

FRIDAY			
<b>MORNING RUN</b>	<b>6:45AM in Granville Lobby</b>	Sensei Kendall Shows	Start your day with an easy jog or walk around campus. Meet in the lobby for this social event. We will begin with a short warm up. This is a great way to clear you
<b>BREAKFAST</b>	<b>7:00AM - 8:30AM</b>	breakfast served 7am to 9am	
<b>BOW-IN</b>	<b>9:00AM - 9:30AM</b>	gym opens 7am?????	
<b>Fri Session 1</b>	<b>9:45AM - 11:10AM</b>	1 HR 25 MIN	
<b>RANK</b>	<b>CLASS 1</b>	<b>INSTRUCTORS</b>	<b>Want to learn something ahead of rank? Check for prerequisites - ask permission - go for it!</b>
Children	Fun Nunchaku for Children	Sensei Gerry Goradesky	Learning angles of strikes and patterns.
All ranks	Wing Chun Basics	Senseis Alek Kaknevicus & Kaylyn Kraus	Basic Wing Chun drills, teaching the hand positions and footwork. Also applications to grabs and attacks.
All ranks	Stretching for Performance Despite Limitations	Master John Kay	This class session will guide students through detailed techniques of proper stretching of their legs (hamstrings, quads, periformis, IT band, glutes, calves, feet/pl
All ranks	Stance, Movement, Avoidance, and Response Training (SMART)	Sensei Joe Montague	Focusing on Cuong Nhu Stance, Movement, Avoidance, and Response Training (SMART) fundamentals and applications... a thorough review of curriculum
All ranks	Single Tonfa for adults.	Master Mike Ponzio	Blocks, strikes, spinning, and locks for self-defense. A tonfa will be provided to participants to use and take home. .
All ranks	The Art of Rolling and Falling <b>MATS</b>	Sensei Martha Richardson	Learn how to fall and roll for all ranks. We will cover all required falls and get far as we can for rolls as the group can.
Green and up	Multi level applications to Pinan Katas <b>MATS</b>	Master Ricki Kay	This class will present and develop Aikido,Judo, and Karate applications to all Pinan Katas. Must know Pinan Katas
Green and up	Pinan 5	Senseis Joe Shacter & Cameron Adelsperger	Pinan 5 is back! Learn this showcase kata that has been added back into our curriculum and its many applications
Green and up	Tambo Drills and Disarms	Sensei Doug Storm	Tambo drills and disarms utilizing Basic Cuong Nhu techniques and principals.
Green and up	Tension Form: Principles and Applications	Sensei Seth Plockelman	Come work on this foundational Kata to improve your stance, timing and acceleration. Though no longer a requirement for Brown Belt, this Kata remains an excel
Green and up	TAP into Soft Style (Techniques, Applications, & Principles)	Master Kirk Farber	This class emphasizes the advanced principles that create the foundation of soft style techniques. Center line, Oval, Nose-Naval, Spiraling 3-D, rooting and uproc
Brown and up	Sai Basics	Sensei Kendall Shows	Bring Sai. Basic weapon handling, practice drills. Single and double Sai applications.
Brown and up	Double Tambo 1 Kata and Applications	Sensei Deanna Bonnell	Learn DT 1 form with application checks at intervals - 2 tambos
Black and up	Understanding and Teaching the Cuong Nhu Throwing Curriculum <b>MATS</b>	GM John Burns & Master Didi Goodman	This class is for instructors. It will address how to understand the throws uniquely within the Cuong Nhu curriculum, with "intertwined roots" from Judo, Aikido and
<b>LUNCH</b>	<b>11:30AM - 1:00PM</b>	lunch served 11:30am to 1pm	
<b>Fri Session 2</b>	<b>1:20PM - 3:05PM</b>	1 HR 45 MIN	
<b>RANK</b>	<b>CLASS 2</b>	<b>INSTRUCTORS</b>	
Children	Kids with Power!	Sensei James Van Eck	
All ranks	Pinan 1 Kata and Applications	Master Didi Goodman	Learn (or review) Pinan 1 and learn some classic, as well as creative, applications - suitable for your rank level (whatever it may be).
All ranks	Escape Room	Sensei Trevor Bonnell	Learn escapes from our basic self defense curriculum encouraging development of linking applications
All ranks	Beginning Nunchaku	Master John Kay	How to properly hold nunchaku. Basic blocks, striking/flailing movements, exchanging nunchaku from hand to hand, passing behind and in front without hurting yo
All ranks	Kicks from the Ground & Applications <b>MATS</b>	Masters Robert First & Elizabeth Roman	How to develop all kicks from the ground and how to use them in apps
All ranks	Add Drama to your Kata	Sensei Mark Gowan	Participants get to explore the many aspects of doing kata. The variety will add fun to your workout AND make it more interesting to those watching (important wr
Green and up	Louie Tatata and Other Tambo Drills	Sensei Mark Brandenburg	Tambo drill time! In this class you will learn Louie Tatata's 2-person tambo drill and others. Louie Tatata's Tambo drill is a lot of fun to learn and incorporates man
Green and up	Applications using Footwork / Focus / Power	Sensei Butch White	Discovering applications with proper footwork using centerline principles
Green and up	Bo 1 Kata & Basic Applications	Sensei Hannah Reed	
Green and up	Defense in Motion - Aikido Style <b>MATS</b>	Sensei David Killian	Cuong Nhu self-defense and aikido share a common approach to learning technique: static positioning of attacker (uke) and defender (nage/tori). However, in aik
Brown and up	Empi Kata and Applications	Sensei Mark Lake	Learn to float and dive like the "flying swallow" in the Empi kata and practical applications. Level of detail will be adjusted to the group's needs.
Brown and up	Spear Kata (Section 1)	Master J Ngo and Senseis A Ngo, C Boyd	An in-depth overview of the Spear form with tips for timing, performance, elegance, and intensity.Bo staff or spear. Bos may be provided if attendees do not have
Brown and up	Tonfa 1 and Applications	Master Mike Ponzio	Cuong Nhu Tonfa KATA No.1 using two tonfas. Each student bring two tonfas and one bo and a tambo or bokken.
Black and up	Snake 1	Sensei Kaylyn Kraus	Knee pads encouraged
Black and up	Double Tambo 2 & Applications	Sensei Shawn McElroy	Learn double tambo 2, the most awesome weapons form ever.
Black and up	Nhu 2 Kata and Applications <b>MATS</b>	Senseis Russ Eggleston & Victoria Johnson	Learn Nhu 2 kata and applications
<b>FRI session 3</b>	<b>3:20PM-5:05PM</b>	1 HR 45 MIN	
<b>RANK</b>	<b>CLASS 3</b>	<b>INSTRUCTORS</b>	
Children	Power, fluidity, and precision in youth kata	Senseis D Storm, S (Smack) McElroy	In this kids class we will focus on developing all the important aspects that make your kata look amazing!
All ranks	Pinan 2 and Applications	Sensei Mark Lake	Explore the fine details to make your Pinan 2 shine and learn to create your own applications based on kata moves.
All ranks	Dynamic Self-Defense Combinations <b>MATS</b>	Senseis Mark Brandenburg and Ming Fung	In this class we will work on self-defense combos to a variety of attacks. These are NOT the standard self-defense sets per curriculum, rather combinations of ou
All ranks	Cuong Nhu Knife Defense	Master Donald Williams	Will focus on 14 standard knife attacks and defenses against those attacks. Cuong Nhu Knife Self- Defense sets 1-5 applications for Attack #1 (Elbow, Bent Wris
All ranks	Cuong Nhu Throws and Principles at Each Rank <b>MATS</b>	Senseis J Cunningham & Jackson Lewis	Some Rolling and falling experience. This class will go through each of the Cuong Nhu throws and explain how to do them safely and what principles we are teach
All ranks	Cuong Nhu Pressing Arm and Variations	GM John Burns	Review pressing arm Self Defense Set and Aikido variations from all grabs and strikes
Green and up	Grappling: Controls and Self Defenses <b>MATS</b>	Senseis Chris Robinson & Margaret Sagarin	Learning basic techniques to maneuver on the ground and use the ground as leverage to perform self defense techniques faced with an opponent that may get yo
Green and up	The LMNOP's of Applications	Sensei Gordon Eilen	Learn 5 core principals to make applications easier and more dynamic
Green and up	Fighting Form	Sensei John (Jelley) Kelley	
Green and up	Tu Hai, 2-Person Kata	Master D Jones and Sensei H Reed	Tu Hai, which means "In four seasons, all men are brothers" is a two-person Vietnamese kata featuring different animal styles such as Crane, Snake, Tiger, and f
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	Moonlight Sai created by Master Hoang Thong Lap. This class will cover Moonlight Sai kata step by step. Applications will be discussed and practiced.
2 Black and up	Nhu 1 Kata and Applications	Master Kirk Farber	This class emphasizes the details, applications, and movements of Nhu 1, a simple yet very detailed kata with techniques. This class will focus on understanding
Black and up	Dan Kata Apps	Senseis Mark Villanueva and Dawn Miller	Need ideas to get you started on thinking more deeply for Dan level applications? Need a body to work with to explore advanced options? This is the class for yo
Black and up	Tiger Form	Sensei Alek Kaknevicus	Learn tiger kata with some basic applications for some of the signature moves.
Black and up	Tonfa 2 Kata and Applications	Sensei Tanner Critz	Learn or brush up on the form and work application principles and concepts.
<b>DINNER</b>	<b>5:30PM - 6:30PM</b>	dinner served 5:30pm to 7pm	
<b>Testing</b>	<b>6:45PM - 9:45PM</b>		
<b>RANK</b>	<b>BLACK BELT AND DAN TESTING</b>	<b>INSTRUCTORS</b>	
	<b>Testing &amp; Demos</b>		

Want to learn something ahead of rank? Check for prerequisites - ask permission - go for it!

**SATURDAY**

<b>MORNING RUN</b>		<b>6:45AM in Granville Lobby</b>	Sensei Kendall Shows	Start your day with an easy jog or walk around campus. Meet in the lobby for this social event. We will begin with a short warm up. This is a great way to clear your mind.
<b>BREAKFAST</b>		<b>7:00AM - 8:30AM</b>	breakfast served 7am to 9am	
<b>Sat Session 1</b>		<b>9:00AM to 11:00AM</b>	<b>2 HR</b>	
<b>RANK</b>	<b>CLASS 4</b>	<b>INSTRUCTORS</b>		
Children	Real Ninja Warriors	Master J Ngo, Senseis Lake, Hadzsalihovic		Improve your skills with fun martial arts games and take the Ninja Warrior Test! We'll work on kicks, applications, knife self-defense and games that make training fun.
All ranks	Board Breaking from Beginner to Advanced	Senseis Gannon, Shacter, Gowan, Faust		Learn everything you need to know to break boards - how to pick boards, proper holding, training tools, selection of techniques and back-ups and actual BREAKING!
All ranks	Close Combat Form <b>MATS</b>	Masters First, Roman, and Sensei Kraus		
All ranks	Footwork to Make Your Techniques Work	Sensei Ron Thomas		Employing irrimi and tenkan, Z letter and U letter, and other footwork to improve and enhance your techniques including self-defense, judo, weapons and more. B
All ranks	Adult Basic Nunchaku	Sensei Gerry Goradesky		Learn basic strikes and patterns
All ranks	Tambo Skills and Drills	Master Denise Guerin		Tambo basic strikes, blocks and fun drills
All ranks	Understanding Violence and Breaking the Freeze	Master Allyson Appen		This class explores the physiological and emotional effects of being in a high-stress situation of violence and how to break the freeze reflex and converting it into a
Green and up	Sakura Kata	Senseis Rachel Gowan and James Schoen		Learn Sakura kata, created by Master Mary Davis-Cates. This is a great, challenging empty hand kata that is tons of fun to learn!
Green and up	Padded Bo Sparring	Sensei Mark Brandenburg		The student should bring their own bo. In this class we will work basic and extended strikes and footwork both solo and with a partner and then break out the padded
Green and up	Pinan 4 and Applications	Sensei Victoria Johnson		
Green and up	Bo 2 Kata and Applications	Sensei Hannah Reed		
Green and up	Martial Arts Training via Hemispheres (MATH)	Master Kirk Farber		Exciting Empty hand and stick drills, including hubud, trapping, applications, sinwali, etc.
Green and up	Taikyoku Takedowns and Nhu 1 Knock Outs <b>MATS</b>	Sensei Bert Miller		Did you know that Shotokan used to teach throws?! We'll explore the joint locks and throws "hidden" in Taikyoku. How about the "Soft" side of Cuong Nhu, are the
Green and up	Tu Hai, 2-Person Kata	Sensei Tanner Critz		We'll learn the two person form and animal stylistic concepts. Ideally take the class with someone else from your dojo so that you can practice when you return.
Brown and up	Tambo 2 Kata and Applications	Sensei Joshua Cunningham		
2 Black and up	Nhu 1 and Applications <b>Mat Adjacent</b>	Master D Goodman & Sensei J Ambrosini		Learn (or review) Nhu 1 kata, while learning to feel and embody the dynamic flow and power of soft style movement.
Black and up	Monkey Kata (Hau Quyen) and Applications <b>MATS</b>	Master Donald Williams & Sensei MJ White		The standardized Cuong Nhu Monkey Form used for testing. Forward roll, back roll, side drop, front tumble, ground work are in this form

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

<b>Sat Session 2</b>		<b>1:15PM - 3:00PM</b>	<b>1 HR 45 MIN</b>	
<b>RANK</b>	<b>CLASS 5</b>	<b>INSTRUCTORS</b>		
Children	Kicking and Fun Drills	Sensei Victoria Johnson		Keep the mind and body moving for the next generation in action packed movement
All ranks	Tricks for Good Kicks	Master D Guerin & Sensei R Bichier		General kicking drills plus focused kicking critique for rank kicks
All ranks	Core and stability training for martial arts <b>MATS</b>	Sensei Theresa Smith		Learn balance, core, and mobility exercises that will train the muscles required in martial arts techniques and lifestyle.
All ranks	Introduction to CN throws <b>MATS</b>	Sensei Steve Smith		The first part of the class will be geared towards basic falling to set a baseline for safety. After that we will start at the 1GS throw and work our way up the curriculum
All ranks	Adult Advanced Nunchaku	Sensei Gerry Goradesky		Learning how to move with your nunchaku by using the 3-Dimensional Figure 8, the figure 8 1/2, and the figure 8 1/2 w/ hand roll. Prerequisite: You must know your
All ranks	Introduction to Capoeira	Sensei Demetrius Harris		
All ranks	Three Section Staff - Basics to Advanced	Sensei Chris Perry		Bring a Bo and (if you have one) a three section staff. Supplies are limited! Learn the basics of the three section staff, or hone your skills, and learn new techniques
2 Green and up	Pinan 3 and Applications	Sensei Thomas Morris		
Green and up	Bassai Dai Kata and Applications	Sensei Jay Ambrosini		Learn "storming the Fortress" with Bassai Dai, a traditional Shotokan kata.
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		Learn Centerline Kata with applications
Green and up	Tai Chi - basic moves and their Martial Arts Applications	Master Ricki Kay		This class will show the connection between Chi Kung exercises and other martial arts.
Brown and up	Bo 5 Kata	Master Mike Ponzio		Bo-5 was created during a training camp over 30 years ago. O'Sensei Dong showed the first few moves to the black belts and then said- "each of you add a technique"
2 Black and up	Tambo 3 & Applications	Sensei Rachel Gowan		Learn Tambo 3, a requirement for Nidan, and a super fun catch and release form that will have you reaching towards the sky to catch that tambo at least 4 times!
Black and up	Nhu 3 Kata	Master Donald Williams		History of Cuong Nhu, Nhu forms developed by O'Sensei after 1977. Soft style is harder to learn and was saved for black belt level. Nhu 1- has hidden applications
Black and up	Crane Form	Masters Didi Goodman & Darius Jones		This classic kata was brought from Vietnam by O Sensei Ngo Dong, and often featured in early public Cuong Nhu demonstrations. It has a deceptively simple ele

<b>Sat Session 3</b>		<b>3:15PM - 5:00PM</b>	<b>1 HR 45 MIN</b>	
<b>RANK</b>	<b>CLASS 6</b>	<b>INSTRUCTORS</b>		
Children	Single Tonfa Techniques and kata for children	Master Mike Ponzio		Single tonfa techniques and kata, for children. A tonfa will be provided to participants to use and take home.
All ranks	Essence of Soft Style	Senseis Russ Egglestion & Victoria Johnson		Learn drills to improve your soft style flow
All ranks	15 stick releases from a grab	Sensei Estela Atalay		What do you do when someone grabs your stick?
Green and up	Bo of No Bo	Master Ricki Kay		Do you really know what the applications are to the basic Bo techniques? This class will examine the connection of the Bo to empty hand techniques
Green and up	Extended Bo Strikes and Drills	Sensei John Mondrosch		Learn extended BO strikes through a variety of drills, partner drills, modified katas, and applications. Knowledge of basic bo strikes helpful.
Green and up	<b>Sparring Drills and Sparring</b>	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 +**

Want to learn something ahead of rank? Check for prerequisites - ask permission - go for it!

**SUNDAY**

<b>MORNING RUN</b>	<b>6:45AM in Granville Lobby</b>	Sensei Kendall Shows
<b>BREAKFAST</b>	<b>7:00AM - 8:30AM</b>	breakfast served 7am to 9am
<b>Sun Session 1</b>	<b>9:00am - 10:10am</b>	<b>1 HR 10 MIN</b>
<b>RANK</b>	<b>CLASS 7</b>	<b>INSTRUCTORS</b>

Start your day with an easy jog or walk around campus. Meet in the lobby for this social event. We will begin with a short warm up. This is a great way to clear you

Children	The Art of Rolling and Falling <b>MATS</b>	Sensei Martha Richardson	Learn how to fall and roll for kids.
All ranks	Qi Gong for Health and Soft Style Movement	Sensei Lynne Correia	Casual class Gi pants and T shirts for comfort and ease of movement. We will cover some basic posture and movements, breathing and meditation. Excellent for
All ranks	Katana Basics	Senseis Mark Villanueva and Dawn Miller	Come play with swords! Learn cuts, footwork, and 2 person drills. A limited number of bokuto (wooden katana) will be available. Please bring bokuto / bokken or a
All ranks	Yoga Flow	Sensei Mark Staples	Guided yoga practice incorporating vinyasa flow and Iyengar yoga principles. The focus will be on stretching and strengthening the body. Beginners are welcome.
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	A class dedicated to incorporating fun games and activities into your class and outside of it as a way of building community and tightening social bonds.
All ranks	Tambo With Dynamic Movement	Sensei MJ White	Learn with a tambo how also to dominate your opponents with your empty hand and legs while in a game-type environment.
Green and up	Judo Unbalancing, Throws, and Pins <b>MATS</b>	Sensei Will Davis	We'll practice using gi grips to break an opponent's balance, some foundational throws, counters to those throws, pins, and time allowing, some chokes and arm l
Green and up	Open Your Fingers <b>MATS</b>	Sensei David Killian	Cuong Nhu soft-style techniques, taiji, and aikido stress 'three-dimensional-hands' (i.e., the fingers of both hands are spread open widely and rounded). In this cl
Green and up	Fundamental Focus Using Advanced Kata	Senseis Steve Smith and Theresa Smith	Improving advanced kata by going back to basics in order to showcase fundamental skills. We will work on making advanced kata stronger by incorporating the fu
Green and up	Tambo vs Tambo and vs Empty Hand Self Defense	Sensei John DiPietro	A combination of tambo and empty hand drills used in a variety of self defense applications. Students will practice tambo quick striking combinations for defense :
Green and up	Combat Flow	Sensei Estela Atalay	Using natural motions in combat to apply pressing arm, bent wrist, etc. Using hubud, gunting, and elbow siko.
Brown and up	Creating a Black Belt Test Demo <b>MATS adjacent</b>	Master Ngo with B Miller, C Ngo, Q Humeau	
Brown and up	Sai Sho Kata	Sensei John Hooley	Bring Sai Swords. This kata came to CN from a seminar for CN by the National Karate and Jujitsu Union in the late 70's. Masters John Kay and John Burns were
Brown and up	Move and move again: Applications for two attackers	Sensei Keith Morin	We will start with offline/tactical movement. Students will keep adding principles until they have a full two person defense scenario based on katas they know.

<b>Sun Session 2</b>	<b>10:20AM - 11:30AM</b>	<b>1 HR 10 MIN</b>
<b>RANK</b>	<b>CLASS 8</b>	<b>INSTRUCTORS</b>

Children	Fun with Grappling <b>MATS</b>	Sensei Mark Staples	
All ranks	Soft Style Blocks and Takedowns	Master Allyson Appen	Exploring various soft style blocks in the Cuong Nhu curriculum and how to transition from block to take down. Principles covered will be off-line movement, off-be
All ranks	Noi Cong - Inner Strength Form	Sensei Andy Gannon	This original internal strength form of O'Sensei's is a cornerstone in the development of Cuong Nhu's Soft Style. It is designed to increase Ki flow and balance. V
All ranks	Massage For Martial Artists <b>MATS</b>	Sensei Parnee Poet	Learn which muscles we use for punching and kicking and learn to work on your knots and tissue. We will work with partners and ourselves.
All ranks	Wing Chung Drills	Sensei Keith Ford	Close range partner drills focused on closing distance, forcing a response and working off the energy of that response.
All ranks	Fundamental Kicking Class	Sensei Doug Storm	Knee pads/support are encouraged. This a class that I took from O' Sensei Ngo Dong.in the early nineties that focus's s on what each kick is designed to accomp
Green and up	Dynamic Knife Defense <b>MATS??</b>	Sensei Johnson Kung	Knife defense basics, applied in advanced and dynamic situations.
Green and up	Empi Kata & Applications	Senseis Ellie Haddad and Jeannie Wang	Run through the Empi kata and practice applications.
Green and up	Jutte Kata & Applications	Master Darius Jones	Learn the kata "Jutte", which means "Ten Hands".
Green and up	Dynamic Impact of the Hand: Speed, Timing, Rhythm & Combinations	Sensei Maceo Rogers	In general, there is great respect held for the quickness of the hands. The style of certain martial artists has been imitated and considered supreme as popular ar
Green and up	4 Directions Throw (shihonage) and Crossed Arms Throw (jujinage) <b>MATS</b>	Sensei Gordon Eilen	Learn 2 fun Aikido-based throws
Green and up	Stronger Elbow Strikes	Senseis Victoria Johnson & Jahniece	Learn proper form for better, stronger elbow strikes
Brown and up	Double Tambo 1 and Applications	Sensei Joshua Cunningham	
Brown and up	50 Ways to Start (and grow) Your Dojo	Panel Discussion	Hear from those who have successfully built and run dojos of all types; ask questions; make connections; get inspired.
Black and up	Teaching Cuong Nhu Application Principles	Senseis MJ White and Deanna Bonnell	Be immersed in the updated list of Cuong Nhu application principles for all kyu ranks and explore best practices for implementing these within your teaching.

<b>LUNCH</b>	<b>11:45AM - 1:00PM</b>	<b>lunch served 11:30am to 1pm</b>
<b>Sun Session 3</b>	<b>1:20PM - 2:45PM</b>	<b>1 HR 25 MIN</b>
<b>RANK</b>	<b>CLASS 9</b>	<b>INSTRUCTORS</b>

Children	SOMETHING REALLY GREAT	WHO WILL STEP UP?	
All ranks	Single and Double Tambo Drills	Sensei James Van Eck	Basics, footwork, and drills centered around single and double tambo
All ranks	Rope Dart	Sensei Shawn McElroy	Rope dart basics and advanced moves. Bring your practice dart if you have one. Limited spare darts will be available.
All ranks	Techniques for Body Recovery After Training.	Senseis Lucy Nguyen and Theresa Smith	This class will focus on techniques to facilitate recovery in training. Techniques can be used before training to increase mobility, and afterwards to reduce tightnes
All ranks	Finding and Fixing the Flaws in Your Kata	Sensei MJ White	Gain insight on the best methods to identify flaws in your martial arts, identify then during the session, brainstorm drills to fix them, and create a plan to progress.
All ranks	Hug your friends <b>MATS</b>	Trevor Bonnell	A different perspective of Cuong Nhu throws focusing on more no gi ideas for takedowns
All ranks	Whole Body Stretching	Sensei Dawn Miller	Feeling a little stiff and sore from all this fabulous training? Take a session to add to your knowledge of stretches for each body part. Bring a pen and paper to writ
Green and up	Grab and Go <b>MATS</b>	Sensei Tom Pantan	Ability to side drop necessary. Learn how to use big core body movements to defend against grabs with simple movements. Class will also include core conditioni
Green and up	Applications using Footwork / Focus / Power	Sensei Butch White	Discovering applications with proper footwork using centerline principles
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	Song Dao is the last official Cuong Nhu form created by O'Sensei in 1986-1987 during the time of the Soft Style curriculum. Song Dao was created to further the c
Black and up	Double Tambo 3 and Applications	Master Darius Jones	The third kata of the double tambo series which focuses on middle grip.
Black and up	Nhu 2 Kata and Applications <b>MATS</b>	Master Allyson Appen	Review of Nhu 2 and exploration of application options for movements

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