

FRIDAY			
MORNING RUN		6:45AM in Granville Lobby	Sensei Kendall Shows
BREAKFAST		7:00AM - 8:30AM	breakfast served 7am to 9am
BOW-IN		9:00AM - 9:30AM	gym opens 7am?????
Fri Session 1		9:45AM - 11:10AM	1 HR 25 MIN
RANK	CLASS 1	INSTRUCTORS	
Children	Fun Nunchaku for Children	Sensei Gerry Goradesky	
All ranks	Wing Chun Basics	Senseis Alek Kaknevicus & Kaylyn Kraus	
All ranks	Stretching for Performance Despite Limitations	Master John Kay	
All ranks	Stance, Movement, Avoidance, and Response Training (SMART)	Sensei Joe Montague	
All ranks	Single Tonfa for adults.	Master Mike Ponzio	
All ranks	The Art of Rolling and Falling MATS	Sensei Martha Richardson	
Green and up	Multi level applications to Pinan Katas MATS	Master Ricki Kay	
Green and up	Pinan 5	Senseis Joe Shacter & Cameron Adelsperger	
Green and up	Tambo Drills and Disarms	Sensei Doug Storm	
Green and up	Tension Form: Principles and Applications	Sensei Seth Plockelman	
Green and up	TAP into Soft Style (Techniques, Applications, & Principles)	Master Kirk Farber	
Brown and up	Sai Basics	Sensei Kendall Shows	
Brown and up	Double Tambo 1 Kata and Applications	Sensei Deanna Bonnell	
Black and up	Understanding and Teaching the Cuong Nhu Throwing Curriculum MATS	GM John Burns & Master Didi Goodman	
LUNCH			
		11:30AM - 1:00PM	lunch served 11:30am to 1pm
Fri Session 2		1:20PM - 3:05PM	1 HR 45 MIN
RANK	CLASS 2	INSTRUCTORS	
Children	Kids with Power!	Sensei James Van Eck	
All ranks	Pinan 1 Kata and Applications	Master Didi Goodman	
All ranks	Escape Room	Sensei Trevor Bonnell	
All ranks	Beginning Nunchaku	Master John Kay	
All ranks	Kicks from the Ground & Applications MATS	Masters Robert First & Elizabeth Roman	
All ranks	Add Drama to your Kata	Sensei Mark Gowan	
Green and up	Louie Tatata and Other Tambo Drills	Sensei Mark Brandenburg	
Green and up	Applications using Footwork / Focus / Power	Sensei Butch White	
Green and up	Bo 1 Kata & Basic Applications	Sensei Hannah Reed	
Green and up	Defense in Motion - Aikido Style MATS	Sensei David Killian	
Brown and up	Empi Kata and Applications	Sensei Mark Lake	
Brown and up	Spear Kata (Section 1)	Master J Ngo and Senseis A Ngo, C Boyd	
Brown and up	Tonfa 1 and Applications	Master Mike Ponzio	
Black and up	Snake 1	Sensei Kaylyn Kraus	
Black and up	Double Tambo 2 & Applications	Sensei Shawn McElroy	
Black and up	Nhu 2 Kata and Applications MATS	Senseis Russ Egglestion & Victoria Johnson	

FRI session 3		3:20PM-5:05PM	1 HR 45 MIN
RANK	CLASS 3		INSTRUCTORS
Children	Power, fluidity, and precision in youth kata	Senseis D Storm, S (Smack) McElroy	
All ranks	Pinan 2 and Applications	Sensei Mark Lake	
All ranks	Dynamic Self-Defense Combinations MATS	Senseis Mark Brandenburg and Ming Fung	
All ranks	Cuong Nhu Knife Defense	Master Donald Williams	
All ranks	Cuong Nhu Throws and Principles at Each Rank MATS	Senseis J Cunningham & Jackson Lewis	
All ranks	Cuong Nhu Pressing Arm and Variations	GM John Burns	
Green and up	Grappling: Controls and Self Defenses MATS	Senseis Chris Robinson & Margaret Sagarin	
Green and up	The LMNOP's of Applications	Sensei Gordon Eilen	
Green and up	Fighting Form	Sensei John (Jelley) Kelley	
Green and up	Tu Hai, 2-Person Kata	Master D Jones and Sensei H Reed	
Brown and up	Spear Kata (Section 2)	Master J Ngo and Senseis A Ngo, C Boyd	
Brown and up	Moonlight Sai Kata	Sensei Kendall Shows	
2 Black and up	Nhu 1 Kata and Applications	Master Kirk Farber	
Black and up	Dan Kata Apps	Senseis Mark Villanueva and Dawn Miller	
Black and up	Tiger Form	Sensei Alek Kaknevicus	
Black and up	Tonfa 2 Kata and Applications	Sensei Tanner Critz	
DINNER	5:30PM - 6:30PM	dinner served 5:30pm to 7pm	
Testing RANK	6:45PM - 9:45PM	BLACK BELT AND DAN TESTING	INSTRUCTORS
Testing & Demos			
SATURDAY			
MORNING RUN	6:45AM in Granville Lobby	Sensei Kendall Shows	
BREAKFAST	7:00AM - 8:30AM	breakfast served 7am to 9am	
Sat Session 1 RANK	9:00AM to 11:00AM	CLASS 4	2 HR
			INSTRUCTORS
Children	Real Ninja Warriors	Master J Ngo, Senseis Lake, Hadzisalihovic	
All ranks	Board Breaking from Beginner to Advanced	Senseis Gannon, Shacter, Gowan, Faust	
All ranks	Close Combat Form MATS	Masters First, Roman, and Sensei Kraus	
All ranks	Footwork to Make Your Techniques Work	Sensei Ron Thomas	
All ranks	Adult Basic Nunchaku	Sensei Gerry Goradesky	
All ranks	Tambo Skills and Drills	Master Denise Guerin	
All ranks	Understanding Violence and Breaking the Freeze	Master Allyson Appen	
Green and up	Sakura Kata	Senseis Rachel Gowan and James Schoen	
Green and up	Padded Bo Sparring	Sensei Mark Brandenburg	
Green and up	Pinan 4 and Applications	Sensei Victoria Johnson	
Green and up	Bo 2 Kata and Applications	Sensei Hannah Reed	
<i>more Sat Session 1 classes on next page</i>			

Green and up	Martial Arts Training via Hemispheres (MATH)	Master Kirk Farber
Green and up	Taikyoku Takedowns and Nhu 1 Knock Outs MATS	Sensei Bert Miller
Green and up	Tu Hai, 2-Person Kata	Sensei Tanner Critz
Brown and up	Tambo 2 Kata and Applications	Sensei Joshua Cunningham
2 Black and up	Nhu 1 and Applications Mat Adjacent	Master D Goodman & Sensei J Ambrosini
Black and up	Monkey Kata (Hau Quyen) and Applications MATS	Master Donald Williams & Sensei MJ White

LUNCH **11:30AM - 1:00PM** lunch served 11:30am to 1pm

Sat Session 2		1:15PM - 3:00PM	1 HR 45 MIN
RANK	CLASS 5	INSTRUCTORS	
Children	Kicking and Fun Drills	Sensei Victoria Johnson	
All ranks	Tricks for Good Kicks	Master D Guerin & Sensei R Bichier	
All ranks	Core and stability training for martial arts MATS	Sensei Theresa Smith	
All ranks	Introduction to CN throws MATS	Sensei Steve Smith	
All ranks	Adult Advanced Nunchaku	Sensei Gerry Goradesky	
All ranks	Introduction to Capoeira	Sensei Demetrius Harris	
All ranks	Three Section Staff - Basics to Advanced	Sensei Chris Perry	
2 Green and up	Pinan 3 and Applications	Sensei Thomas Morris	
Green and up	Bassai Dai Kata and Applications	Sensei Jay Ambrosini	
Green and up	Bo 3 and Applications	Senseis Christina Ngo and Quentin Humeau	
Green and up	Tambo 1 Kata & Applications	Sensei Ben McGimsey	
Green and up	Centerline Kata	Masters R First & E Roman w/Sensei J Kung	
Green and up	Tai Chi - basic moves and their Martial Arts Applications	Master Ricki Kay	
Brown and up	Bo 5 Kata	Master Mike Ponzio	
2 Black and up	Tambo 3 & Applications	Sensei Rachel Gowan	
Black and up	Nhu 3 Kata	Master Donald Williams	
Black and up	Crane Form	Masters Didi Goodman & Darius Jones	

Sat Session 3		3:15PM - 5:00PM	1 HR 45 MIN
RANK	CLASS 6	INSTRUCTORS	
Children	Single Tonfa Techniques and kata for children	Master Mike Ponzio	
All ranks	Essence of Soft Style	Senseis Russ Egglestion & Victoria Johnson	
All ranks	15 stick releases from a grab	Sensei Estela Atalay	
Green and up	Bo of No Bo	Master Ricki Kay	
Green and up	Extended Bo Strikes and Drills	Sensei John Mondrosch	
Green and up	Sparring Drills and Sparring	Masters J. Burns, D. Williams, D. Goodman, A. Appen, D. Jones and Senseis T. Critz, M. Villanueva, L. Costa	

DINNER **5:30PM - 7:00PM** dinner served 5:30pm to 7pm
Meetings **7:30PM - 9:30PM +**

SUNDAY		
<u>MORNING RUN</u>	<u>6:45AM in Granville Lobby</u>	<u>Sensei Kendall Shows</u>
<u>BREAKFAST</u>	<u>7:00AM - 8:30AM</u>	breakfast served 7am to 9am
<u>Sun Session 1</u>	<u>9:00am - 10:10am</u>	<u>1 HR 10 MIN</u>
RANK	CLASS 7	INSTRUCTORS
Children	The Art of Rolling and Falling MATS	Sensei Martha Richardson
All ranks	Qi Gong for Health and Soft Style Movement	Sensei Lynne Correia
All ranks	Katana Basics	Senseis Mark Villanueva and Dawn Miller
All ranks	Yoga Flow	Sensei Mark Staples
All ranks	Knife Flow Drills	Senseis Keith Ford and Angel Albanese
All ranks	Cuong Nhu Fun: Games, Activities, and Socials	Senseis Jacob Perrone and Rachel West
All ranks	Tambo With Dynamic Movement	Sensei MJ White
Green and up	Judo Unbalancing, Throws, and Pins MATS	Sensei Will Davis
Green and up	Open Your Fingers MATS	Sensei David Killian
Green and up	Fundamental Focus Using Advanced Kata	Senseis Steve Smith and Theresa Smith
Green and up	Tambo vs Tambo and vs Empty Hand Self Defense	Sensei John DiPietro
Green and up	Combat Flow	Sensei Estela Atalay
Brown and up	Creating a Black Belt Test Demo MATS adjacent	Master Ngo with B Miller, C Ngo, Q Humeau
Brown and up	Sai Sho Kata	Sensei John Hooley
Brown and up	Move and move again: Applications for two attackers	Sensei Keith Morin

<u>Sun Session 2</u>	<u>10:20AM - 11:30AM</u>	<u>1 HR 10 MIN</u>
RANK	CLASS 8	INSTRUCTORS
Children	Fun with Grappling MATS	Sensei Mark Staples
All ranks	Soft Style Blocks and Takedowns	Master Allyson Appen
All ranks	Noi Cong - Inner Strength Form	Sensei Andy Gannon
All ranks	Massage For Martial Artists MATS	Sensei Parnee Poet
All ranks	Wing Chung Drills	Sensei Keith Ford
All ranks	Fundamental Kicking Class	Sensei Doug Storm
Green and up	Dynamic Knife Defense MATS??	Sensei Johnson Kung
Green and up	Empi Kata & Applications	Senseis Ellie Haddad and Jeannie Wang
Green and up	Jutte Kata & Applications	Master Darius Jones
Green and up	Dynamic Impact of the Hand: Speed, Timing, Rhythm & Combinations	Sensei Maceo Rogers
Green and up	4 Directions Throw (shihonage) and Crossed Arms Throw (jujinage) MATS	Sensei Gordon Eilen
Green and up	Stronger Elbow Strikes	Senseis Victoria Johnson & Jahniece
Brown and up	Double Tambo 1 and Applications	Sensei Joshua Cunningham
Brown and up	50 Ways to Start (and grow) Your Dojo	Panel Discussion
Black and up	Teaching Cuong Nhu Application Principles	Senseis MJ White and Deanna Bonnell
<u>LUNCH</u>	<u>11:45AM - 1:00PM</u>	lunch served 11:30am to 1pm

Sun Session 3		1:20PM - 2:45PM	1 HR 25 MIN
RANK	CLASS 9	INSTRUCTORS	
Children	SOMETHING REALLY GREAT	WHO WILL STEP UP?	
All ranks	Single and Double Tambo Drills	Sensei James Van Eck	
All ranks	Rope Dart	Sensei Shawn McElroy	
All ranks	Techniques for Body Recovery After Training.	Senseis Lucy Nguyen and Theresa Smith	
All ranks	Finding and Fixing the Flaws in Your Kata	Sensei MJ White	
All ranks	Hug your friends MATS	Trevor Bonnell	
All ranks	Whole Body Stretching	Sensei Dawn Miller	
Green and up	Grab and Go MATS	Sensei Tom Panton	
Green and up	Applications using Footwork / Focus / Power	Sensei Butch White	
Brown and up	Gankaku Kata and Applications	Sensei Woody Little	
Brown and up	Chinte Kata and Applications	Sensei Lynne Correia	
Black and up	Osensei's Song Dao Sword Kata	Master Donald Williams	
Black and up	Double Tambo 3 and Applications	Master Darius Jones	
Black and up	Nhu 2 Kata and Applications MATS	Master Allyson Appen	

Promotion & Awards	3:00PM - 4:00PM	
Demonstrations	4:00PM - 5:15PM	
DINNER	5:30PM - 6:45PM	dinner served 5:30pm to 7pm
SKIT NIGHT PARTY	-	