
	ESD Model Course Session 2 Clara Porter	Duns Scotus 26
	Nonprofit Nuts and Bolts	Duns Scotus 236

Meg Stone		
3:00 - 4:30 pm	Judo Games II Connie Halporn	Wick Social
	Yoga as Moving Meditation Coty Delacretaz	Wick Alumni
	Pads 101 & Beyond Arlene Limas	Wick 113-115
	Beyond YES and NO models for consent: Keeping the conversation relevant Karen Chasen and Shay Orent	Duns Scotus 26
	Grant Writing and Fundraising Karen Brown	Duns Scotus 236
5:00 - 6:30	Dinner	
7:00 - 8:30 pm	The Indomitable Spirit: Surviving, Healing, and Thriving Thuy Rocco	Wick Social
<b>Friday</b>		
7:00 - 8:00	Breakfast	
8:00 - 9:30 am	2 Pillars of Aikido Kim Rivers	Wick Social
	Boxing: The Sweet Science of Offense and Defense Angela Meyer	Wick Alumni
	Meditation for Martial Arts & ESD Emily McKee	Wick 113-115
	Contextualization and Adaptation as Key Elements of an Impactful International ESD program Hind Essayegh and Deryn Fink	DS 26
	The Challenges of Entrepreneurship: How to navigate running a thriving business and lead a thriving life. Tasha Church	DS 236
10:00 - 11:30 am	Judo Games III Connie Halporn	Wick Social
	Yoga for Social Justice Coty Delacretaz	Wick Alumni
	OPEN - FOR PRACTICE OR MEETING	Wick 113-115
	ESD Model Course Session 3 Clara Porter	Duns Scotus 26
	Turning Natural Allies into Strong Champions: Collaborating with Domestic Violence and Sexual Assault Advocates Meg Stone	Duns Scotus 236
11:30 - 1:00	Lunch	
1:00 - 2:30 pm	On the Plus Side Candace Rushton	Wick Social
	Budokon: Integrating the Way of the Warrior Angela Meyer	Wick Alumni
	Knife Defense with Overhead Catch Diane Wallander	Wick 113-115
	Healing pain Tih Penfil	Duns Scotus 26
	Healthy Boundaries 101 Kim Rivers	Duns Scotus 236
3:00 - 4:30 pm	Wahine Koa (Woman Warrior)	Wick Social

	Michelle Manu	
5:00 - 6:30	Dinner	
7:00 - 8:30 pm	All Members Meeting	Wick Social
<b>Saturday</b>		
7:00 - 8:00	Breakfast	
8:00 - 9:30 am	Judo Games IV Connie Halporn	Wick Social
	Board Breaking with Kicks, Hands, and Even Blocks! Thuy Rocco	Wick 113-115
	Choke Defense Candace Rushton	Duns Scotus 26
	Buffalo Shooting Tragedy	Duns Scotus 236
10:00 - 11:30 am	Mixed Martial Arts (MMA) Rachel Collins	Wick Social
	Bazaar!	Wick Alumni
	Sword Corrin Eckert-Chu	Wick 113-115
	Queer 101: Including LGBTQIA+/non-binary people in our work Lauren Taylor	Duns Scotus 26
	Choice for Trauma Survivors in Martial Arts Georgia Verry	DS 236
11:30 - 1:00	Lunch	
1:00 - 2:30pm	Cross-over Aikido and Self Defense Kim Rivers	Wick Social
	Bazaar!	Wick Alumni
	Introduction to Wing Chun Basics (encore) Emily McKee	Wick 113-115
	Acupressure Healing Circle Amelia Jones	Duns Scotus 26
	Defense Against the Dark: Psychological First Aid for PTSD Prevention Jill Shames	Duns Scotus 236
3:00 - 4:30 pm	Traditional Bo Basics and Form Karen Brown	Wick Social
	Bazaar!	Wick Alumni
	Krav Maga All Levels Stand Up: Unleashing the Beast Angela Meyer	Wick 113-115
	Yoga for Social Justice (encore) Coty Delacretaz	Duns Scotus 26
	Tapping Into Your True North Tasha Church	Duns Scotus 236
5:00 - 6:30	Dinner	
7:00 - 8:30 pm	Finale Extravaganza	Wick Social
<b>Sunday</b>		
8:00 - 9:00 am	Informal Closing	Wick 113-115