



NWMAF Weaving Strength ATX
Saturday, October 12th 2004
Austin Sports Center, 425 Woodward Street

8:15-9:00am Sign-In

9:00-9:30 Opening and Community Agreements

9:30-9:45 Warm-Up

9:45-10:45 Session 1

10:50-11:50 Session 2

11:50-1:00 LUNCH

1:05-2:05 Session 3

2:10-3:10 Session 4

3:15-4:15 Session 5

4:20-5:00 Demos, Door Prizes, and Closing Remarks

**** SEE BELOW FOR WORKSHOP OFFERINGS AND INSTRUCTORS ****

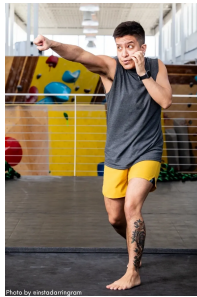
Note: the schedule has now been finalized, though details of class timings, instructors and offerings may still be subject to change due to unforeseen circumstances.

Session 1 Options

9:45 - 10:45 am

Class Title: Intro to No-Gi Brazilian Jiu-Jitsu: Fighting from the Top

Class Description: Learn the fundamentals of control, defense, and submission in side control and mount positions.



Trainer: Lu Villarreal

Pronouns: They/he, elle/él

Bio: Lu Villarreal (they/he, elle/él) is a native Austinite who's been a martial artist since 2010. They are a student of several martial disciplines -- including Brazilian Jiu-Jitsu, Boxing, and traditional Korean martial arts. They currently coach at Austin Women's Boxing Club and train BJJ at integração Jiu-Jitsu. As a trans person of color, Lu is an outspoken advocate for inclusion of marginalized folks in combat sports. They also work for SAFE Alliance as an advocate for survivors of sexual violence, helping folks to reclaim their bodies and move forward from trauma.

Past Experience and Certifications

Instructor at Traditional Martial Arts Academy (2011-2022); Adjunct Faculty in Kinesiology (KINE 1119 -- Basic Self Defense) at St. Edward's University (2016-2022); Coach at Austin Women's Boxing Club (2022-present); B.S. Kinesiology, 2011; Black Belt in Pyon Moo Do, 2017; USA Boxing Bronze Coach, 2022; Purple Belt in Brazilian Jiu-Jitsu, 2023

Class Title: An Intro to Tai Chi

Class Description: Learn some some basic Tai Chi footwork and embark on the first set of the Tai Chi 108 posture form. (Don't worry - it's short! ;))



Trainer: Cheryl Van Hoosen

Pronouns: she/her

Bio: In addition to serving as Treasurer of the National Women's Martial Arts Federation, Cheryl Van Hoosen has taught Tae Kwon Do, Jun Fan and Ving Tsun for over 15 years, as well as Tai Chi for 10 years. She has been practicing (and practicing and practicing) both hard and soft arts for the past 24 years, has been attending NWMAF conferences for more than 20 years, and has taught at several previous conferences. She loves passing on her passion for martial arts!

Class Title: Liangong as taught by Master Wen Mei Yu

Class Description: Liangong is a series of 36 Chinese health exercises derived from traditional practices for promoting health both for external strength and for internal organs. I first encountered Liangong when Master Yu's early morning class at Special Training made its participants so energized that the benefits were quite dramatic. We were all happy and relaxed at breakfast while those who chose to sleep in were...well, less prepared for another day of rigorous training! All levels welcome.



Trainer: Suzanne Pinette

Pronouns: she/her

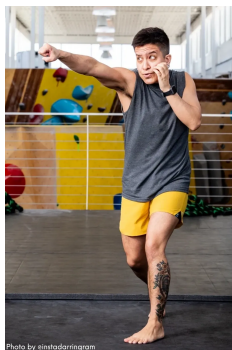
Bio: Sensei Suzanne has been a life-long practitioner of martial arts. She has been instrumental in developing several self-defense programs and organizations both locally and nationally. She is best known as the founder of Sun Dragon Martial Arts in Austin, TX, and as a past board member of the National Women's Martial Arts Federation. She started training in 1968 and has practiced many different styles, most extensively Kyokushin and Yang Style Tai Chi. She founded Sun Dragon Martial Arts in 1987 in order to make a safe space for women to empower themselves through martial arts training. She also founded Everywoman's Self-Defense in order to reach women who did not wish to participate in ongoing training. Sun Dragon gradually evolved to include anyone who could be respectful and supportive of other students. When she left Sun Dragon to her students in 2001, moving in order to accommodate her partner's professional career, she continued to teach Tai Chi and Liangong in Missouri, Colorado and now back in Georgetown, Texas.

Session 2 Options

10:50 - 11:50 am

Class Title: Intro to No-Gi Brazilian Jiu-Jitsu: Fighting from the Bottom

Class Description: Learn the fundamentals of control, defense, and submission in guard and back-take positions.



Trainer: Lu Villarreal

Pronouns: They/he, elle/él

Bio: Lu Villarreal (they/he, elle/él) is a native Austinite who's been a martial artist since 2010. They are a student of several martial disciplines -- including Brazilian Jiu-Jitsu, Boxing, and traditional Korean martial arts. They currently coach at Austin Women's Boxing Club and train BJJ at Integração Jiu-Jitsu. As a trans person of color, Lu is an outspoken advocate for inclusion of marginalized folks in combat sports. They also work for SAFE Alliance as an advocate for survivors of sexual violence, helping folks to reclaim their bodies and move forward from trauma.

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Class Title: Intro to Empowerment Self Defense

Class Description: This is a short ESD workshop that uses the rubric of Body/Voice/Mind. Participants will learn ways to enhance their safety with physical resistance techniques (body), assertive communication (voice), and mental strategies (mind) for assessing risk, self-calming, as well as statistics and information on the realities of violence, all of which will help participants avoid violence when possible and respond when necessary.



Trainer: Amy Jones

Pronouns: she/they

Bio: Amy Jones started her karate training in Austin, TX in 2001, and took her first ESD workshop shortly thereafter. As these things go (or went for Amy, at least), they eventually started teaching both karate and ESD, first for free and now as their full-time gig. First certified as an ESD instructor in 2014, Amy served as the director of ESD for Thousand Waves Karate and Self-Defense Center, and as the Self-Defense Coordinator and Self-Defense Instructor Certification Coordinator for the NWMAF. Today Amy runs the ESD program at Culture of Safety Dojo & Wellness Center, which she co-owns with her spouse, Kyren Epperson. Amy holds an MSW from the University of Austin, TX and a yondan in Jin Sei Ryu Karate-Do. Amy has taught ESD and karate to children as young as 4 (karate) or 6 (ESD), to senior citizens, to the blind and visually impaired, and to wheelchair users. She has led workshops for private high schools, for the unhoused and insecurely housed youth and adults, to social work students and to staff at Salesforce and Google. When not teaching karate or ESD, Amy occasionally teaches sex ed to apparently disinterested middle schoolers, tries in vain to learn Spanish in 10 minutes a day, and pets at/yells at their cats.

Class Title: Stretch and Sound Healing

Class Description: Experience the blissful fusion of gentle stretching, followed by yin yoga and sound healing. Practice will begin with gentle dynamic movements that release tension from the body. Then you'll settle into shapes with longer holds, while soothing sound vibrations guide you into deep restoration.



Trainer: Kaytee Hernandez

Pronouns: She/her

Bio: Kaytee Hernandez (she/her) is a Latinx Yoga Therapist and Teacher with a deep passion for holistic health. With an M.S. in Integrative Medicine and Maharishi Ayurveda

from Maharishi International University, Kaytee blends ancient wisdom with modern practices to create unique and healing Yoga experiences.

Session 3 Options

1:05 - 2:05 pm

Class Title: Introduction to Aikido

Class Description: Basic skill demonstration and teaching of universal movements as practiced in Aikido.



Trainer: Angela Walker Murphy

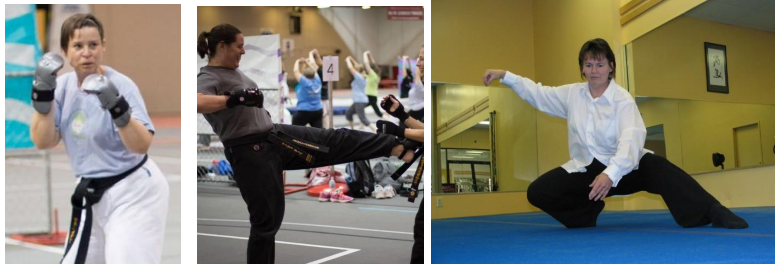
Pronouns: She/her

Bio: Angela Walker Murphy started Aikido in 1994 at the age of 19 under the guidance of Akira Tohei Shihan, one of the original students of O Sensei, the founder of Aikido. She has taught Aikido since 1999 to people of all ages and abilities and believes in accessibility to the skill set for everyone that would like to practice. She currently holds a 5th Dan in Aikido and a teaching title of Shidoin in the United States Aikido Federation and has been Dojo-cho/Chief Instructor of Alamo Area Aikikai in San Antonio, TX since 2021. Additionally, Angela is a registered massage therapist since 1996 and a medical laser operator since 2018, as well as a mother and a musician.

Class Title: Exploration of Sparring from Different Perspectives

Class Description: Using drills and light partner work, we will try out different sparring targets — some of which your home style may not typically use — to see what we can learn about movement and control.

Requirements: Participants must have at least 6 months' sparring experience and should bring a full set of sparring gear (whatever your home style requires).



Trainers: Laura Hayden, KJ Scheib, and Cheryl Van Hoosen

Pronouns: she/her

Bios: Sensei Laura Hayden has been teaching Seido and Empowerment Self Defense to children and adults since 2010. She was first introduced to Sun Dragon Martial Arts and Self Defense early in her relationship with Kyoshi KJ Scheib and decided then and there that she needed to study karate. It took a little time, but the students at Sun Dragon and the members of Seido worldwide that she met in those first couple years before becoming a white belt helped her realize how special the Sun Dragon and Seido karate communities both are. After 16 years of training under Sensei Joy Williamson and then Kyoshi Graham Smith, Laura is now a 4th degree black belt and the Executive Director for Sun Dragon.

In addition to serving as Treasurer of the National Women's Martial Arts Federation, co-instructor Cheryl Van Hoosen has taught Tae Kwon Do, Jun Fan and Ving Tsun for over 15 years, as well as Tai Chi for 10 years. She has been practicing (and practicing and practicing) both hard and soft arts for the past 24 years, has been attending NWMAF conferences for more than 20 years, and has taught at several previous conferences. She loves passing on her passion for martial arts!

Class Title: Self-defense and Protest Safety for Activists

(NOTE: CLASS WILL BE HELD OUTSIDE)

Class Description: Intro to basic techniques for movement and safety in a protest setting: police tactics, situational awareness, de-escalation and physical self-defense.



Trainers: Susan (George) Schorn and Vivian V.
Pronouns: she/her (George) and they/she (Vivian)

Bios:

Susan (George) Schorn holds a 1st Dan in Kyokushin and a 2nd Dan in Seido karate. She has trained and taught at Sun Dragon since 1999. In her 25 years at the school, she began teaching self-defense her first year. She has taught martial arts at the colored-belt level off and on most of that time as well. George developed Empowerment Self Defense-based curriculum for protest safety in 2015, and has taught continuously in the community since then, with recent updates post-BLM.

Co-instructor Vivian V. is a nonbinary transfemme kung fu practitioner from the Dallas area who received her black belt in 2019. Vivian has spent the most time at her current school, where students train one northern and one southern style of Shaolin kung fu - Changquan (Long Fist) and Five Animals Hung Ga, respectively, although some people may know them better as the basis for firebending and earthbending in the Avatar cartoons. Vivian cares deeply about not just making martial arts and self defense knowledge accessible to the most vulnerable among us, but moving beyond individualist self defense towards a culture of solidarity and community defense against oppressive power structures.

Class Title: Fit for fall: Strengthening Class

Class Description: This will be a beginner-friendly, full body class for those wanting to get back into fitness and start elevating their health



Trainer: Vanessa Rivera

Pronouns: she/her

Bio: Vanessa Rivera is a certified personal trainer and CEO of Train with Ranessa. She empowers women of all shapes and sizes to build confidence and strength through personalized fitness training. Vanessa offers in-person, at-home, and online sessions, helping women of all ages achieve their goals and embrace their full potential.

Certifications: Bachelors in Exercise Sports Science; 3 years as a coach, 5 years in the fitness industry; CPT - Certified Personal Trainer; KBCU- Certified Kettlebell Coach; Active Stretch Theory and Practice Certificate

Session 4 Options

2:10-3:10 pm

Class Title: Boxing Mitt-holding 101

Class Description: In this class, you will learn how to throw jabs, crosses, hooks and uppercuts properly and how to hold boxing mitts for each other in a way that's safe & fun for the boxer and the mitt holder.



Trainer: Julia Gschwind

Pronouns: she/her

Bio: Julia founded Austin Women's Boxing Club in 2007 to give women the opportunity to train in a women-centered environment; something she wished had been available to her when she was training. A native German, Julia has been training since 1996 both as a boxer and kickboxer, in Germany as well as the United States. In 2011, Julia earned her black belt in Kajukenbo and worked her way up to 4th degree. She also holds a purple belt in Brazilian Jiu-jitsu. After 10 years of teaching martial arts, she decided in 2021 to go back to her roots and focus entirely on coaching boxing. She built a competition team that competes locally and nationally. She has multiple boxers who are nationally ranked and one that participated in the Olympic Trials in 2023.

Certifications & Accomplishments: USA Boxing "Train-the-Trainer" Bronze & Silver Clinician; USA Boxing Youth Coach Squad Member; IBA Star 1 Certification; AWBC Head Coach, Owner & Founder (2007); Co-Founder of HeadStrong Girls' Boxing; 4th Degree Black Belt, Kajukenbo; Purple Belt in Brazilian Jiu-jitsu; San Francisco Golden Gloves Champion 2000; Diamond Belt Champion 2002; State Champion (Baden-Württemberg), Germany, 1999; Kettlebell Concepts Level 1 Instructor

Class Title: Aikido in Everyday Practical Wellness: Focus on Injury Prevention

Class Description: This class will have a particular focus on injury prevention from falls.



Trainer: Angela Walker Murphy

Pronouns: She/her

Bio: Angela Walker Murphy started Aikido in 1994 at the age of 19 under the guidance of Akira Tohei Shihan, one of the original students of O Sensei, the founder of Aikido. She has taught Aikido since 1999 to people of all ages and abilities and believes in

accessibility to the skill set for everyone that would like to practice. She currently holds a 5th Dan in Aikido and a teaching title of Shido-in in the United States Aikido Federation and has been Dojo-cho/Chief Instructor of Alamo Area Aikikai in San Antonio, TX since 2021. Additionally, Angela is a registered massage therapist since 1996 and a medical laser operator since 2018, as well as a mother and a musician.

Class Title: Breathwork and Movement to Find Your Center

Class Description: We will start with some seated pranayama (breathwork) to set the tone and then move into some somatic movement, gentle yoga postures from the ground up. All-levels accessibility.



Trainer: Leti Alvarez

Pronouns: she/her

Bio: Leti is an International Retreat leader, Teacher Trainer, and is a certified Yoga Therapist with 20+ years' experience. She teaches a wide range of classes such as Restorative, Yin, Hatha, Vinyasa, as well as Pilates. She loves yoga for all its transformative powers - physical, mental, and spiritual - and emphatically knows yoga is her medicine.

Class Title: Self-defense In and Around Cars (NOTE: CLASS WILL BE HELD OUTSIDE)

Class Description: Walking through the scenarios women are warned about (being thrown in a trunk, snatched from beneath, etc.) and practicing self-defense skills if assaulted inside a vehicle.



Trainer: Susan (George) Schorn

Pronouns: she/her

Bio: Susan (George) Schorn holds a 1st Dan in Kyokushin and a 2nd Dan in Seido karate. She has trained and taught at Sun Dragon since 1999. In her 25 years at the school, she began teaching self-defense her first year. She has taught martial arts at the colored-belt level off and on most of that time as well. George developed ESD-based curriculum for protest safety in 2015, and has taught continuously in the community since then, with recent updates post-BLM.

Session 5 Options

3:15-4:15 pm

Class Title: Intermediate Boxing with Light Contact

Class Description: We will teach basic defensive techniques to straight punches, hooks and uppercuts (blocks, step back, roll, parry) that can be executed slowly for those not used to doing contact work or faster for those comfortable with contact work. Most contact will be aimed at the body/shoulder. The mouthpiece is just for extra safety. Focus is on range and balance execution.



Trainer: Julia Gschwind

Pronouns: she/her

Bio: Julia founded Austin Women's Boxing Club in 2007 to give women the opportunity to train in a women-centered environment; something she wished had been available to her when she was training. A native German, Julia has been training since 1996 both as a boxer and kickboxer, in Germany as well as the United States. In 2011, Julia earned her black belt in Kajukenbo and worked her way up to 4th degree. She also holds a purple belt in Brazilian Jiu-jitsu. After 10 years of teaching martial arts, she decided in 2021 to go back to her roots and focus entirely on coaching boxing. She built a competition team that competes locally and nationally. She has multiple boxers who are nationally ranked and one that participated in the Olympic Trials in 2023.

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Class Title: Shaolin Five Animals - Form and Applications

Class Description: In kung fu, there are many "animal styles" that are inspired by the movements and personalities of various animals. In this workshop, we'll go over a short Five Animals form that contains movements from the five main animals in Shaolin kung fu: panther/leopard, tiger, snake, crane, and dragon. Time permitting, we'll also take some time throughout to talk about the philosophy and concepts behind each animal's movements as well as work on combat applications for some of the movements seen in the form. Since we only have an hour together, we won't be putting too big a focus on actually having anything memorized or knowing the whole form start to finish; the goal is just to introduce everyone to the basic concepts of five animals kung fu!

Trainer: Vivian V.

Pronouns: they/she

Bio: Vivian V. is a nonbinary transfemme kung fu practitioner from Dallas who received her black belt in 2019. Vivian has spent the most time at her current school, where students train one northern and one southern style of Shaolin kung fu - Changquan (Long Fist) and Five Animals Hung Ga, respectively, although some people may know

them better as the basis for firebending and earthbending in the Avatar cartoons. Vivian cares deeply about not just making martial arts and self defense knowledge accessible to the most vulnerable among us, but moving beyond individualist self defense towards a culture of solidarity and community defense against oppressive power structures.

Class Title: Healing Through Martial Arts

Class Description: This will be a group discussion with a short introduction by Sensei Suzanne Pinette. Subtopics will include the physical, psychological and spiritual benefits of martial arts training, as well as the history and motivation behind the founding of Sun Dragon Martial Arts. All levels welcome.



Trainer: Suzanne Pinette

Pronouns: she/her

Bio: Sensei Suzanne has been a life-long practitioner of martial arts. She has been instrumental in developing several self-defense programs and organizations both locally and nationally. She is best known as the founder of Sun Dragon Martial Arts in Austin, TX, and as a past board member of the National Women's Martial Arts Federation. She started training in 1968 and has practiced many different styles, most extensively Kyokushin and Yang Style Tai Chi. She founded Sun Dragon Martial Arts in 1987 in order to make a safe space for women to empower themselves through martial art training. She also founded Everywoman's Self-defense in order to reach women who did not wish to participate in ongoing training. Sun Dragon gradually evolved to include anyone who could be respectful and supportive of other students. When she left Sun Dragon to her students in 2001, moving in order to accommodate her partner's professional career, she continued to teach Tai chi and Liangong in Missouri, Colorado and now back in Georgetown, Texas.

*Many thanks to Sun Dragon Martial Arts
and their hardworking staff and students
without whom this conference would not have been possible*

