



# **SYNERGY**

## NWMAF 2023

JULY 26 – 29, 2023 | NAPERVILLE, IL



# MEET THE BOARD

## CARMEL DREWES & AMY JONES INTERIM CO-CHAIRS

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### Join the Board!

As a member-driven organization, we need you! Your leadership and voice are important. Apply today!



Carmel Drewes (she) and Amy Jones (she & they) met in 2001 when they both trained with Suzanne Pinette at Sun Dragon Martial Arts & Self Defense in Austin, Texas. They have been training in karate, teaching ESD, and have been active as members of the NWMAF since that time.

Carmel served on the ST Planning Committee in 2002, and Amy was Member of the Year in 2005. More recently, Amy was co-organizer for PeaceWorks in 2014, and both have served in board positions. Carmel served as NWMAF Membership Director from 2016—2019. Amy served as NWMAF Self Defense Coordinator from 2016—2018 and continued service in the non-board position of Self Defense Instructor Certification Coordinator from 2018—2022. They are both NWMAF Certified Self Defense Instructors.

Amy is currently a Yondan (4th degree black belt) in Jin Sei Ryu Karate and co-owner & co-head instructor of Culture of Safety Dojo & Wellness Center in Chicago, IL. Carmel is a Sandan (3rd degree black belt) in Seido Karate and the owner & lead instructor of Boston Area Seido Karate in Stoughton, MA. They are both licensed social workers. Carmel also works as a trauma therapist and teaches English to adult immigrant learners. Amy also teaches comprehensive sex ed using the Our Whole Lives (OWL) curriculum, and is working on incorporating restorative/transformational justice practices into Culture of Safety.

## **CORRIN ECKERT-CHU**

### SECRETARY

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- Primary Practice: Goju Karate
  - Home: Brooklyn, NY
  - Personal pronouns: she/her/hers
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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.

## **CHERYL VANHOSEN**

### TREASURER

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- Home: Roanoke, VA
  - Personal pronouns: she/her/hers
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Cheryl has been practicing (and practicing and practicing) both hard and soft arts for the past 23 years.

She has been attending NWMAF conferences for more than 20 years and always comes away energized.

She enjoys the journey of training and who she is on the mat.

While not training, Cheryl enjoys hiking in the Blue Ridge with her hound dog, Coal, and her spouse.



## LAUREN M. BAILEY

### MEMBERSHIP COORDINATOR

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- “Gateway” practice: Combat Hapkido
  - Home: Fort Mitchell, KY
  - Personal pronouns: she/her/hers
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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.



## EMILY MCKEE

### MARTIAL ARTS COORDINATOR

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Emily began her wing chun training in May of 2007, while living in Taipei, Taiwan. She trained under her master, Thierry Cuvillier and Master Lo Man Kam for the next 11+ years, completing all six levels of the wing chun system as well as her 1st degree teacher's certificate.

During this time she also began studying vipassana meditation and has completed five 10-day courses in Taiwan, India, Thailand and Canada. In September of 2018 Emily became a teacher at the Thierry Cuvillier International Academy of Wing Chun in Taipei, where she taught both wing chun and ESD until moving back to her hometown in Canada in the summer of 2021.



## CLARA PORTER

### SELF DEFENSE COORDINATOR

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- Home Town: Portland, Maine USA
  - Pronouns: She/Her
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Clara is the founder of Prevention. Action. Change. a violence prevention, intervention, response, and healing program based in Portland, Maine which works to counter harassment, assault, and abuse through awareness, verbal and physical skills, and the promotion of healing and growth. Clara has been a certified Empowerment Self Defense instructor with NWMAF since 2001 and has advanced training in Trauma First Aide.

Through Prevention. Action. Change., Clara trains and mentors ESD teachers and focuses on bringing ESD, Active Bystander Intervention, De-escalation, Sexual Harassment prevention and response, and Workplace Safety training to the communities most targeted for violence. Her primary focus personally is on ESD as a tool for trauma healing using a unique program called Healing Through Empowerment.

In 2020, Clara resumed her study of GoJu Karate with Brooklyn GoJU, formerly Brooklyn Women's Martial Arts, after a 20 year hiatus thanks to online classes.

When not teaching, Clara can be found working on community activism or walking in the woods or on the beach with her dog enjoying the incredible landscape of Maine.

## COTY DELACRETAZ

### HEALING ARTS COORDINATOR

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Coty is the Violence Prevention Program Coordinator at Sun Dragon Martial Arts and Self Defense, NFP, which is a feminist dojo in south Austin, TX. She took her first self defense class with Carmel Drewes and kept showing up to her workshops for years. Carmel convinced her to attend NWMAF's Special Training in 2014 and that was another eye-opening experience for her. After watching her kids train in Seido karate for a decade, she began her own training in 2019. She has earned a brown belt in Seido Karate.

Coty had always wanted to find out what yoga was about since she was a child. Finally, in 1998 she walked into her first class and was hooked. Coty's personal practice and teaching comes from the lineage of T.K.V. Desikachar. She received certification from the International Association of Yoga Therapists in 2019 and has since worked for a mental health hospital in both inpatient and outpatient programs. Coty is interested in how yoga, martial arts and empowerment self defense can work together to heal trauma.



## VICKI HOPKINS

### MARKETING COORDINATOR

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I have participated in Martial Arts on and off since I was a teen and found yoga, after having my first child, as a tool to help with postpartum depression.

Once I discovered yoga, I nearly immediately recognized the increase in flexibility which in turn, helped in Martial arts when it came to kicks, strength, endurance, and more. I've been a Yoga Instructor since 2021 and have taught both in person and online, with varying abilities and ages. I'm also Certified in Meditation Instruction since 2022 and have been combining the two ever since.

The power of mindful breathing is also beneficial in martial arts, in a myriad of ways. Yoga and Meditation in combination can help us to become more powerful, balanced, and centered martial artists.



## TASHA CHURCH

### INCLUSION & EQUITY COORDINATOR

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Tasha Ina Church is the founder of ElleLiveAction, an Empowerment Company focused on teaching Empowering strategies to emerging women leaders, so they can be their own hero. She is also a course creator, empowerment self-defense instructor, business owner, empowerment coach, author, & international speaker. Church teaches health, wellness, trauma informed workshops & more. She is the only certified instructor on Maui in Empowerment Self-Defense, a 40+ year evidence-based curriculum designed by women for women, taught in 45 countries globally. Tasha's curriculum provides individuals with the tools they need to navigate life's scenarios, teaching when to lean in, when to step back, & that they are worth fighting for.

Church teaches throughout Hawaii and globally! She's published 4 online courses and was #1 on page #1 of the Udemy course platform out of 3224 self-defense courses. With over 20 years of self-defense experience, studying 7 styles of Japanese Martial Arts, Tai Chi, and zen trainings, along with doing Warrior Spirit with Sylvester Stallone's Trainer, Jeff Alexander, she is one of a kind. Her Empowerment facilitators were Arlene Limas, the 1st Olympic Gold Medalist in Tae Kwon Do & Lizzette Fitzgerald from ASSERT Defense, the only female instructor to currently teach both the military and the police force in the United States.

Tasha is also the co-founder of Ladies First, building her own curriculum for middle school and high school girls focused on self-esteem, body image, and self-defense training. Working with women and girls of all ages, & demographics, she found that she loved working with those who are passionate about life, love their work & excel.

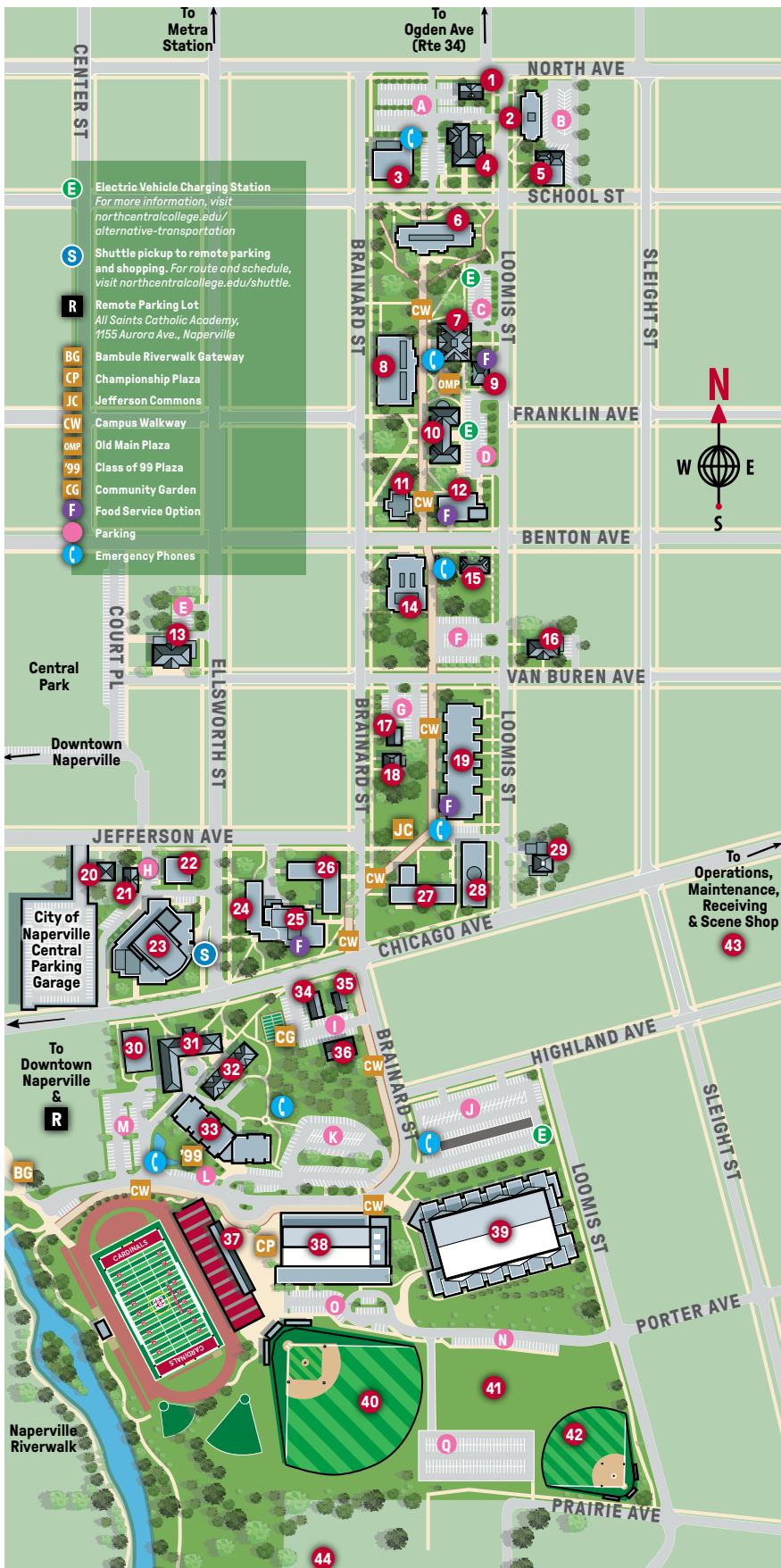
# CAMPUS MAP



**NORTH CENTRAL  
COLLEGE 1861**

30 N. Brainerd Street • Naperville, IL 60540  
630.637.5100 • [northcentralcollege.edu](http://northcentralcollege.edu)

1. 225 N. Loomis House [H225]
2. Kimmel Residence Hall [KL] 224 N. Loomis St.
3. Larrance Academic Center [LAC] 309 E. School St.
4. Kiekhof Hall and Koten Chapel [KH] 329 E. School St.
5. Seybert Hall [ST] 208 N. Loomis St.
6. Oesterle Library & Learning Commons [LIB] 320 E. School St.
7. Goldspohn Hall [G] 31 N. Loomis St.
8. School of Business & Entrepreneurship [BE] 40 N. Brainerd St.
9. Rolland Center Boilerhouse Café [RC] 29 N. Loomis St.
10. Old Main [OM] 30 N. Brainerd St.
11. Carnegie Hall [C] 10 N. Brainerd St.
12. Harold and Eva White Activities Center [WAC] 325 E. Benton Ave.
13. Meiley-Swallow Hall [MS] 31 S. Ellsworth St.
14. Pfeiffer Hall [PH] 310 E. Benton Ave.
15. 5 S. Loomis St. [H326/5]
16. A.A. Smith House [H28] 28 S. Loomis St.
17. 116 S. Brainerd House [H116]
18. Hammersmith House [H120/122] 120/122 S. Brainerd St.
19. Wentz Science Center [WSC] 131 S. Loomis St.
20. 40 E. Jefferson House [H40]
21. Abe House [H48] 48 E. Jefferson Ave.
22. Campus Store [B100] 100 E. Jefferson Ave.
23. Wentz Concert Hall/Fine Arts Center [FAC] 171 E. Chicago Ave.
24. Geiger Residence Hall [GR] 221 E. Chicago Ave.
25. Kaufman Dining Hall [K] 221 S. Brainerd St.
26. Rall Residence Hall [RL] 211 S. Brainerd St.
27. Seager Residence Hall [SR] 311 E. Chicago Ave.
28. Schneller Residence Hall [SSH] 147 S. Loomis St.
29. President's House 409 E. Chicago Ave.
30. Wentz Center for Health Sciences & Engineering 160 E. Chicago Ave.
31. Patterson Residence Hall [PRH] 180 E. Chicago Ave.
32. Ward Residence Hall [WH] 192 E. Chicago Ave.
33. New Hall Residence Hall [NH] 451 S. Brainerd St.
34. 224 E. Chicago House [H224]
35. Oliver Hall [WONC] 232 E. Chicago Ave.
36. Edward Everett Hall House 329 S. Brainerd St.
37. Benedetti-Wehrli Stadium [STAD] 455 S. Brainerd St.
38. Merner Field House [MF] 450 S. Brainerd St.
39. Residence Hall/Recreation Center [RRC] 440 S. Brainerd St.
40. Zimmerman Stadium 467 S. Brainerd St.
41. Athletics Practice Field
42. Shanower Family Field 435 S. Loomis St.
43. Operations, Maintenance, Receiving & Scene Shop [M999] 999 E. Chicago Ave.
44. Riverview Property





# SCHEDULE AT-A-GLANCE

## WEDNESDAY JULY 26

3:00 - 6:00 pm	Check-In			Ward Meeting Room
5:30 - 7:30 pm	ESD Dinner			Off-site location TBD
7:30 - 9:00 pm	ESD Skill Swap			Jefferson Lounge
8:00 - 9:00 pm	Trainer Reception			Res Rec 3rd floor
9:00 - 10:00 pm	12-Step Meeting			WSC - Classroom 254

## THURSDAY JULY 27

6:00 - 7:00 am	Early-Bird Workout	Vicki Hopkins		Res Rec 3rd floor
7:00 - 8:30 am	Breakfast			Kaufmann Dining Hall
7:00 - 10:00 am	Check-In			Ward Meeting Room
8:30 - 10:00 am	Opening Ceremony			WSC - Stevenson Hall
10:30 - 12:00 pm	Choke Defense	Candace Rushton	MA/SD	WSC - Stevenson Hall
	Functional Strength & Conditioning:	Rachel Collins	MA	WSC - Stevenson Hall
	Fostering Improvisational Physical Skills	Anne Kuzminsky	ESD/MA	WSC - Stevenson Hall
	What is ESD Anyway	Jocelyn Hollander, Martha Thompson, Charlene Senn	ESD	WSC - Lecture Room 101
	Adaptive Martial Arts Methods	Amanda Piepgras	MA	WSC - Classroom 254
12:00 - 1:30 pm	General Lunch POC Lunch			Kaufmann Dining Hall Kaufmann Upper Cafeteria
1:30 - 3:00 pm	Obstacle Course for Fun & Self-Defense		YMA	WSC - Stevenson Hall
	Ah Relax...Using Ki/Chi	Kim Rivers	MA	WSC - Stevenson Hall
	Kung Fu Long Staff for All	Tamara Machac	MA	WSC - Stevenson Hall
	Surviving a Mass Shooting Incident — Be Prepared & Get Training & Get Resources to Teach this Class in Your Community	Silvia Smart	ESD	WSC - Lecture Room 101
	ESD Model Class #1	Kyren Epperson, Amy Jones	ESD	WSC - Classroom 254
3:30 - 5:00 pm	Judo Games	Connie Halporn	MA	WSC - Stevenson Hall
	Sarong/Scarf Defense	Ashlyn Johnson	SD/MA	WSC - Stevenson Hall
	Night of 1000 Kicks!	Melissa Stanley	MA	WSC - Stevenson Hall
	Transforming Conflict through Calling In #1	Diane Long, Karen Chasen, Brigit McCallum	ESD	WSC - Lecture Room 101
	Yell / Tell	Catherine MillerJeannie Caldwell	SD	WSC - Classroom 254
5:30 - 7:00 pm	Dinner			Kaufmann Dining Hall

7:00 pm - 8:30 pm	Fun with Side Guard	Candace Rushton	MA	WSC - Stevenson Hall
	Sportfighting for the Beginner	Rachel Collins		WSC - Stevenson Hall
	What if it's all about the fun?	Sally Johnson Van Wright	ESD/MA	WSC - Stevenson Hall
	Surviving with Breast Cancer-A Journey	Amelia Jones	HA	WSC - Lecture Room 101
	ESD Model Class #2	Kyren Epperson, Amy Jones	ESD	WSC - Classroom 254
8:30 - 10:00 pm	Open Mat Rolling	Connie Halporn	MA	WSC - Stevenson Hall
	Open: Drills & Games Sharing	Carmel Drewes	MA/ESD	WSC - Stevenson Hall
9:00 - 10:00 pm	12-Step Meeting			WSC - Classroom 254

FRIDAY JULY 28				
6:00 - 7:00 am	Early-Bird Workout	Vicki Hopkins		Res Rec 3rd floor
7:00 - 8:30 am	Breakfast			Kaufmann Dining Hall
8:30 - 10:00 am	It's All in the Way You Look At It	Katie Murphy Stevens	MA	WSC - Stevenson Hall
	Stop the Threat	Nancy Anderson	SD	WSC - Stevenson Hall
	Model Class #3	Kyren Epperson/Amy Jones	ESD	WSC - Stevenson Hall
	Getting ESD into Schools	Meg Stone	ESD	WSC - Lecture Room 101
	Mind & Movement:	Jenny Orona	HA	WSC - Classroom 254
10:30 - 12:00 pm	Defenses from seated positions	Diane Wallander	SD/MA	WSC - Stevenson Hall
	What if it's all about the Snap?	Sally Johnson Van Wright	MA	WSC - Stevenson Hall
	Find Your Voice	Jeannie Caldwell	ESD	WSC - Lecture Room 101
	Transforming Conflict through Calling In #2	Diane Long, Karen Chasen, Brigit McCallum	ESD	WSC - Classroom 254
12:00 - 1:30 pm	General Lunch ESD Lunch			Kaufmann Dining Hall Kaufmann Upper Cafeteria
1:30 - 3:00 pm	Arm Bars & More	Candace Rushton	MA	WSC - Stevenson Hall
	IMPACT YMA	Vic Bayona, Margaret Vimont Impact Chicago	ESD/YMA	WSC - Stevenson Hall
	Soaring Crane Chigong Routine 1	Helen Yee	MA/HA	WSC - Stevenson Hall
	State of Empowerment Self Defense Research	Jocelyn Hollander, Martha Thompson, Charlene Senn	ESD	WSC - Lecture Room 101
	Teaching Martial Arts To Neurodivergent Students	Diane Wallander	MA	WSC - Classroom 254
3:30 - 5:00 pm	Judo for All	Connie Halporn	MA	WSC - Stevenson Hall
	IMPACT Adult	Vic Bayona, Margaret Vimont Impact Chicago	ESD	WSC - Stevenson Hall
	The Secret Power of Uechi-Ryu	Wendy Rouse	MA	WSC - Stevenson Hall
	Model Class #4	Kyren Epperson/Amy Jones	ESD	WSC - Classroom 254
5:30 - 7:00 pm	Dinner			Kaufmann Dining Hall
7:00 - 8:30 pm	All Member Meeting			WSC - Lecture RM 101
9:00 - 10:00 pm	12-Step Meeting			WSC - Classroom 254



## SATURDAY JULY 29

6:00 - 7:00 am	Early-Bird Workout	Vicki Hopkins		Res Rec 3rd floor
7:00 - 8:30 am	Breakfast			Kaufmann Dining Hall
7:30 - 9:00 am	Check In			Ward Meeting Room
8:30 - 10:00 am	Turn, Turn, Turn...Tenkan in Aikido	Kim Rivers	MA	WSC - Stevenson Hall
	Yoga for Martial Arts	Vicki Hopkins	HA	Res Rec 3rd Floor
	What if it's all about fight, flight, freeze?	Sally Johnson Van Wright	ESD/MA	WSC - Stevenson Hall
	History of Women's Self-Defense in the US	Wendy Rouse	ESD	WSC - Lecture Room 101
	MyPwr	Yehudit Sidikman	ESD	WSC - Classroom 254
10:30 - 12:00 pm	Footlocks Done Nicely	Candace Rushton	MA	WSC - Stevenson Hall
	Powering Up Your Kata	Melissa Stanley	MA	WSC - Stevenson Hall
	What if it's all about Taking Out the Slack?	Sally Johnson Van Wright	MA	WSC - Stevenson Hall
	Trauma Informed Teaching	Hind Essayegh	ESD	WSC - Lecture Room 101
	Trauma Sensitive Yoga	Jenny Orona	HA	WSC - Classroom 254
12:30 - 1:30 pm	General Lunch Trans/Nonbinary Lunch			Kaufmann Dining Hall Kaufmann Upper Cafeteria
1:30 - 3:00 pm	Everything's a Circle	Connie Halporn, Yehudit Sidikman	MA	WSC - Stevenson Hall
	Striking for Combat Sports	Rachel Collins	MA	WSC - Stevenson Hall
	Tai Chi Yang 24 Step	Tamara Machac	MA	WSC - Stevenson Hall
	Working with organizations after an abuse crisis	Meg Stone, Karen Chason	ESD	WSC - Lecture Room 101
	Microaggressions: Self Defense for Targets & Bystanders	Darlene DeFour	ESD	WSC - Classroom 254
3:30 - 5:00 pm	Dump Your Air	Nancy Anderson	MA	WSC - Stevenson Hall
	Help Your Friends & Family w/Headache Relief	Katie Murphy Stevens	HA	WSC - Stevenson Hall
	ESD Instructor and Trainer Evaluation	Hind Essayegh	ESD	WSC - Lecture Room 101
	Beyond the Healthy vs. Unhealthy Relationships Binary	Katie Gardner	ESD	WSC - Classroom 254
4:30 - 6:30 pm	Performance rehearsal			Pfeiffer Hall
5:00 - 6:30 pm	Dinner			Kaufmann Dining Hall
6:00 - 7:00 pm	Bazaar Set-Up			Pfeiffer Hall
7:00 - 9:30 pm	Performance			Pfeiffer Hall
9:30 - 10:30 pm	Post-Performance Social			Pfeiffer Hall
9:00 - 10:00 pm	12-Step Meeting			Classroom 254

## SUNDAY JULY 30

7:00 - 8:30 am	Breakfast			Kaufmann Dining Hall
12:00 pm	Check-Out			Ward Meeting Room

# INSTRUCTORS & CLASSES



## AMY L. E. JONES, LSW

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(She/They) Amy is the co-owner and co-head instructor of Culture of Safety ([www.CultureOfSafetyChi.com](http://www.CultureOfSafetyChi.com)). Culture of Safety began as a company that delivered Empowerment Self-Defense trainings in the Chicago area in 2019. In 2020, in the midst of the pandemic, they affiliated with Jin Sei Ryu Karate-Do International and began teaching karate online and in public parks, and later using donated space at a local church. At the end of 2022, they opened Culture of Safety Dojo and Wellness Center in the Rogers Park neighborhood. Amy has been teaching ESD and karate for over 20 years. She is a licensed social worker. In 2020, Amy received training to deliver the Our Whole Lives sexuality education curriculum and has been volunteering with Oak Park Our Whole Lives in Oak Park, Illinois. In April of this year, they will lead the inaugural Dating Safety and Sex Ed trainings at Culture of Safety.



### ESD Model Course Part 1: Body and Voice 1

July 27 | 1:30 PM - 3:00 PM | WSC - 254

This is the first of 4 sessions of the ESD Model Course.

This Model Course will present a model of a short (3-hour) Empowerment Self-Defense Course as presented by Culture of Safety over 6 hours of classroom time, leaving time to discuss our pedagogy in some depth.

Each of the first 3 sessions will include between 45 minutes to an hour 15 (75 minutes) hour of a 3-hour training, followed by approximately 15 – 45 minutes of discussion and debriefing as fellow instructors.

This first session will cover 75 minutes of workshop time and 15 minutes of debriefing. The fourth session will cover big-picture pedagogical concerns and strategies, includes strategies for supporting special populations, and will allow follow-up time for “Parking lot” items from the first 3 sessions.

Instructors: Amy L. E. Jones, LSW and Kyren Epperson, PhD, LMT

Bring: Note-taking materials if they wish

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### ESD Model Course Part 2: Voice 2 & Mind

July 27 | 7:00 PM - 8:30 PM | WSC - 254

This is the second Model Course Session, which covers the second half of the voice section and the mind section of a 3-hour workshop, as well as time for debriefing the material covered. We also include a brief physical review of strikes learned in session 1. The second half of the voice section moves into verbal responses in everyday situations, and the mind section covers mental strategies and skills, including mindfulness, paying attention to intuition and body signals, and practicing awareness. This session includes approximately 65 minutes of workshop time and 25 minutes of debrief time.

Instructors: Amy L. E. Jones, LSW and Kyren Epperson, PhD, LMT

Bring: Note-taking materials if they wish

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### ESD Model Course Part 3: Body 2 & Closing

July 28 | 8:00 AM - 10:00 AM | WSC – Stevenson Hall

This is the 3rd session of the model course, which covers the final section of a 3-hour workshop. In the final section of a workshop, we re-visit physical skills, reviewing the skills in the first section and adding some additional skills, and encourage the integration of the voice. We close with a mindfulness exercise. This session will include 45 minutes of content time and 45 minutes of debrief time.

Instructors: Amy L. E. Jones, LSW and Kyren Epperson, PhD, LMT

Bring: Note-taking materials if they wish

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### ESD Model Course Part 4: Inclusive Teaching principles and practice

July 28 | 3:30 PM - 5:00 PM | WSC – 254

This is the last of the 4 sessions ESD Model Course. The first 3 sessions covered a 3-hour workshop and included some debriefing of each section. This last session will focus on how to teach ESD curriculum in a trauma-aware and inclusive way and touches on considerations when working with special populations. We will introduce principles of anti-ableist, anti-racist, and trans and genderqueer-affirming approaches to teaching and help participants practice how to make their teaching more inclusive. Though this is a debriefing and pedagogically focused session, we will include role plays so that participants have the opportunity to practice our recommendations as well as learn about them.

Instructors: Amy L. E. Jones, LSW and Kyren Epperson, PhD, LMT

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## ANNE KUZMINSKY

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(She/Her) Anne Kuzminsky, 7th-degree black belt in Zujitsu, has studied various martial arts and self-defense systems since 1976. Anne is an NWMAF certified self-defense instructor, and an inductee as Master Instructor of the Year – Self-Defense, in the World Head of Family Sokeship Council Hall of Fame. She served as NWMAF's Director-at-Large Self-Defense (2010-2014) and on several NWMAF Self-Defense Instructors' Conference (SDIC) Coordinating Teams. Anne also works with a variety of groups seeking to raise the profile and accessibility of Empowerment Self-Defense, including the Empowerment Self-Defense Alliance. She teaches self-defense and martial arts in Rhode Island.

### **Fostering Improvisational Physical Skills**

**July 27 | 10:30 AM - 12:00 PM | WSC - Stevenson Hall**

Many self-defense and martial arts systems feature defined choreography. Real-life self-defense situations are not scripted, however, and our bodies often long to move more freely.

In this class, we'll experiment with a variety of Zujitsu-Ryu training exercises, devised by Soke Chaka Zulu. These activities foster individual creativity, a broad movement vocabulary, and the ability to adapt to self-defense situations.

Through individual and partner practice, we'll slow down, tune in, and use our sensitivity to guide us to more fluidity and responsiveness. There is authenticity in discovering and honoring how our body wants to move. Most importantly, connecting to our creativity can be a source of joy, efficacy, and endless possibility.

Content note: This class will feature cooperative partner work that includes physical contact, such as touch, wrist grabs, and slow, controlled strikes.

Wear: Comfortable Clothing

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# ASHLYN JOHNSON

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(She/Her) Ashlyn Johnson is a nurse practitioner, assistant professor of nursing at Miami University in Ohio, and longtime martial artist. She has over 15 years of experience in the nursing field and maintains active clinical practice as a dual certified family and psychiatric-mental health nurse practitioner working with many patients suffering from PTSD. Her research interests include mental health, particularly related to trauma and resilience. Additionally, Ashlyn has been studying various martial arts systems for the past 25+ years. She wishes to express gratitude to her instructors including Guro Jeremiah Lovejoy and for the opportunity to be an apprentice under the esteemed Guro Dan Inosanto. Her current focus is on Pukulan Patikaman Silat Kuntau and she is deeply grateful to the founder, Syeikh Demank Ahmad, for his leadership and generously sharing his art with the world and to Pambakal Tim Anderson for bringing this art to the United States.

## Sarong/Scarf Defense

July 27 | 3:30 PM - 5:00 PM | WSC - Stevenson Hall

This class will provide an introduction to the use of scarf/sarong in silat. Participants will practice various sarong techniques, such as chokes, with partners.

Bring: A sarong is ideal, but a scarf such as an infinity scarf made from non-stretchy fabric may work. I will bring a few sarongs to share

Wear: Comfortable clothing

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## BRIGIT MCCALLUM

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(She/They) I'm Brigit McCallum, an ESD instructor with Prevention Action Change, working as part of the staff with Clara Porter in Maine for more than four years. I have taught ESD I, Active Bystander Intervention and the Healing Through Empowerment courses in both face to face and online format. Having been involved with Loretta Ross' online class, Calling In the Calling Out Culture multiple times, both as a participant and as a co-facilitator of breakout groups, I appreciate the connections Ross makes between our personal histories, the internalized messages we hold around conflict, and our reactions to it in the present. I bring a lifetime of teaching, ranging from Pre-K to PhD, as well as coaching a variety of sports to children and adults, that has always centered inclusion and adaptation for diverse learners.



### Transforming Conflict through Calling In – 1

July 27 | 3:30 PM - 5:00 PM | WSC - Lecture RM 101

In this 2-part workshop, based on the work of Loretta Ross and Loan Tran, we will explore the practice of “calling-in” as an alternative approach to responding to conflict. We will start to contextualize “call-out culture,” or “cancel culture,” within systems of domination and control. Rather than punishing and isolating people when they make mistakes, calling-in practices invite us to be in a relationship with ourselves and with each other in a more compassionate way. These practices allow us to build stronger, more resilient communities as we spread the work of ESD. In Part 1, we will explore our own histories with conflict and how internalized messages shape our beliefs and behaviors in the present. In part 2, we will move from theory into action, using calling-in conversation starters to interrupt and intervene in situations where behaviors perpetuate harm. We will expand our teaching toolbox to include more somatic, or body-based practices which are designed to help us stay grounded, present, and responsive in the midst of conflict.

Instructors: Diane Long, Karen Chasen, Brigit McCallum

Bring: Pen and paper

Wear: Comfortable clothing

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### Transforming Conflict through Calling In – 2

July 28 | 10:30 AM - 12:00 PM | WSC – 254

In this 2-part workshop, based on the work of Loretta Ross and Loan Tran, we will explore the practice of “calling-in” as an alternative approach to responding to conflict. We will start to contextualize “call-out culture,” or “cancel culture,” within systems of domination and control. Rather than punishing and isolating people when they make mistakes, calling-in practices invite us to be in a relationship with ourselves and with each other in a more compassionate way. These practices allow us to build stronger, more resilient communities as we spread the work of ESD.

In Part 1, we will explore our own histories with conflict and how internalized messages shape our beliefs and behaviors in the present. In part 2, we will move from theory into action, using calling-in conversation starters to interrupt and intervene in situations where behaviors perpetuate harm. We will expand our teaching toolbox to include more somatic, or body-based practices which are designed to help us stay grounded, present, and responsive in the midst of conflict.

Instructors: Diane Long, Karen Chasen, Brigit McCallum

Bring: Pen and paper

Wear: Comfortable clothing

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## CARMEL DREWES

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Carmel (she) is a martial artist and ESD instructor. She earned black belts in Kyokushin and Seido Karate, and learned Empowerment Self Defense, at Sun Dragon Martial Arts & Self Defense, in Austin, Texas. Carmel now lives in Massachusetts where she founded and runs Boston Area Seido Karate. Carmel is also a clinical social worker who focuses on trauma healing. Carmel is currently one of the NWMAF Interim Co-Chairs.



### Games and Drills Swap

July 27 | 8:30 PM - 10:00 PM | WSC - Stevenson Hall

It's always fun to bring home new games and drills to liven up our teaching or our own training. Come to this swap to teach a favorite class game or practice drill. Come to learn ideas you can bring home, or just to have some time to play. Many games and drills will likely come from martial arts, but the swap is open to all conference participants and self defense games and drills are also very welcome.

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## CATHERINE MILLER, 5TH DEGREE BLACK BELT, AFAA CERTIFIED PERSONAL FITNESS TRAINER AND NUTRITION COACH

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(She/Her) People who choose to train with me have become national martial arts champions, completed half marathons and triathlons, started businesses, and completely changed their body composition and elevated their self-worth.

### Yell and Tell

July 27 | 3:30 PM - 5:00 PM | WSC – 254

This fun interactive class teaches young boys and girls simple things to remember to avoid danger.

Instructors: Catherine Miller, 5th Degree Black Belt, Jeannie Caldwell

Bring: Boxing/sparing gloves

Wear: Comfortable Clothing

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## CHARLENE Y. SENN, PHD

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(She/Her) Charlene is a feminist social psychologist. She holds a Tier 1 Canada Research Chair in Sexual Violence and is a Professor of Psychology and Women's & Gender Studies at the University of Windsor. She has been an activist and advocate on issues related to violence against women and women's health for many years. Her research currently centers on effective campus sexual violence interventions. She developed the feminist EAAA (aka Flip the Script™) program which was recently proven to reduce the sexual violence women university students of all sexual identities experienced (30 – 64%) for at least two years. The program simultaneously increases women's confidence and reduces their self-blame if they are sexually assaulted. EAAA is now being used in universities and colleges in Canada, the U.S., New Zealand, and Australia. It is also being adapted for use in other contexts and with other audiences (e.g., for girls 14+, trans university students).

### What is ESD, Anyway?

July 27 | 10:30 AM - 12:00 PM | WSC – Lecture RM 101

Martha Thompson, Charlene Senn, and Jocelyn Hollander will share their thoughts about what ESD is and will engage with ESD instructors to discuss, debate, and unpack the essential components of an ESD program, the consequences if one or more components is missing, and what this all means for our teaching.

Instructors: Jocelyn Hollander, Ph.D., Martha Thompson, Ph.D., Charlene Y. Senn, PhD

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### State of Empowerment Self Defense Research

July 28 | 1:30 PM - 3:00 PM | WSC – Lecture RM 101

Overview of the foundations of Empowerment Self-Defense research, discussion of new and current research, and directions for future research.

Instructors: Jocelyn Hollander, Ph.D., Martha Thompson, Ph.D., Charlene Y. Senn, PhD

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## CONNIE HALPORN, 6TH DEGREE BLACK BELT KODOKAN JUDO

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(She/Her) I began Judo in junior high school in 1966 at St. Ann's School in Brooklyn, NY. I continued in Judo while at Kirkland College in Clinton, New York until my return to NYC in 1980. Once back in New York City, I joined the Columbia University Judo Club and Judo Kai of Englewood. I am now an Assistant Judo coach at the New York University Judo Club, working with the Head instructor, my husband. We also teach Judo at the Brooklyn Martial Arts Club in Brooklyn, NY. I hold the rank of Rokudan (sixth-degree black belt), am registered with the United States Judo Association, and am a current member of USA Judo. I adore sharing Judo with my students and never miss an opportunity to tell people about the benefits of a life in Judo. I can't wait to reconnect with everyone at NWMAF camp!

### Judo Games

July 27 | 3:30 PM - 5:00 PM | WSC – Stevenson Hall

This class introduces the students to body contact and having fun. We start with a light warm-up with stretching. Then pick partners to play games such as 'Escapes' This loosens up everyone. We then progress to games such as "Hold 'em Up" and "Hold 'em Down", which teach body control. We then go onto "Down & Ups" which is the sneakiest way I've ever seen to teach falling.

Bring: Full water bottles, towels if desired

Wear: Gis or sweatpants and sweatshirts with no zippers. Clean feet, no shoes or socks will be used.

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### Open Mat Rolling

July 27 | 8:30 PM - 10:00 PM | WSC – Stevenson Hall

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### Judo for All

July 28 | 3:30 PM - 5:00 PM | WSC – Stevenson Hall

This session is geared toward participants that want to learn some Judo, along with mat time for other mat artists to have some supervised and timed randori (free play). This would not be a traditional Judo class but would be geared to the level of the attendees. The intensity will be geared to the level of the students that attend.

Bring: Full water bottles, and towels if desired

Wear: Gis or sweatpants and sweatshirts with no zippers. Clean feet, no shoes or socks will be used.

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### Everything's a Circle

July 29 | 1:30 PM - 3:30 PM | WSC – Stevenson Hall

There is a connection between each throw in Judo. But what happens when our partner resists in a way that foils our initial attempt? Developing a series based on the "What ifs" is about looking at our options when our opponent slips past our throw?

Instructors: Connie Halporn, Yehudit Sidikman

Bring: Full water bottles, towels if desired, notebook, and pen/pencil if desired

Wear: Gis or sweatpants and sweatshirts with no zippers. Clean feet, no shoes or socks will be used.

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## DARLENE C. DEFOUR, PHD

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(She/Her) Darlene DeFour, Ph.D. received the 2016 NWMAF Award of Excellence and has been inducted into the AWMAL Hall of Fame. She holds a 9th-degree black belt in San Yama Bushi Ryu Ju-Jitsu and a 6th-degree black belt in Kushinda Ryu Shotokan karate. She co-founded the NWMAF Anti-Racism Council. 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. A social/community psychologist, she is an Associate Professor of Psychology at Hunter College. Her research explores violence, racism, and sexism and their impact on everyday life experiences.



### **Microaggressions: Self-defense Strategies for Targets and Bystanders**

**July 29 | 1:30 PM - 3:00 PM | WSC – 254**

Unfair treatment and violence based on race, gender, ethnicity, sexuality, and religion continue to be persistent parts of daily life for many. Microaggressions are “brief, everyday exchanges that send denigrating messages to certain individuals because of their group membership.” Although these encounters may be brief, research results show that they can negatively impact the health and quality of life of the targets. How then can targets, bystanders, and allies manage and respond to them? In this session, using Sue et al.’s (2019) micro-intervention framework we will discuss and practice strategies that target, bystanders, and allies can use to respond to microaggressions.

Attendees should have an understanding of microaggressions.

Bring: An open mind, writing tools, and possibly an electronic device

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## DIANE LONG

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(They/Them) 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.



### Transforming Conflict through Calling In – 1

July 27 | 3:30 PM - 5:00 PM | WSC - Lecture RM 101

In this 2-part workshop, based on the work of Loretta Ross and Loan Tran, we will explore the practice of “calling-in” as an alternative approach to responding to conflict. We will start to contextualize “call-out culture,” or “cancel culture,” within systems of domination and control. Rather than punishing and isolating people when they make mistakes, calling-in practices invite us to be in a relationship with ourselves and with each other in a more compassionate way. These practices allow us to build stronger, more resilient communities as we spread the work of ESD.

In Part 1, we will explore our own histories with conflict and how internalized messages shape our beliefs and behaviors in the present.

In Part 2, we will move from theory into action, using calling-in conversation starters to interrupt and intervene in situations where behaviors perpetuate harm. We will expand our teaching toolbox to include more somatic, or body-based practices which are designed to help us stay grounded, present, and responsive in the midst of conflict.

Instructors: Diane Long, Karen Chasen, Brigit McCallum

Bring: Pen and paper

Wear: Comfortable clothing

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### Transforming Conflict through Calling In – 2

July 28 | 10:30 AM - 12:00 PM | WSC – 254

In this 2-part workshop, based on the work of Loretta Ross and Loan Tran, we will explore the practice of “calling-in” as an alternative approach to responding to conflict. We will start to contextualize “call-out culture,” or “cancel culture,” within systems of domination and control. Rather than punishing and isolating people when they make mistakes, calling-in practices invite us to be in a relationship with ourselves and with each other in a more compassionate way. These practices allow us to build stronger, more resilient communities as we spread the work of ESD.

In Part 1, we will explore our own histories with conflict and how internalized messages shape our beliefs and behaviors in the present.

In Part 2, we will move from theory into action, using calling-in conversation starters to interrupt and intervene in situations where behaviors perpetuate harm. We will expand our teaching toolbox to include more somatic, or body-based practices which are designed to help us stay grounded, present, and responsive in the midst of conflict.

Instructors: Diane Long, Karen Chasen, Brigit McCallum

Bring: Pen and paper

Wear: Comfortable clothing

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## DR. SENSEI AMELIA E. JONES

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(She/We/They) Dr. Sensei Amelia E. Jones is a scholar warrior healer. She has actively practiced the martial arts for 40 years, starting in 1983 as a student of Shorin Ryu. She joined the NWMAF in 1984 and served as a board member in the late 20th century. Under the instruction of Katsuo Watanabe Sensei, 8th dan, she has earned the rank of yodan in Tomiki Aikido. Sensei Jones has taught self-defense for school and community groups. She is a graduate of the Pacific College of Oriental Medicine and nationally board certified in acupuncture and Chinese herbal medicine. She continues to study and practice Chinese medicine, Tomiki Aikido, meditation and painting.



### **Surviving with Breast Cancer: A Journey**

**July 27 | 7:00 PM - 8:30 PM | WSC – Lecture RM 101**

The class will present an introduction to breast cancer from a Chinese medical perspective, emphasizing healing using meditation, diet, and qigong strategies for self-care. The instructor will share a narrative of their successful journey and other survivors will be invited to share their stories.

**Wear:** Comfortable Clothing

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## GOEROE SILVIA SMART

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(She/Her) Silvia Smart is a sixth-degree black belt, with over three decades of teaching and training. She is the owner and head instructor for Naga Martial Arts & Self Defense. She holds a Master's Degree in Education, with a focus on special needs. She is certified to teach empowerment self-defense by the NWMAF. In 2020, The Association of Women Martial Arts Instructors inducted Silvia into their Hall of Fame. Silvia is the creator and host of two podcasts: The Empowerment Podcast by Naga, and The Power Up Kids Self-Defense Podcast. Specifically, she teaches martial arts, self-defense, de-escalation, bystander intervention training, active shooter survival, and meditation. Furthermore, Silvia works with many companies like Nike, The FBI, and Genentech, to name a few. A dynamic high-energy teacher, Silvia's talents and passion touch countless lives and make our world better.

### Surviving a Mass Shooting Incident – Teaching Resources

July 27 | 1:30 PM - 3:00 PM | WSC – Lecture RM 101

Be Prepared & Get Training & Get Resources to Teach this Class in Your Community

Preparation and planning save lives. It's awful to think about these incidents, but it's important to know what to do just in case. Leave class with the knowledge of best practices and with the resources to teach classes like this in your own community.

Get up-to-date information and hands-on experience for an event that is unpredictable and unfolds quickly. From Columbine to the Clackamas Town Center, Sandy Hook to Club Q, the FBI reports mass shooting incidents are on the rise. Training for such a situation, one of the worst-case scenarios imaginable, is important because knowing what to do, making fast decisions, and acting quickly save lives.

Silvia will share resources, articles, research, and her PowerPoint presentation with you in the hope that you will take this information out into your own community.

Bring: Notetaking materials and water

Wear: Comfortable clothing

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## HELEN YEE

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(She/Her) Helen Yee has been studying martial arts since 1978. Her training in the external and internal martial arts led her to becoming a licensed massage therapist, and was inspired to pass on her skills by opening a holistic school in Columbus Ohio. She is the Co-founder and Co-owner of the American Institute of Alternative Medicine. Helen has taught Tai Chi and Chi Gong to acupuncture and martial arts students as well as those who have been interested in holistic and alternative approaches to health. She has studied various systems of internal martial arts in China as well as the United States, and incorporated much of her knowledge in teaching to students in the various holistic programs at The American Institute of Alternative Medicine (AIAM), martial arts camps and seminars nationally and abroad.



### **Soaring Crane Chigong Routine 1**

**July 28 | 1:30 PM - 3:00 PM | WSC – Stevenson Hall**

This training will focus on 1 of 5 of the routines to this medical chi gong practice. I learned this form while on an acupuncture study tour in China and have been teaching it ever since to acupuncture and holistic practitioners. My main FOCUS is on the healing aspects of the form and the flow of healing chi energy within the movements.

Participants will learn how to cultivate, circulate, and store chi with proper breathing techniques, movements, and minds intention and focus some terminology, breathing techniques, warm up exercises, learn the first routine of Soaring Crane Chigong: Integration of the 6 directions.

Open to everyone. No experience necessary.

Bring: An open mind

Wear: Light clothing

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## HIND ESSAYEGH

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(She/Her) I have a diverse background as a linguist, educator, martial artist, and violence prevention advocate. My passion is to help people find and use their power to defend themselves and their communities against gender- and hate-based violence. My self-defense training with Defend Yourself was empowering, healing, and life-changing, and I strive to spread the positive impact of this work as widely as possible. I currently serve as Curriculum and Training Manager with No Means No Worldwide. I also work with Defend Yourself and Malukah teaching empowerment self-defense and bystander intervention within the Muslim community and to the general public in person and online.

### **Trauma Informed Teaching**

**July 29 | 10:30 AM - 12:00 PM | WSC – Lecture RM 101**

As Martial Arts and Empowerment Self-Defense instructors, we have a higher chance of having participants in our classes who are trauma survivors. It is therefore very important to understand and adopt a trauma-informed approach. In this session, participants will have an overview of the core principles of the Trauma-Informed Approach and will share and learn from each other how they apply these principles to facilitate their classes.

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### **ESD Instructor and Trainer Evaluation**

**July 29 | 3:30 PM - 5:00 PM | WSC – Lecture RM 101**

In this workshop, ESD practitioners training Instructors and Trainers will share their certification models and evaluation tools, and processes and learn about how No Means No Worldwide evaluates its Instructors and Trainers.

This workshop is ideal for ESD practitioners training or intending to train other ESD instructors or Trainers of instructors.

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# JEANNIE CALDWELL

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(She/Her) I am a mother whose interest in martial arts and self- defense stemmed from wanting my children to feel competent and empowered to protect themselves. After receiving my blackbelt under Sensei Mike Proctor, I discovered my passion is encouraging NON-martial artists to find the power of their voice as well as learn how to defend themselves

## Yell and Tell

July 27 | 3:30 PM - 5:00 PM | WSC – 254

This fun interactive class teaches young boys and girls simple things to remember to avoid danger.

Instructors: Catherine Miller, 5th Degree Black Belt, Jeannie Caldwell

Bring: Boxing/sparing gloves

Wear: Comfortable Clothing

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## Find Your Voice

July 28 | 10:30 AM - 12:00 PM | WSC – Lecture RM 101

Empowering self-defense for the non-martial artist.

Bring: Water and snacks

Wear: Comfortable clothing

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# JENNY E. ORONA, C-IAYT, AHC

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(She/Her) JennyO turned to yoga when an accident caused a debilitating spinal injury. Her yoga practice gave her relief from physical pain, as well as mental and emotional clarity. Her teaching comes from this in-depth understanding and she has a unique ability to find a practice for every “body.” She is well-known for incorporating movement, breath, meditation, and sound into her classes, making them accessible to clients and students of every level. A Yoga Therapist at Ascension Seton Shoal Creek she brings the healing path of yoga to clients recovering from trauma, substance abuse, and mental illness. As a Yoga Therapist for Ascension Seton Behavioral Health, she is part of the Restore Program providing iRest and Therapeutic Yoga to Trauma survivors as well as other mental health programs. JennyO is a Yoga Teacher Trainer, and a Yoga Therapist Trainer and holds certifications as a Yoga Therapist- (C- IAYT), E-RYT 500 in Hatha Yoga, an RYT 500 hour in Kundalini Yoga, and holds advanced certifications in specialized modalities of iRest, Restorative, Pre and Postnatal, Radiant Child, Yoga for Cancer Survivors and Trauma-Informed Yoga. She continues her healing studies with Indigenous groups in Shamanism with Maria Elaina.



## Mind and Movement

July 28 | 8:30 AM - 10:00 AM | WSC – 254

Gentle Yoga class with a meditation at the end.

Bring: Something to practice yoga on, a mat or a blanket, and whatever they may need to sit comfortably

Wear: Comfortable Clothing

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## Trauma Sensitive Yoga

July 29 | 10:30 AM - 12:00 PM | WSC – 254

Yoga based on invitational language and movement.

Bring: Yoga mat and whatever props they might need

Wear: Something comfortable

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## JOCELYN HOLLANDER, PH.D.

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She/Her) 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. What is ESD, Anyway?



### **What is ESD, Anyway?**

**July 27 | 10:30 AM - 12:00 PM | WSC – Lecture RM 101**

Martha Thompson, Charlene Senn, and Jocelyn Hollander will share their thoughts about what ESD is and will engage with ESD instructors to discuss, debate, and unpack the essential components of an ESD program, the consequences if one or more components is missing, and what this all means for our teaching.

Instructors: Jocelyn Hollander, Ph.D., Martha Thompson, Ph.D., Charlene Y. Senn, PhD

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### **State of Empowerment Self Defense Research**

**July 28 | 1:30 PM - 3:00 PM | WSC – Lecture RM 101**

Overview of the foundations of Empowerment Self-Defense research, discussion of new and current research, and directions for future research.

Instructors: Jocelyn Hollander, Ph.D., Martha Thompson, Ph.D., Charlene Y. Senn, PhD

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## KAREN CHASEN

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(She/Her) Karen Chasen is co-founder of Prepare Inc., offering the Impact program in NY NJ CT & PA, and comprehensive violence prevention education reaching folks of all ages and backgrounds. Since 1992, she has been teaching, training teachers, developing curricula, 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.



### Transforming Conflict through Calling In – 1

July 27 | 3:30 PM - 5:00 PM | WSC - Lecture RM 101

In this 2-part workshop, based on the work of Loretta Ross and Loan Tran, we will explore the practice of “calling-in” as an alternative approach to responding to conflict. We will start to contextualize “call-out culture,” or “cancel culture,” within systems of domination and control. Rather than punishing and isolating people when they make mistakes, calling-in practices invite us to be in a relationship with ourselves and with each other in a more compassionate way. These practices allow us to build stronger, more resilient communities as we spread the work of ESD.

In Part 1, we will explore our own histories with conflict and how internalized messages shape our beliefs and behaviors in the present.

In Part 2, we will move from theory into action, using calling-in conversation starters to interrupt and intervene in situations where behaviors perpetuate harm. We will expand our teaching toolbox to include more somatic, or body-based practices which are designed to help us stay grounded, present, and responsive in the midst of conflict.

Instructors: Diane Long, Karen Chasen, Brigit McCallum

Bring: Pen and paper

Wear: Comfortable clothing

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### Transforming Conflict through Calling In – 2

July 28 | 10:30 AM - 12:00 PM | WSC – 254

In this 2-part workshop, based on the work of Loretta Ross and Loan Tran, we will explore the practice of “calling-in” as an alternative approach to responding to conflict. We will start to contextualize “call-out culture,” or “cancel culture,” within systems of domination and control. Rather than punishing and isolating people when they make mistakes, calling-in practices invite us to be in a relationship with

ourselves and with each other in a more compassionate way. These practices allow us to build stronger, more resilient communities as we spread the work of ESD.

In Part 1, we will explore our own histories with conflict and how internalized messages shape our beliefs and behaviors in the present.

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Instructors: Diane Long, Karen Chasen, Brigit McCallum

Bring: Pen and paper

Wear: Comfortable clothing

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### Working With Organizations After an Abuse Crisis

July 29 | 1:30 PM - 3:00 PM | WSC – Lecture RM 101

Sometimes a school, workplace, or community organization reaches out to us after an abuse incident. They may have a sincere commitment to change, or they may be motivated by pressure to improve their image. Either way, teaching in a community that is grappling with abuse presents a unique opportunity. In this workshop, facilitators will share their experiences working with organizations facing abuse crises and will identify different ways ESD principles and skills can help organizational leaders prevent future abuse. Participants will leave with practical strategies they can use to help everyone in an organization build skills to create a safer environment for all.

Instructors: Meg Stone, Karen Chasen

Bring: Notetaking materials

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## KATIE GARDNER

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(She/They) Katie Gardner is a public health nurse, sexual health and relationships educator with Planned Parenthood Great Northwest, Hawai'i, Alaska, Indiana, and Kentucky, an empowerment self-defense instructor, and martial artist. She has been developing and teaching sexual health and relationships curricula and empowerment self-defense for years, focusing on being trauma-informed, LGBTQIA+ inclusive, stigma-free, and culturally responsive. She is passionate about creating spaces for people to learn about their bodies and relationships without fear and judgment.

### **Beyond the Healthy vs. Unhealthy Relationships Binary**

July 29 | 3:30 PM - 5:00 PM | WSC - Classroom 254

In your ESD classes, do you teach your students about healthy and unhealthy relationships? Of course you do! This is an important topic that our students desperately need to help them evaluate their relationships and make the best decisions for themselves.

In this class, we'll expand our understanding of relationship behaviors and the most effective ways to teach our students about how to have supportive relationships. This knowledge can help make our classes more trauma-informed, inclusive, and impactful

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## KYREN EPPERSON, PHD, LMT

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(They/Them) Kyren is co-owner and co-head instructor of Culture of Safety Dojo & Wellness Center, which offers ongoing classes in Jin Sei Ryu Karate and Empowerment Self-Defense for kids and adults. They've been teaching Self-Defense and karate for over 10 years. Kyren is also a licensed massage therapist and practices Shiatsu Bodywork at their Center. Outside of Culture of Safety, Kyren leads community meditation as part of a Thai-based samatha-vipassana meditation tradition. They identify as a non-binary transgender and neurodivergent person and a trauma survivor.

### ESD Model Course Part 1: Body and Voice 1

July 27 | 1:30 PM - 3:00 PM | WSC - 254

This is the first of 4 sessions of the ESD Model Course.

This Model Course will present a model of a short (3-hour) Empowerment Self-Defense Course as presented by Culture of Safety over 6 hours of classroom time, leaving time to discuss our pedagogy in some depth.

Each of the first 3 sessions will include between 45 minutes to an hour 15 (75 minutes) hour of a 3-hour training, followed by approximately 15 – 45 minutes of discussion and debriefing as fellow instructors.

This first session will cover 75 minutes of workshop time and 15 minutes of debriefing. The fourth session will cover big-picture pedagogical concerns and strategies, includes strategies for supporting special populations, and will allow follow-up time for "Parking lot" items from the first 3 sessions.

Instructors: Amy L. E. Jones, LSW and Kyren Epperson, PhD, LMT

Bring: Note-taking materials if they wish

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### ESD Model Course Part 2: Voice 2 & Mind

July 27 | 7:00 PM - 8:30 PM | WSC - 254

This is the second Model Course Session, which covers the second half of the voice section and the mind section of a 3-hour workshop, as well as time for debriefing the material covered. We also include a brief physical review of strikes learned in session 1. The second half of the voice section moves into verbal responses in everyday situations, and the mind section covers mental strategies and skills, including mindfulness, paying attention to intuition and body signals, and practicing awareness. This session includes approximately 65 minutes of workshop time and 25 minutes of debrief time.

Instructors: Amy L. E. Jones, LSW and Kyren Epperson, PhD, LMT

Bring: Note-taking materials if they wish

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### ESD Model Course Part 3: Body 2 & Closing

July 28 | 8:00 AM - 10:00 AM | WSC – Stevenson Hall

This is the 3rd session of the model course, which covers the final section of a 3-hour workshop. In the final section of a workshop, we re-visit physical skills, reviewing the skills in the first section and adding



some additional skills, and encourage the integration of the voice. We close with a mindfulness exercise. This session will include 45 minutes of content time and 45 minutes of debrief time.

Instructors: Amy L. E. Jones, LSW and Kyren Epperson, PhD, LMT

Bring: Note-taking materials if they wish

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### ESD Model Course Part 4: Inclusive Teaching principles and practice

July 28 | 3:30 PM - 5:00 PM | WSC – 254

This is the last of the 4 sessions ESD Model Course. The first 3 sessions covered a 3-hour workshop and included some debriefing of each section. This last session will focus on how to teach ESD curriculum in a trauma-aware and inclusive way and touches on considerations when working with special populations. We will introduce principles of anti-ableist, anti-racist, and trans and genderqueer-affirming approaches to teaching and help participants practice how to make their teaching more inclusive. Though this is a debriefing and pedagogically focused session, we will include role plays so that participants have the opportunity to practice our recommendations as well as learn about them.

Instructors: Amy L. E. Jones, LSW and Kyren Epperson, PhD, LMT

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# MARGARET VIMONT

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Margaret has been an IMPACT instructor since 1992, teaching all programs, and is also an Instructor Trainer. She holds a fifth degree black belt in Tae Kwon Do. She is a Licensed Clinical Social Worker at Nexus Family Healing, a child and family services agency, where she is the VP of Strategy. Her 30+ year social work career has focused on ensuring that children and families facing mental health challenges receive the services they need, when and where they need them. She co-developed the full IMPACT course for teen girls.



## IMPACT YMA

**July 28 | 1:30 PM - 3:00 PM | WSC – Stevenson Hall**

IMPACT is an empowerment self-defense system distinguished by scenarios with a defender (participant), aggressor (suited instructor), and a coach (lead instructor). During scenarios, the

lead instructor coaches students; offers support and encouragement; and oversees safety for students and instructors. A suited instructor moves in realistic and varied ways, providing students with the opportunity to practice a range of skills, including full-power physical skills to knock out an assailant to gain time to get to a safer place. Full-force self-defense against a padded attacker creates different challenges than against a stationary target, a sparring opponent,

or someone holding a pad or board because a padded attacker is mobile, vulnerable targets are not off-limits, and a defender focuses on generating effective power rather than on precision or perfection. The practice of awareness, verbal, and physical defensive skills in realistic scenarios provides an opportunity to practice adrenaline management and to build “body memory” for mobilizing effective self-protective responses when threatened.

Class limit: 12

Advanced signup required.

Instructors: Vic Bayona, Margaret Vimont

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## IMPACT Adult

**July 28 | 3:30 PM - 5:00 PM | WSC – Stevenson Hall**

IMPACT is an empowerment self-defense system distinguished by scenarios with a defender (participant), aggressor (suited instructor), and a coach (lead instructor). During scenarios, the

lead instructor coaches students; offers support and encouragement; and oversees safety for students and instructors. A suited instructor moves in realistic and varied ways, providing students with the opportunity to practice a range of skills, including full-power physical skills to knock out an assailant to gain time to get to a safer place. Full-force self-defense against a padded attacker creates different challenges than against a stationary target, a sparring opponent,

or someone holding a pad or board because a padded attacker is mobile, vulnerable targets are not off-limits, and a defender focuses on generating effective power rather than on precision or perfection. The practice of awareness, verbal, and physical defensive skills in realistic scenarios provides an opportunity to practice adrenaline management and to build “body memory” for mobilizing effective self-protective responses when threatened.

Class limit: 12

Advanced signup required.

Instructors: Vic Bayona, Margaret Vimont

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## MARTHA THOMPSON, PH.D.

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(She/Her) Martha Thompson, Ph.D. is a professor emeritus of sociology and women's and gender studies at Northeastern Illinois University; an NWMAF-certified ESD instructor; and retired lead instructor and instructor trainer with IMPACT Chicago. She trained in Seido karate with Nancy Lanoue and Sarah Ludden at Thousand Waves for 30 years and retired as a 5th-degree black belt. Her research and writing focus on ESD with her most recent research on the skills women use after completing an IMPACT program and how long they continue to use them.



### State of Empowerment Self Defense Research

July 28 | 1:30 PM - 3:00 PM | WSC – Lecture RM 101

Overview of the foundations of Empowerment Self-Defense research, discussion of new and current research, and directions for future research.

Instructors: Jocelyn Hollander, Ph.D., Martha Thompson, Ph.D., Charlene Y. Senn, PhD

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### What is ESD, Anyway?

July 27 | 10:30 AM - 12:00 PM | WSC – Lecture RM 101

Martha Thompson, Charlene Senn, and Jocelyn Hollander will share their thoughts about what ESD is and will engage with ESD instructors to discuss, debate, and unpack the essential components of an ESD program, the consequences if one or more components is missing, and what this all means for our teaching.

Instructors: Jocelyn Hollander, Ph.D., Martha Thompson, Ph.D., Charlene Y. Senn, PhD

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## MEG STONE

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(She/Her) 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, Kolibri Foundation, Raliance, and other local and national funders. Under her leadership, IMPACT Boston developed an empowerment self-defense program for people with intellectual disabilities and is supporting Turtle Mountain IMPACT, the first indigenous-led IMPACT program. Meg's writing has been published in Washington Post, Huffington Post, Boston Globe, Newsweek, and other outlets. Her Book, OUT OF HARM'S WAY: Gender-based Violence, Baseless Safety Advice, and What Really Makes Us Safer will be published by Beacon Press.

### Getting ESD into Schools

July 28 | 8:30 AM - 10:00 AM | WSC – Lecture RM 101

Many of us have taught adult students who wish they had learned ESD when they were younger. One of the best ways to reach kids and teens is through schools. This workshop will give you practical tools for how to pitch ESD to teachers and administrators. It will present the results of a survey of school staff about what motivates them to offer ESD and what makes it difficult to get support for our programs. It will also help you research your state's curriculum frameworks so you can align your programs with public schools' requirements.

Bring: Paper/pen or Laptop/tablet optional

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### Working With Organizations After an Abuse Crisis

July 29 | 1:30 PM - 3:00 PM | WSC – Lecture RM 101

Sometimes a school, workplace, or community organization reaches out to us after an abuse incident. They may have a sincere commitment to change, or they may be motivated by pressure to improve their image. Either way, teaching in a community that is grappling with abuse presents a unique opportunity. In this workshop, facilitators will share their experiences working with organizations facing abuse crises and will identify different ways ESD principles and skills can help organizational leaders prevent future abuse. Participants will leave with practical strategies they can use to help everyone in an organization build skills to create a safer environment for all.

Instructors: Meg Stone, Karen Chasen

Bring: Notetaking materials

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## MELISSA STANLEY

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I currently hold 3rd Dan in ITF Taekwondo and love kicking and forms. I am the Chief Instructor at Championship Martial Arts 716, so I have the pleasure of teaching and instilling the love of the arts in others. When I'm not actively training for my 4th Dan test, I'm running, reading, or hanging out with my family and cats.

### **Night of 1000 Kicks!**

**July 27 | 3:30 PM - 5:00 PM | WSC – Stevenson Hall**

Class of cardio kicks where we practice form, and power.

Wear: Comfortable clothing to work out in

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### **Powering Up Your Kata**

**July 29 | 10:30 AM - 12:00 PM | WSC – Stevenson Hall**

If you're into getting technical, and focusing on forms or kata, this class is for you! We'll be doing stance drills and finding places to add power to your favorite forms.

Wear: Comfortable clothing

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## NANCY ANDERSON GO-DAN

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(She/Her) Have you been face to face with MS13 or a Child Rapist or Murderer? Well, I have many times over. My unique past has provided me with real-world events and an applied understanding of self-defense. I am a student of Isshinryu Karate. I have been so for 23 years and hold the title of Renshi and the rank of Go-Dan (5th Degree). I am also a Retired Deputy United States Marshal who retired due to an injury. I am also a former investigator of child sex crimes. I have seen what no one wants to see and from that, I bring experience and understanding of fears and reservations.

### Stop the Threat

July 28 | 8:30 AM - 10:00 AM | WSC – Stevenson Hall

The threat of violence is most commonly applied to someone known. How to stop it in its tracks is the optimal goal, but just in case, this class will demonstrate some quick ways to stop the threat, show them you mean business, and move forward with a new plan. Situational awareness is key to identifying a threat and being confident in your assessment regardless if it may seem like an overreaction. Trauma survivors know all too well the narrative of overreaction when it comes to new triggering situations.

Bring: Sparring Gear, hand/feet/mouthpiece, headgear, notebook

Wear: comfortable clothing suited to getting sweaty

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### Dump Your Air

July 29 | 3:30 PM - 5:00 PM | WSC – Stevenson Hall

This class will begin with basic breathing techniques using Sanchin Kata and other universal breathing exercises to identify the body mechanics of breathing in a fight. Then the students will take to sparring to practice this technique in real-time with a targeted focus on the abdomen.

Bring: Notebook, sparing gear, mouth piece, head gear

Wear: Comfortable clothes to get sweaty in

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## RACHEL COLLINS

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(She/Her) Rachel has a decade of experience studying, developing, and teaching trauma-informed verbal and physical self-defense and kickboxing curricula for women and girls using an evidence-based empowerment model. She is a dedicated student of martial arts and combat sports, including MMA, boxing, kickboxing, wrestling, no-gi jiu-jitsu, and Krav Maga. Rachel's experience also includes previous work as a crisis line responder, community health advocate, youth anti-violence educator, and strength and conditioning coach, as well as competing as an amateur MMA and Muay Thai fighter.

### Functional Strength & Conditioning

July 27 | 10:30 AM - 12:00 PM | WSC – Stevenson Hall

Introduction to functional strength, conditioning, and agility training for martial artists. Instructor Rachel Collins draws on her experience as a strength and conditioning coach and athlete to outline why this kind of training is so important for all martial artists whether or not they consider themselves athletes, how to identify a safe, inclusive, body-positive, evidence-based fitness training program, and introduce some accessible exercises to get started with.

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### Sportfighting for Beginners

July 27 | 7:00 PM - 8:30 PM | WSC – Stevenson Hall

This session will introduce the basic structure, rules, and technique overview of the sport of fighting. Students will have the opportunity to learn and practice a few different fundamental skills and principles and explore the blending of the many arts that influence the art and strategy used in sport fighting. All levels are welcome.

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### Striking for Combat Sports

July 29 | 1:30 PM - 3:00 PM | WSC – Stevenson Hall

Students will practice basic striking, striking defense, and footwork techniques used in popular combat sports, and learn to compare the ways that these sports' different rulesets provide different challenges and opportunities for our striking techniques.

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## SALLY JOHNSON VAN WRIGHT

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(She/They) A 36-year martial artist and lifelong fighter for justice and inclusion, Sally's heart dances at the prospect of returning to NWMAF. An annual attendee from 1989-2015, Sal took a break from camp to earn a doctorate (in teaching and learning) and to face a recurrence of breast cancer (its own profound teacher). Things that make me smile: holding Black Belts in Shuri Ryu Karate (7th) and Modern Arnis (4th), having served as NWMAF Chair 2004-07, helping launch the Association of ESD Professionals, decades of discovery & delight at my former school VWMA, founding and thriving in the beautiful & graceful new Leopard School of Martial Arts, teaching MSW students, my pup Buster, my Sensei Wendi Dragonfire, and my beloved spouse CJ.



### What if it's all about the fun?

**July 27 | 7:00 PM - 8:30 PM | WSC – Stevenson Hall**

Loud and sassy, this class will keep you moving in the traditions of Karate, Modern Arnis, and Empowerment Self Defense. Come if you'd like to laugh and learn in the sacred space between fun, sweat, and skill.

Bring: Water bottles and canes if you have them

Wear: Loose-fitting clothing

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### What if it's all about the Snap?

**July 28 | 10:30 AM - 12:00 PM | WSC – Stevenson Hall**

Modern Arnis without canes? Yup! This class offers a short form, Empty-Hand Anyo 1, to explore how this art seizes the advantage when someone comes close enough to land a strike. They just might end up locked and contained! Learn Trapping Hands and which entry points go with which joint locks so you can apply these applications to your own forms.

Wear: Loose-fitting clothing

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### What if it's all about Fight/Flight/Freeze?

**July 29 | 8:30 AM - 10:00 AM | WSC – Stevenson Hall**

Centering and calming, or activating as needed, our Central Nervous System is key to martial arts, self-defense, and to a happy life. How can martial arts / ESD strengthen this capacity? Let's practice and learn!

Wear: Comfortable clothing

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### What if it's all about Taking Out the Slack?

**July 29 | 10:30 AM - 12:00 PM | WSC – Stevenson Hall**

Modern Arnis without canes? Yup! This class offers a short form, Empty-Hand Anyo 1, to explore how this art seizes the advantage when someone comes close enough to land a strike. They just might end up locked and contained! Learn Trapping Hands and which entry points go with which joint locks so you can apply these applications to your own forms.

Participants will be able to

- Utilize Trapping Hands as a fast response to gain grip on partner
- Perform EH Anyo #1
- Take the slack out of the opponent's limb to find the joint lock
- Execute a cool throw against an overhead strike

Wear: Loose-fitting clothing

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# SENPAL CORRIN ECKERT-CHU

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I have been studying martial arts for nearly 30 years, since my very first self-defense class in the 1990s. I found my first martial arts home at Brooklyn Women’s Martial Arts when I began training in GoJu Karate in 2000. After my first Special Training in 2002, I became interested in other styles and started training at the Wu Tang Physical Culture Association, learning Northern Wu style Tai Chi sword and saber, Chen style open hands, and the Xing Yi Quan sword and linking forms.



## Fun with Jedi Light Saber Training

July 28 | 10:30 AM - 12:00 PM | WSC – Stevenson Hall

For many, an interest in swords can be traced straight to the magic of seeing a lightsaber in the hands of a Jedi on screen – but those futuristic lightsaber duels are rooted in some very ancient sword traditions. Join youth and the young at heart to play with lightsabers in a traditional sword-work framing.

Lightsabers will be provided to the first 20 people.

Bring: If you have a sword, feel free to bring it along.

Wear: Comfortable Clothing

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## SENSEI AMANDA PIEPGRAS

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(She/Her) Amanda is a Certified Occupational Therapy Assistant since 2002 and moved to San Diego from New York in 2015. She has been working with children with special needs since 1999, beginning her career as a teacher assistant at the preschool her sister attended as a child with spina bifida. It has been her dream for years to combine her love of martial arts with her passion for working with children with special needs, whether it's autism, down syndrome, cerebral palsy, spina bifida, learning disabilities, hearing/vision deficits, etc. She has studied karate, Muay Thai, and jiu-jitsu since 2006 and has competed in kickboxing and grappling on an amateur level. Coaching is her passion and she believes martial arts has many benefits for all children, particularly children who have difficulties with sensory processing, attention span, focusing on tasks, impulse control, body awareness, and low muscle strength. Amanda has taught adaptive martial arts and self-defense at South East Consortium for Special Services, Inc., We Rock the Spectrum, Gigi's Playhouse, The Challenge Center, Adaptive Sports and Recreation Association, and various martial arts gyms around San Diego.

### Adaptive Martial Arts Methods

July 27 | 10:30 AM - 12:00 PM | WSC – 254

Learn how to teach martial arts to children with special needs. The benefits of martial arts training for children with diagnoses such as autism, down syndrome, cerebral palsy, muscular dystrophy, emotional dysregulation, mood disorders, etc. Techniques and games that are therapeutic and fun. Research that shows sports, activities, and martial arts are beneficial for socialization, speech, strengthening, and decreasing stereotypical behaviors.

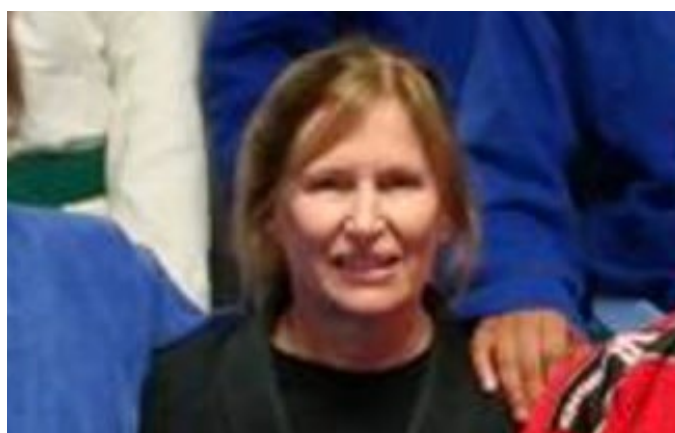
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## SENSEI CANDACE RUSHTON

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(She/Her) Sensei Candace has been training in Brazilian Jiu-Jitsu for 23 and half years. She has been instructing for 22 years. She earned her Black Belt under the late Don Banville in 2009 whose lineage can be traced back to his family in Japan and the Gracie family from Brazil. She became a 5th-degree Black Belt under Carlos Machado in 2021. Candace competed in several North American Grappling Tournaments placing 1st in most and second, with a few giving her the title of Women's Lightweight Advanced North American Grappling Champion for the years 2000 and 2001. She was recognized as a positive female role model in martial arts in 2008 when she was a keynote speaker for a women's martial arts encounter. Candace has been working in human services for the past 39 years dedicating this time to the protection and safety of children and families. She is a Home visitor for the Head Start program in her area. As a home visitor, she has had the opportunity to work with a diverse population and feels honored to be accepted and invited into the homes of so many. Candace also practices Reiki as a Reiki Master and is a Meditation and Mindfulness Teacher. All of these modalities are a compliment to her martial art practice, home visiting, being a parent, and all other aspects of her life.



### Choke Defenses

July 27 | 10:30 AM - 12:00 PM | WSC – Stevenson Hall

Participants will learn Choke Defenses. They will be taught from standing positions, while being pinned, the mount position and from behind. These techniques might require some patience and understanding that not everyone will feel comfortable. To ensure the safety of participants, modifications of the chokes will also be taught. Even with modifications, the defenses themselves are equally as effective. There are many details that make a big difference in choke defenses. This class is great for both self-defense and martial art training.

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### Fun with Side Guard

July 27 | 7:00 PM - 8:30 PM | WSC – Stevenson Hall

Side guard has a lot of advantages to protect someone from passing your guard and some fun submissions that present themselves with little effort while holding your opponent there. You will get to practice how to move your body from one side to the other making your bottom game stronger. Three submissions will be shown from this position including a modified Kimura, razor arm bar, and a reversed key lock. See how they are all connected to each other and very interchangeable.

Wear: Comfortable clothing

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### Arm Bars & More

July 28 | 1:30 PM - 3:00 PM | WSC – Stevenson Hall

Come learn how to make your BJJ arm bars more successful by practicing how to better immobilize your opponent's shoulder. Arm bars are a fundamental submission in BJJ, though can be difficult to get achieved on your opponent especially if they are bigger or stronger than you. You will learn techniques that will enable you to trap your opponent's shoulder along with which arm bar to use in what position. Arm bars will be taught from the mount, guard, and knee-on-belly positions, each unique to its own, and with just simple modifications that will improve your arm bar game!

Wear: Comfortable clothing

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### Footlocks Done Nicely!

July 29 | 10:30 AM - 12:00 PM | WSC – Stevenson Hall

Footlocks are a very effective equalizer in the art of BJJ. Due to the nature of grappling, feet are everywhere and so available to you. They are also a great technique in the world of self-defense because if you don't have the proper use of your foot you can not chase me either. Learn how to set footlocks up and from what position while also learning how to protect your own feet. Improve your footlock game by practicing the mechanics of what direction the foot needs to go in order for the lock to work. You will see that there is only a minimal amount of pressure needed to get the submission, no need for using too much strength or muscle.

Wear: Comfortable clothing

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# SENSEI KATIE MURPHY STEVENS

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(She/They/Any) Sensei Katie Murphy Stevens Danzan Ryu Jujitsu, Rokudan (6th-degree black belt) Sensei Katie Murphy Stevens began her study of Danzan Ryu Jujitsu in 1990. She has been a school head of Makoto Kai in Woodland, CA since 2002. She received the rank of Rokudan in 2020 and is currently advancing her training as a student of Professor Sheryl Hager. She has been active in supporting martial arts and healing arts teaching at regional and national seminars, participating in tournaments, and serving in various administrative roles. Sensei Murph began her martial arts practice for some self-defense training and fitness, but she stays for the deep friendships and her love of the art.



## Help Your Friends and Family with Headache Relief

July 29 | 3:30 PM - 5:00 PM | WSC – Stevenson Hall

Headache is a very common malady. It is rare that your family and friends will want you to practice your martial arts on them, but they will all want you to practice these massage techniques! We'll go over a number of different headache remedies. We'll provide practical techniques. You bring a willingness to practice and a belief in healing arts. These techniques work best when they are backed by confidence that they will indeed make a positive impact.

Wear: Uniform or regular workout clothes

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## It's All In The Way You Look At It

July 28 | 8:30 AM - 10:00 AM | WSC – Stevenson Hall

Join us and explore how to view techniques from three different perspectives. We'll practice some fun, safe, and intriguing jujitsu techniques using the three perspectives.

Self: An internal perspective. How to move one's own body to safely perform a technique.

Partner: An external perspective. How one's movements are intended to impact our partner.

Protect: An expanded perspective. How to position one's self to reduce the openings for counter-attack during the technique.

Wear: Uniform or regular workout clothes

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## SENSEI KIM RIVERS

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(She/Her) Kim began her study of Self Defense in 1996, while a student at Berkshire Community College. She began her training in both T'ai chi and Aikido in 1997. Kim assumed the lead instructor position for the Self-Defense course at Berkshire Community College in 2006, where she still currently teaches. She was awarded her Senior Instructor certification from Berkshire Hills Aikido in 2010 and currently holds the rank of 6th-degree black belt. She continues her training in martial arts with an emphasis on Aikido and T'ai chi. Kim completed ESD Global's Level 1 training in 2018 and was certified as a self-defense instructor by NWMAF in 2019. Kim is deeply involved in addressing gender-based violence in her community. She served for 12 years on the board of the Elizabeth Freeman Center Inc., which offers counseling, shelter, legal advocacy, safety planning, violence prevention education, and a 24/7 hotline. Currently, she works for this organization providing support in their shelter and hotline.



### **Ah, relax... Using Ki/Chi exercise to soften and strengthen the body**

**July 27 | 1:30 PM - 3:00 PM | WSC – Stevenson Hall**

A sometimes misunderstood paradox in many martial arts, including Aikido is the concept of softness leading to strength. This class will explore different ki exercises to bring about a relaxed, soft, yet unified mind-body and the resulting strength and power that can result.

Bring: Water

Wear: Comfortable, loose, clothing that covers their torso and legs.

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### **Turn, Turn, Turn... Tenkan in Aikido**

**July 29 | 8:30 AM - 10:00 AM | WSC – Stevenson Hall**

Tenkan (turning) is a fundamental pillar of Aikido. Turning creates, and time space, which many Aikido techniques can then arise.

- This class will explore the power and dramatic effect of Tenkan!
- Offer understanding in the roles of leading and following in aikido.
- Show the usefulness of this movement to create space and stretch out response time.
- Explore the usefulness of this movement in other possible applications.

Note: Traditional Aikido classes in most cases involves falling, and safe falling practice shall be encouraged but every accommodation for ability shall be made. Falling is not a requirement.

Bring: Water

Wear: Please wear comfortable, loose fitting clothing. Clothing should cover the torso and legs. Sweat pants, or track pants, a t-shirt and sweat shirt are best. Tank-tops, mid-riff (cut off) t-shirts or shirts w/ thin straps are not recommended. Jeans and shorts are not ideal as jeans restrict movement and shorts expose the knees to abrasions. No shoes are worn on the mat; socks are acceptable.

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# SHIHAN DIANE WALLANDER

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(She/Her) Diane's passion for martial arts and self defense began in college, where she trained in and taught Jujutsu and women's self defense classes. Over her 40 year career, Diane has taught thousands of men and women to defend themselves. Currently, Shihan Diane is Adjunct Professor of Physical Education at the College of DuPage in Glen Ellyn, IL, where she teaches both Jujutsu and Hapkido. She holds the ranks of 8th dan in JuJutsu, 3rd dan in Hapkido and 2nd dan in TaeKwonDo. Dr Wallander holds a B.A. in Biology, and both a M.A. & Ph.D. in Anthropology from Northwestern University; her research on primates focused on patterns and behavioral signals of aggression. The unique combination of her expertise in practical and effective self-defense skills, paired with a deep understanding of behavioral signals, allows Shihan Diane to teach her students self-defense rooted in reality-based scenarios of assault.

## Defenses from Seated Positions

**July 28 | 10:30 AM - 12:00 PM | WSC – Stevenson Hall**

Most defensive techniques focus on situations in which we are standing or walking; less attention has been paid to those assault scenarios in which we find ourselves in a seated position while being attacked. Learn strategies for how to defend yourself while seated (1) in a car, bus, or other vehicle, (2) while at work, seated in an office chair at your desk, (3) at a bar or table in a restaurant, (4) on the ground, in various scenarios.

Wear: Loose comfy clothing.

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## Teaching Martial Arts To Neurodivergent Students

**July 28 | 1:30 PM - 3:00 PM | WSC – 254**

Students with special needs deserve instructors and curricula that recognize, understand, and integrate accommodations that are vital to these students' learning in the classroom, but not so much in the area of physical education. This session will focus on best practices for teaching martial arts to neurodivergent students, especially those diagnosed with ADHD and ASD.

Bring: Note-taking materials if they wish

Wear: Comfortable clothing

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## TAMARA MACHAC

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(She/Her) Tamara holds the position of 2nd-degree black belt instructor from Body Mind Studios - a martial arts school that has a multi-style curriculum that includes kong su do ("hard" style), kong fu, bagwa, aikido/hapkido, udo, tai chi, traditional weapons, and Samurai sword. The focus of this school's unique curriculum is to develop not only physical strength and mind-body connection but also to use training as a means to cultivate empathy and mindfulness in one's daily life. Tamara has been training for over 20 years and has taught martial arts for over 15 years. She is dedicated to continuing her training and sharing her art with others. Tamara also teaches martial arts and tai chi workshops at the high school where she works as a science teacher.

### Kung Fu Long Staff for All

July 27 | 1:30 PM - 3:00 PM | WSC – Stevenson Hall

Whether you are new to weapons training or are very familiar with the long staff, this workshop has something for everyone! Throughout the workshop, we will explore a series of drills to get at the heart of several questions: How does the long staff "like" or "want" to move? What are the key ways to guide the long staff where we want it to go? We will also do some partner work and learn a form from the kung fu tradition.

Bring: Please bring your own long staff, if possible. If you are not used to handling a long staff, it is strongly recommended that you wear thin, flexible gloves to protect your hands from blisters. Band-aids, gauze, and athletic tape will be available for participant use.

Wear: Please wear comfortable clothes and shoes for physical movement (uniform/gi is optional).

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### Tai Chi Yang 24 Step

July 29 | 1:30 PM - 3:00 PM | WSC – Stevenson Hall

Tai Chi is a martial art practiced worldwide in a variety of different styles as a way to train in self-defense, improve health, and meditate. In this workshop session, we will begin with a deep breathing exercise and a gentle warm-up. Then, we will learn/practice movement from the Tai Chi Yang Short Form Style (24-step form). Whether you are familiar with or new to Tai Chi, all participants will benefit from time spent focusing on their breath and balance.

Wear: Comfortable clothes and shoes for physical movement (uniform/gi is optional).

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## VIC BAYONA

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Vic is a Violence Designer (read: Fight Choreographer) in the Chicago Theatre community, and has been designing fights and teaching actors physical skills since 2010. He also has a traditional martial arts background, with a focus on a variety of striking arts. In more recent years, Vic has ventured into the study of historical western martial arts, specifically medieval Italian combat. He is an IMPACT suited instructor and a proud member of a team dedicated to empowering women in the modern world.

### IMPACT YMA

**July 28 | 1:30 PM - 3:00 PM | WSC – Stevenson Hall**

IMPACT is an empowerment self-defense system distinguished by scenarios with a defender (participant), aggressor (suited instructor), and a coach (lead instructor). During scenarios, the

lead instructor coaches students; offers support and encouragement; and oversees safety for students and instructors. A suited instructor moves in realistic and varied ways, providing students with the opportunity to practice a range of skills, including full-power physical skills to knock out an assailant to gain time to get to a safer place. Full-force self-defense against a padded attacker creates different challenges than against a stationary target, a sparring opponent,

or someone holding a pad or board because a padded attacker is mobile, vulnerable targets are not off-limits, and a defender focuses on generating effective power rather than on precision or perfection. The practice of awareness, verbal, and physical defensive skills in realistic scenarios provides an opportunity to practice adrenaline management and to build “body memory” for mobilizing effective self-protective responses when threatened.

Class limit: 12

Advanced signup required.

Instructors: Vic Bayona, Margaret Vimont

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### IMPACT Adult

**July 28 | 3:30 PM - 5:00 PM | WSC – Stevenson Hall**

IMPACT is an empowerment self-defense system distinguished by scenarios with a defender (participant), aggressor (suited instructor), and a coach (lead instructor). During scenarios, the

lead instructor coaches students; offers support and encouragement; and oversees safety for students and instructors. A suited instructor moves in realistic and varied ways, providing students with the opportunity to practice a range of skills, including full-power physical



skills to knock out an assailant to gain time to get to a safer place. Full-force self-defense against a padded attacker creates different challenges than against a stationary target, a sparring opponent,

or someone holding a pad or board because a padded attacker is mobile, vulnerable targets are not off-limits, and a defender focuses on generating effective power rather than on precision or perfection. The practice of awareness, verbal, and physical defensive skills in realistic scenarios provides an opportunity to practice adrenaline management and to build “body memory” for mobilizing effective self-protective responses when threatened.

Class limit: 12

Advanced signup required.

Instructors: Vic Bayona, Margaret Vimont

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## VICKI HOPKINS

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(She/Her) I have participated in Martial Arts on and off since I was a teen and found yoga, after having my first child, as a tool to help with postpartum depression. Once I discovered yoga, I nearly immediately recognized the increase in flexibility which in turn, helped in Martial arts when it came to kicks, strength, endurance, and more. I've been a Yoga Instructor since 2021 and have taught both in person and online, with varying abilities and ages. I'm also Certified in Meditation Instruction since 2022 and have been combining the two ever since. The power of mindful breathing is also beneficial in martial arts, in a myriad of ways. Yoga and Meditation in combination can help us to become more powerful, balanced, and centered martial artists.

### Early-Bird Workout

July 27 | 6:00 AM - 7:00 AM | Res Rec – 3rd floor

July 28 | 6:00 AM - 7:00 AM | Res Rec – 3rd floor

July 29 | 6:00 AM - 7:00 AM | Res Rec – 3rd floor

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### Yoga for Martial Artists

July 29 | 8:30 AM - 10:00 AM | Res Rec – 3rd floor

Basic Yoga and Meditation for stronger kicks, better flexibility, and a clearer mind. Consistent yoga can be very beneficial in working the flexibility needed to have higher kicks, be less likely to suffer from injury, and better muscle strength overall. Meditation is helpful for many martial arts aspects including breathing through techniques, helping in sparring, regulating breathing during movements, and finding some calmness throughout.

Bring: Yoga mat or towel that can be used to work out

Wear: Comfortable clothing and bare feet



## WENDY ROUSE

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(She/Her) Wendy Rouse has had a love of martial arts and self-defense since she was ten years old when she first began studying karate. She earned the rank of Shodan in Shotokan Karate and later went on to study Uechi-Ryu Karate, earning a Yondan and Shihan certification. She has taught courses in karate for students at the high school and at the university level and teaches self-defense courses in the community. Rouse is also a professor at San Jose State University where she teaches courses in history and teacher preparation. Her academic research focuses on LGBTQ+ history and the history of women and children in the United States during the Progressive Era. Her book, *Her Own Hero: The Origins of the Women's Self-Defense Movement* (NYU Press), examines the political and physical empowerment of women through the practice of boxing and jiu-jitsu in the early twentieth century.

### **The Secret Power of Uechi-Ryu**

**July 28 | 3:30 PM - 5:00 PM | WSC – Stevenson Hall**

Uechi-Ryu is a traditional Okinawan Karate system adapted from a Chinese martial art that emphasizes a half-hard, half-soft approach to martial arts. In this class session, we will explore how a few basic Uechi-Ryu half-hard/half-soft blocking and striking techniques can be applied to powerful effect. Come and learn with us and add these techniques to your self-defense arsenal.

Wear: Long pants, bare feet preferred

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### **History of Women's Self-Defense in the US**

**July 29 | 8:30 AM - 10:00 AM | WSC – Lecture RM 101**

Do you know your history? This lecture and discussion will explore the historical origins of the women's self-defense movement in the US from the early twentieth century to the present day. We will discuss the importance of learning and teaching the history of women's self-defense and consider how an understanding of our past can help move us forward into the future.

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## YEHUDIT SIDIKMAN

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(She/Her) Yehudit (Yudit) Zicklin-Sidikman, MBA, Yondan Judo, Sandan Shuri Ryu Karate is a social entrepreneur who has spent more than 20 years making Empowerment Self Defense (ESD) and Violence Prevention Education accessible worldwide. Yudit is the Chief Executive Officer of MyPwr Ltd, a social tech startup dedicated to changing the culture of violence through education, awareness, skills, and training by way of mobile app technology. She is co-founder and former CEO of El HaLev, an award-winning Israeli non-profit organization that has successfully provided Empowerment Self-Defense and martial arts training to thousands of women and girls. Yudit is also the founder and President of ESD Global, a US-based nonprofit whose mission is to establish Empowerment Self-Defense as a key violence prevention strategy for women and vulnerable populations. Yudit is writing a memoir about her experience as a survivor, how Judo brought her back to life, and her passion for the ESD Global Movement.

### MyPwr

July 29 | 8:30 AM - 10:00 AM | WSC – 254

The MyPwr app was born out of the skyrocketing stats of domestic abuse shortly after the lockdowns of Covid-19. The goal is to find a way to get to every person who needs Empowerment Self Defense. Younger generations live in a digital reality, we need to be there with them.

Bring: Notetaking materials

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### Everything's a Circle

July 29 | 1:30 PM - 3:30 PM | WSC – Stevenson Hall

There is a connection between each throw in Judo. But what happens when our partner resists in a way that foils our initial attempt? Developing a series based on the “What ifs” is about looking at our options when our opponent slips past our throw?

Instructors: Connie Halporn, Yehudit Sidikman

Bring: Full water bottles, towels if desired, notebook, and pen/pencil if desired

Wear: Gis or sweatpants and sweatshirts with no zippers. Clean feet, no shoes or socks will be used.

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# ACTIVITIES & MEETINGS

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## ESD Dinner

July 26 | 5:30 PM - 7:30 PM | Off-site

Off-site location TBD

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## ESD Skill Swap

July 26 | 7:30 PM - 9:00 PM | Jefferson Lounge

Join other ESD Instructors to share your knowledge and learn from your colleagues. This is a fun and informal collaborative session for sharing specific exercises and more general approaches to classroom challenges.

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## Instructor Reception

July 26 | 8:00 PM - 9:00 PM | Res Rec – 3rd floor

For conference trainers. You'll want to attend this to get oriented, get important information, get your questions answered, and meet fellow trainers.

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## 12-Step Meeting

July 26 | 9:00 PM - 10:00 PM | WSC – 254

July 27 | 9:00 PM - 10:00 PM | WSC – 254

July 28 | 9:00 PM - 10:00 PM | WSC – 254

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## Opening Ceremony

July 27 | 8:30 AM - 10:00 AM | WSC – Stevenson Hall

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## POC Lunch

July 27 | 12:30 PM - 1:30 PM | Kaufman (Upper Cafeteria)

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## ESD Lunch

July 28 | 12:30 PM - 1:30 PM | Kaufman (Upper Cafeteria)

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## All Member Meeting

July 28 | 7:00 PM - 8:30 PM | WSC – Lecture RM 101

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## Trans/Nonbinary Lunch

July 29 | 12:30 PM - 1:30 PM | Kaufman (Upper Cafeteria)

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## Performance Rehearsal

July 29 | 4:30 PM - 6:30 PM | Pfeiffer Hall

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# SYNERGY



Thank you to everyone who is here this year!

And a special thank you to everyone  
who volunteered their time and talent  
to help make this a event a success.

Have a wonderful time!