



**FORWARD
TOGETHER**
NWMAF 2025



July 17-21, 2025
SCHEDULE



THURSDAY July 17, 2025		
3:00 - 6:00 pm	Check-In	WSC-2nd Floor West Alcove
6:00 - 8:00 pm	Pizza Party	WSC -2nd floor
	ESD Dinner	TBD
8:00 - 9:30 pm	Documentary: Keiko Fukuda	Movement Rm 1/2

FRIDAY July 18, 2025			
6:00 - 7:00 am	12-Step Meeting		Classroom 254
	Liangong <i>Suzanne Pinette</i>		Movement Rm 1
7:00 - 8:30 am	Breakfast		Kaufmann
8:30 - 10:00 am	Opening Ceremony		Movement Rm 1/2
10:30 - 12:00 pm	And They They All Fall Down! How to Make Them Stay There <i>Darlene DeFour</i>	MA	Movement Rm 1
	Pad Holding Safety Guro Ashlyn Johnson and Guro Deanna Larsen	MA/ ESD	Movement Rm 2
	Monk Mind, Noble Heart: Mindfulness, Meditation and Mental Health <i>Sahnya Thom</i>	HA	Classroom 254
	The Bonobo Sisterhood: A Vision of Collective Self Defense <i>Diane Lisa Rosenfeld</i>	ESD	Classroom 256
12:00 - 1:30 pm	Lunch POC Affinity Lunch		Kaufmann Upper Level

FRIDAY (CONTINUED) July 18, 2025		
1:30 - 3:00 pm	Multiple Attackers <i>Esther Howard</i>	MA Movement Rm 1
	Fostering Improvisational Physical Skills <i>Anne Kuzminsky</i>	MA/ ESD Movement Rm 2
	Boundaries and The Body <i>Carmen Alonso</i>	HA Classroom 254
	ESD Model Class 1 <i>Lauren Bailey and Lindsey Falcon</i>	ESD Classroom 256
3:30 - 5:00 pm	Open Sparring & Sparring Skills <i>Amy Jones</i>	MA Movement Rm 1
	Introduction to Filipino Boxing <i>Deanna Larsen</i>	MA Movement Rm 2
	Harnessing the Collective Power of Research <i>Martha Thompson</i>	ESD Classroom 254
	ESD Model Class 2 <i>Lauren Bailey and Lindsey Falcon</i>	ESD Classroom 256
5:30 - 7:00 pm	Dinner	Kaufmann
7:00 - 8:30 pm	Harnessing True Power: The Essence of Taekwondo Theory <i>Michelle Golino-Crisco</i>	MA Movement Rm 1
	Boundary Setting on Your Back: Brazilian Jujutsu for ESD <i>Rachel Piazza</i>	ESD Movement Rm 2
	Acupuncture Healing Circle <i>Amelia Jones</i>	HA Classroom 254
	Creating a Trauma-Competent Classroom for Safety and Learning <i>Lauren Taylor</i>	ESD Classroom 256
9:00 - 10:00 pm	ESD Certification Q & A	Classroom 256
	Hidden Disability Meeting	Classroom 254
	Performance Brainstorming, Rehearsal and Open Mat	Movement Rm 1/2

SATURDAY**July 19, 2025**

6:00 - 7:00 am	Self-Guided stretching and yoga		Movement Rm 1/2
7:00 - 10:00 am	Super Saturday Registration		WSC 2nd Floor East Alcove
7:00 - 8:30 am	Breakfast		Kaufmann
8:30 - 10:00 am	Taekwondo Basic Kicks <i>MyTien Duong</i>	MA	Movement Rm 1
	Hands Off! <i>Monica Villanueva</i>	MA	Movement Rm 2
	ESD For Youth: Let's Make Learning Fun! <i>Tasha Ina Church</i>	ESD	Classroom 254
	Leading Classes For Elders <i>Suzanne Pinette</i>	ESD	Classroom 256
10:30 - 12:00 pm	RA Life Defense <i>Zahalea Anderson</i>	MA	Movement Rm 1
	Palm Stick for Self-Defense <i>Deanna Larsen</i>	MA	Movement Rm 2
	Obi Decorating <i>Tamara Machac</i>	MA	Classroom 254
	ESD Model Class 3 <i>Lauren Bailey and Lindsey Falcon</i>	ESD	Classroom 256
12:00 - 1:30 pm	Lunch & Raffle Draw Youth Affinity Lunch ESD Affinity Lunch		Kaufmann West Lunch Room Upper Level

SATURDAY (CONTINUED)**July 19, 2025**

1:30 - 3:00 pm	Bo Basics <i>Amy Jones</i>	MA	Movement Rm 1
	Obstacle Course <i>Tamara Machac</i>	MA	Movement Rm 2
	Call The Soul Back: Healing Teams and Leadership Through the Spiral Path <i>Sahnya Thom</i>	HA	Classroom 254
	Resisting Violence & Colonialism: ESD for Indigenous Communities <i>Shanda Poitra</i>	ESD	Classroom 256
3:30 - 5:00 pm	Judo Games <i>Connie Halporn</i>	MA	Movement Rm 1
	Let's Stay Together: Locks and Flowing Techniques <i>Darlene DeFour</i>	MA	Movement Rm 2
	Self-Defense and Self-Compassion <i>Carmen Alonso</i>	HA/ ESD	Classroom 254
	The Goldilocks Approach to Vetting Self-Defense Techniques <i>Natalie DeMaioribus</i>	ESD	Classroom 256
4:30 - 6:30 pm	Performance rehearsal		Pfeiffer Hall
5:30 - 7:00 pm	Dinner		Kaufmann
6:00 - 7:00 pm	Bazaar Set-Up		Pfeiffer Hall
7:30 - 9:00 pm	Performance		Pfeiffer Hall
9:00 - 10:30 pm	Social/Bazaar Silent Auction Reveal		Pfeiffer Hall

SUNDAY July 20, 2025		
6:00 - 7:00 am	Self-guided stretching and yoga	Movement Rm 1/2
7:00 - 8:30 am	Breakfast	Kaufmann
8:30 - 10:00 am	All Member Meeting	Movement Rm 1
10:30 - 12:00 pm	Koryo Gumdo <i>Stacey Legg</i>	MA Movement Rm 1
	Seven Steps <i>Suzanne Pinette</i>	MA/ HA Movement Rm 2
	So You Have 'littles': Now How Do You Teach Them? <i>Kim Miller</i>	MA Classroom 254
	Funding Empowerment Self Defense Programs <i>Meg Stone</i>	ESD Classroom 256
12:00 - 1:30 pm	Lunch & Raffle Draw LGBTQ+ Affinity Lunch	Kaufmann Upper Level
1:30 - 3:00 pm	Taekwondo Advanced Kicks <i>MyTien Duong</i>	MA Movement Rm 1
	Kajukenbo Street Fighting <i>Esther Howard</i>	MA Movement Rm 2
	Protest, Power and Safety: A Practical Workshop <i>Susan (George) Schorn</i>	ESD Classroom 254
	Conversations on the Last Third of Our Life <i>Julie Harmon</i>	ESD Classroom 256

SUNDAY (CONTINUED) July 20, 2025			
3:30 - 5:00 pm	Confronting the Blade <i>Ashlyn Johnson</i>	MA	Movement Rm 1
	Learning in Disguise <i>Jennifer Smith</i>	MA	Movement Rm 2
	Go Beyond A Great Demo — Be a Great Teacher, On Purpose! <i>Karen Chasen</i>	ESD	Classroom 254
	ESD Goes to College <i>Carrie Slack</i>	ESD	Classroom 256
5:00 - 6:30 pm	Dinner		Kaufmann
7:00 - 8:30 pm	Conference Closing, Feedback & A Look Ahead		Movement Rm 2
9:00 - 10:00 pm	Hidden Disability Meeting		Classroom 254

MONDAY July 21, 2025		
7:00 - 8:30 am	Breakfast	Kaufmann
7:30 - 10:00 am	Check-Out/Conference Clean Up & Breakdown	WSC 2nd Floor West Alcove