



Hello, Super Saturday Attendees!

We are so looking forward to training with you in July! "Super Saturday" is a truly special day of our conference. We are absolutely thrilled about our [schedule of instructors and classes](#), and we hope you will be, too! To ensure you have the best experience, please read over this email for information about what to bring, what to expect when you arrive, and more!

EVENT INFORMATION

Super Saturday will take place at North Central College in Naperville, IL, on Saturday, July 19th, 2025. Check-in starts at **8:00am in the Wentz Science Center (WCS) 131 Loomis St.** (WCS is Building #19 on the campus map provided below.) Your registration includes **lunch and dinner** on campus.

EMERGENCY contact number for NWMAF Board: 917-968-6972 (Please note, this number is for *emergencies only*. Regular queries and communication should be directed through the WhatsApp group or at the Registration Desk in WCS.)

WHATSAPP GROUP:

We've created a WhatsApp group for the 2025 Forward Together Conference. This will make it extremely easy to connect with other attendees to arrange ride shares and exchange information, simply using our phones. We will also be using WhatsApp once we're on campus, to send out conference-wide updates and announcements, so it's a good idea to join the group now! You can use the QR code below or visit: <https://chat.whatsapp.com/ITvEMDmSPNtI2OPHr67d6j>



DRIVING DIRECTIONS, MAP, AND PARKING:

Please see the campus map and driving directions to NCC, included below.

Parking is available throughout campus and is complimentary to all guests attending the NWMAF Conference. **People driving to campus should park in the parking pavilion (Building #37 on the map) by the Res Rec Center only.** Individuals parking elsewhere may risk being towed at their own expense.

BEFORE THE EVENT:

You're about to have a fabulous and (hopefully) exhausting learning experience! Be sure to:

- Get plenty of sleep
- Hydrate
- Eat a good breakfast to fuel you for the day

TO BRING:

There will be a variety of martial arts, self-defense, and healing arts/fitness classes on offer! We recommend bringing the following as appropriate:

- **Water bottle**
- **Rain gear** (you never know)
- **Liability waiver: Required for all participants. If you were unable to upload your signed waiver, please print and bring it with you. A parent or legal guardian must sign the waiver on behalf of minors, and remain on campus with the minor during Super Saturday. No unsupervised minors are permitted at the event.**
- **Uniform** (if you have one)
- **Comfortable clothes** for movement and exercise
 - There is no need to wear a uniform, unless a class specifically requires it. Not all attendees are martial artists, and a variety of styles and skill levels will be present. Many people feel most comfortable in regular clothes that allow for movement. However, feel free to wear elements of your uniform (example: gi pants and a t-shirt) if that is most comfortable for you.
 - For some classes, such as Brazilian Jiu-Jitsu, closer-fitting clothing, such as a rash guard shirt and leggings, can be helpful.
- **Mouthpiece** (optional)
- **Sparring gear** (optional)

- **Yoga mat** (optional)
- **Sneakers or martial arts shoes** may be most comfortable for you, or you may find it's more convenient to move between classes in **flip flops** or other shoes that are easy to slip on and off. Note that shoes are not allowed on mats. **DO NOT walk in bare feet in any location except when on the mat**
- **Items to sell at our Bazaar, or donations for the silent auction and raffle.** Donated items may be dropped off at Registration. Any items not sold or raffled will be returned to you. If you'd like to sell at the Bazaar, please let us know in advance so we can ensure we have enough tables.
- **Small notebook and pens/pencils** (optional)

WHAT TO EXPECT:

NWMAF trainings are known for providing an atmosphere of support, inclusion, skill sharing, and fun, offering leadership opportunities to incredible martial artists, teachers, and practitioners who may have previously found themselves marginalized in this arena. Many people make camp friends in other parts of the country or the world, whom they look forward to seeing every year!

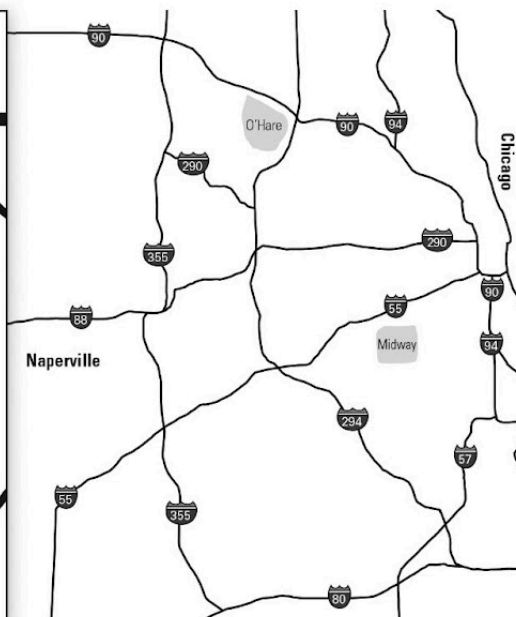
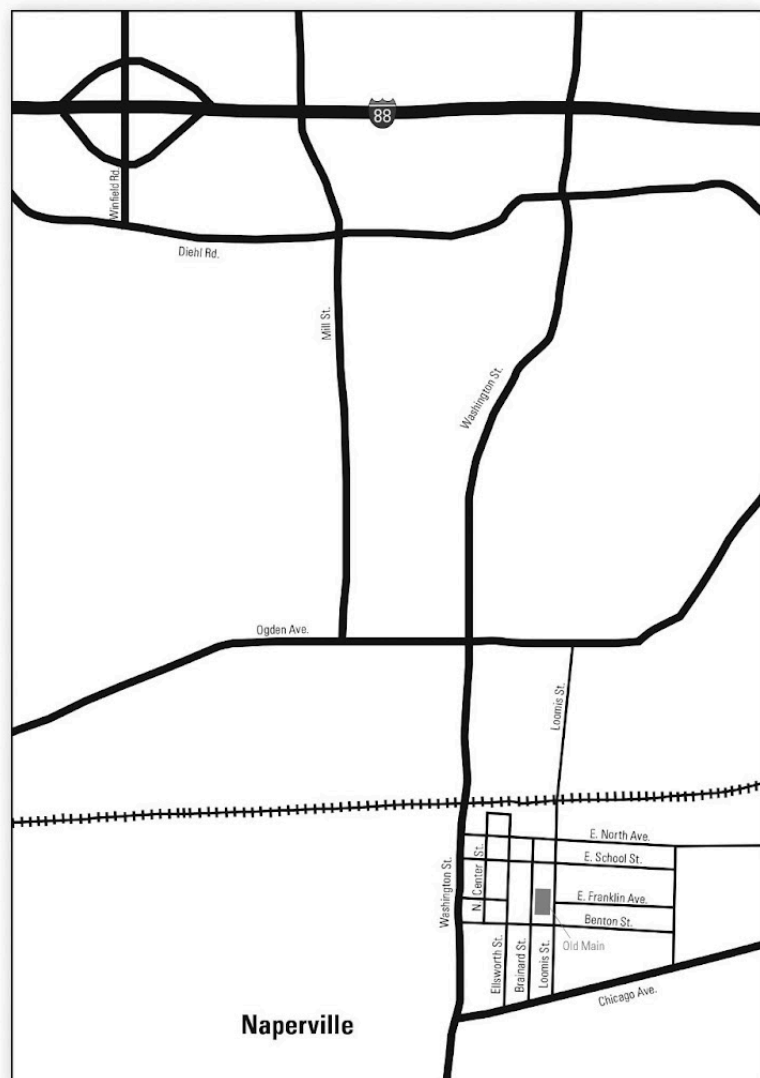
This training will be a chance to meet new people and sample styles we may never have tried out or even encountered before, without judging ourselves in comparison to other people and other styles. Please come with a beginner's mind, expecting to give and receive respect, encouragement, and good vibes.

PROHIBITION OF EDGED WEAPONS, ALCOHOL, DRUGS, AND TOBACCO PRODUCTS

No edged weapons are allowed at the event.

North Central College is a smoke-free campus, and *Forward Together* is designed to create an enriching experience in a clean, healthy environment. Participants should leave all alcohol, tobacco products and recreational drugs at home.

DRIVING DIRECTIONS AND CAMPUS MAP:



Directions to the **North Central College** Campus

Easy Access to Campus.

From the West:

- Follow I-88 east to Winfield Rd;
- South (right) onto Winfield to Diehl Rd;
- East (left) onto Diehl to Washington St;
- South (right) onto Washington to Benton Ave;
- East (left) onto Benton to campus.
- (If traveling I-80, follow I-80 to I-355 north; see "South" directions below.)

From the South:

- Follow I-55 to I-355;
- I-355 north to Maple Ave;
- West (left) on Maple Ave;
- Maple Ave changes name to Chicago Ave;
- Chicago Ave to Brainard St (at stop sign);
- North (right) on Brainard St to campus.

From the North:

- Follow I-290 south to I-88 west;
- I-88 to I-355 south;
- I-355 south to Maple Ave;
- West (right) on Maple Ave;
- Maple Ave changes name to Chicago Ave;
- Chicago Ave to Brainard St (at stop sign);
- North (right) on Brainard St to campus.

From Chicago or the East:

- Follow I-290 west to I-88 west;
- I-88 to I-355 south;
- I-355 south to Maple Ave;
- West (right) on Maple Ave;
- Maple Ave changes name to Chicago Ave;
- Chicago Ave to Brainard St (at stop sign);
- North (right) on Brainard St to campus.



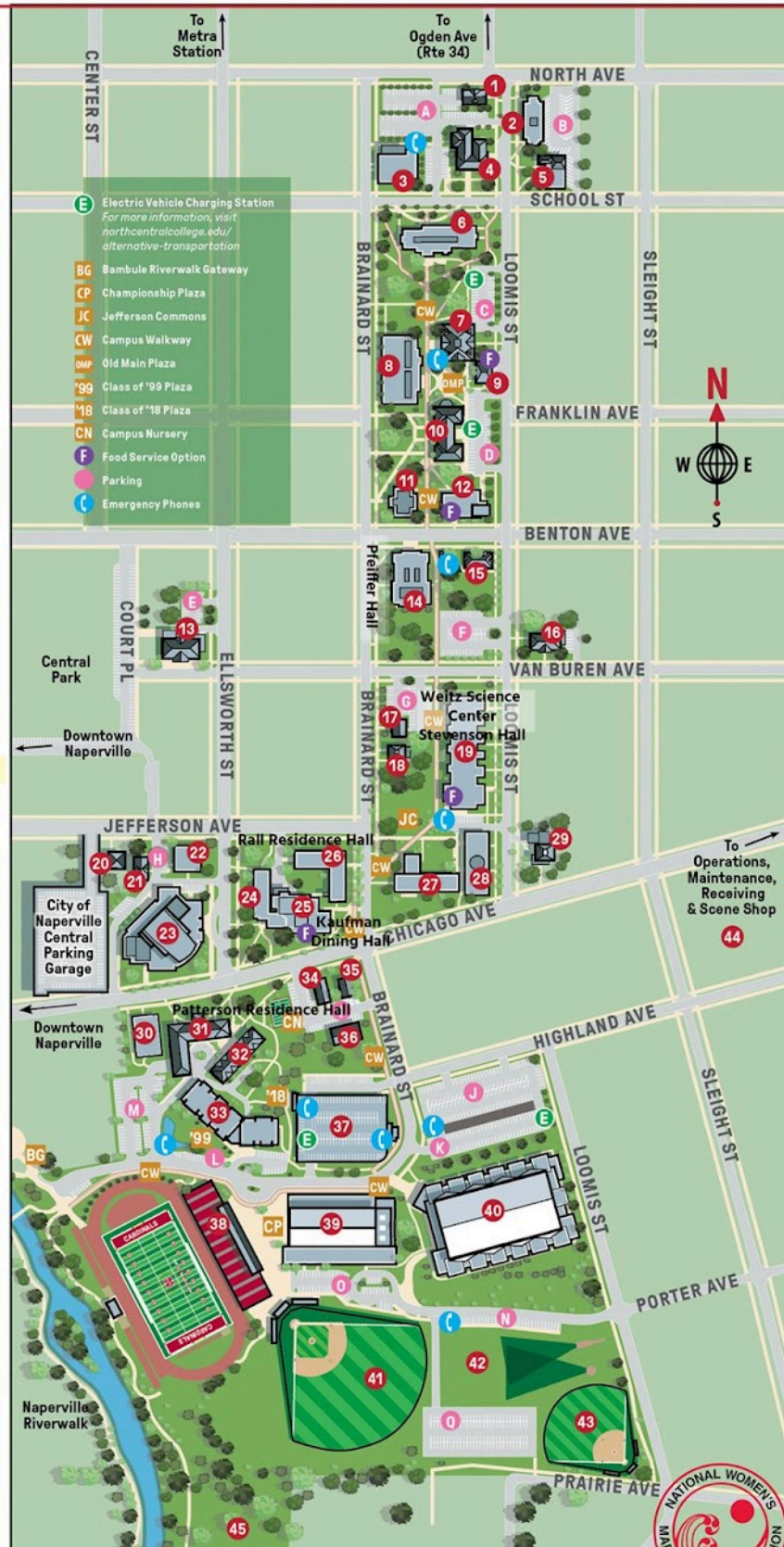
https://www.northcentralcollege.edu/sites/default/files/documents/2016-10/NCC_map.pdf



NORTH CENTRAL COLLEGE 1861

30 N. Brainerd Street • Naperville, IL 60540
630.637.5100 • 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. Kiekhofner Hall and Kotten 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. S. S. Loomis St. [H326]
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 [CS] 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 [PRES] 409 E. Chicago Ave.
30. Wentz Center for Health Sciences & Engineering [A160] 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 Rall House [H329] 329 S. Brainerd St.
37. Parking Pavilion [LOTP] 415 S. Brainerd St.
38. Benedetti-Wehrli Stadium [STAD] 455 S. Brainerd St.
39. Merner Field House [MF] 450 S. Brainerd St.
40. Residence Hall/Recreation Center [REC] 440 S. Brainerd St.
41. Zimmerman Stadium [BS] 467 S. Brainerd St.
42. 403 S. Loomis Athletics Field
43. Shanower Family Field [SF] 435 S. Loomis St.
44. Operations, Maintenance, Receiving & Scene Shop [M999] 999 E. Chicago Ave.
45. Riverview Property





Super Saturday Schedule July 19, 2025

SATURDAY		
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		
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>Sahnnya 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 DeMaionibus</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

