

| | FRIDAY | |
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| MORNING RUN | 6:45AM in UT Lobby | |
| BREAKFAST | 7:00AM - 8:45AM | breakfast served 7am to 9am |
| BOW-IN | 9:00AM - 9:30AM | gym opens 7am |
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| Fri Session 1 | 9:30AM - 11:15AM | |
| RANK | CLASS 1 | INSTRUCTORS |
| Children | Adventure Class for Kids | Senseis Doug Storm, Shawn (Smack) McElroy |
| All ranks | Katas 1 thru Combination - drills and applications | Sensei Joseph Cordell |
| All ranks | Cuong Nhu Footwork in Action | Sensei Butch White |
| All ranks | Basic Intro to the Art of Rolling and Falling MATS | Master Darius Jones, Sensei Martha Richardson |
| All ranks | Close Combat Form MATS | Masters Robert First, Elizabeth Roman |
| All ranks | Kata Application Principles Pt 1: White Belt thru Green Stripes Katas | Sensei MJ White |
| All ranks | Basic Tambo Drills for Single and Double Tambos | Sensei Ron Thomas |
| All ranks | Tonfa Basics and Single Tonfa Self Defense Against Knives, Tambo, and Bo | Sensei Kendall Shows |
| Green and up | Tension Form: Principles and Applications | Sensei Seth Plockelman |
| Green and up | Footsweeps and Takedowns - Beginning to Advanced Mat Adjacent | Grandmaster John Burns |
| Brown and up | Double Tambo 1 Kata and Applications | Sensei Alex Ngo |
| 1 Black and up | Black Belt Test Review Class | Master Jessica Ngo, Sensei Gordon Eilen |
| 2 Black and up | Nhu 1 Kata and Applications | Master Kirk Farber |
| Black and up | Spear Kata (Section 1) | Sensei Nathan Levin |
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| LUNCH | 11:30AM - 1:00PM | |
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| Fri Session 2 | 1:15PM - 3:00PM | |
| RANK | CLASS 2 | INSTRUCTORS |
| Children | Basic Nunchaku for Kids | Sensei Gerry Goradesky |
| All ranks | Pinan 1 Kata and Applications | Senseis Victoria Johnson & Janice Gates |
| All ranks | Introduction to Capoeira | Sensei Demetrius Harris |
| All ranks | Cuong Nhu Judo Throws MATS | Sensei Gordon Eilen & Master Didi Goodman |
| All ranks | Basic Nunchaku and Double Nunchaku | Master John Kay |
| Green and up | Defense in Motion - Aikido Style MATS | Sensei David Killian |
| Green and up | Centerline Kata | Sensei Johnson Kung |
| Green and up | Bo 1 Kata & Basic Applications | Sensei Becca Ngo Voss |
| Green and up | Empi Kata and Applications | Sensei Mark Lake |
| 1 Brown and up | Tambo 1 Kata & Applications | Sensei Joe Schacter |

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| Brown and up | Tonfa 1 and Applications | Sensei Kendall Shows |
| Brown and up | A+ Demo Framework for Black Belt and Dan Testing <i>Mat Adjacent</i> | Sensei Chris Perry |
| Black and up | Snake 1 | Master Darius Jones |
| Black and up | Double Tambo 2 & Applications | Master Jessica Ngo and Sensei Shawn McElroy |
| Brown & up discussion** | **Managing Multi-Level Classes with Rotating Curriculum | Senseis Michael Hornback and Tanner Critz |
| | **continuing education leadership points for black belt and dan ranks | |
| FRI session 3 | 3:15PM-4:45PM | |
| RANK | CLASS 3 | INSTRUCTORS |
| Children | Tu-Hai Kata for Kids | Sensei MJ White |
| All ranks | Pinan 2 and Applications | Sensei Rosario Fico |
| All ranks | Formatted and Free-Form Self-Defense Combos | Senseis Mark Brandenburg and Ming Fung |
| All ranks | Board Breaking from Beginner to Advanced | Senseis A Gannon, J Shacter, M Gowan |
| All ranks | Knife Defense | Master Donald Williams |
| All ranks | Increase your Power and Speed | Sensei Gordon Eilen |
| All ranks | Cuong Nhu Tambo at 3 Ranges: Long, Medium and Close | Sensei John (Jelly) Kelley |
| Green and up | Fighting Form | Senseis Georgia Klingensmith and Brad Austin |
| Green and up | Becoming an A++ Super Uke for a Super Demo MATS | Master J Ngo, Senseis K Cardoni & B Miller |
| Brown and up | Judo with Weapons MATS | Senseis Meg Boeff and Caleb Boyd |
| Brown and up | Power Soft Style (Improving Your Ki Flow) | Sensei Jan Nelson |
| Brown and up | Osensei Ngo Dong's Japanese Sword Kata | Sensei John Hooley |
| Brown and up | Traditional Crane Form | Sensei Lara Tribe Jones, Master Didi Goodman |
| Brown and up | Tonfa 2 Kata and Applications | Sensei Tanner Critz |
| Green and up | Advanced Application Concepts | Sensei Roy Albang |

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| DINNER | 5:00PM - 6:00PM | dinner served 5pm to 7pm |
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| Testing | 6:15PM - 8:30PM | |
| RANK | BLACK BELT AND DAN TESTING | INSTRUCTORS |
| | Testing & Demos | |
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| | SATURDAY | |
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| BREAKFAST | 7:00 - 8:45 AM | breakfast served 7am to 9am |
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| Sat Session 1 | 9:15AM to 11:15AM | gym opens 9am |
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| RANK | CLASS 4 | INSTRUCTORS |
| Children | Kicking and Fun Drills | Sensei Rachel Gowan |

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| All ranks | Basic Grappling Submissions MATS | Sensei Tony Kay |
| All ranks | Capoeira Throws, Takedowns and Reversals MATS | Sensei Demetrius Harris |
| All ranks | Advanced Nunchaku | Sensei Gerry Goradesky |
| All ranks | Kata Application Principles Pt 2: Green Belt Level Katas | Sensei MJ White |
| All ranks | Double Tambo Drills | Senseis Chris Perry and Ming Fung |
| Green and up | 1 and 2 Person Bo Workout and 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 Becca Ngo Voss |
| Green and up | Become a Master of Cuong Nhu Hands | Master Kirk Farber |
| Brown and up | Tambo 2 Kata and Applications | Senseis Christina Ngo and Quentin Humeau |
| Brown and up | Nhu 1 vs Knife: Movement and Applications Mat Adjacent | Master Didi Goodman |
| Black and up | Tiger Form | Sensei Alek Kaknevicus |
| Black and up | Spear Kata (Section 2) | Master Jessica Ngo & Sensei Nathan Levin |
| All ranks** | **Women's Self-Defense Model Class (attend as a student or interested instructor) | Master Terri Giamartino |
| | **continuing education leadership points for black belt and dan ranks | |
| LUNCH | 11:30AM - 1:00PM | lunch served 11am to 1pm |
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| Sat Session 2 | 1:15PM - 3:00PM | |
| RANK | CLASS 5 | INSTRUCTORS |
| Children | Kids Flying Kicks | Sensei Gaylen Lewallen |
| All ranks | Basic Judo MATS | Sensei Roseanne Boudreau |
| All ranks | Tai Chi Push Hands and Applications to Martial Art Techniques | Master John Kay |
| All ranks | Standing Arm Bars | Sensei Doug Storm |
| All ranks | Kicking Drills to Elevate Your Skills | Master Denise Guerin |
| 2 Green and up | Pinan 3 and Applications | Sensei Mark Lake |
| Green and up | Jion Kata and Applications | Sensei Caleb Boyd |
| Green and up | Basic Wing Chun Principles | Senseis Kaylyn Kraus and Alek Kaknevicus |
| Brown and up | Bo 3 and Applications | Senseis Christina Ngo and Effie Collins |
| Brown and up | Crane Form II | Senseis Gordon Eilen and Margaret Sagarin |
| 2 Black and up | Tambo 3 & Applications | Master Darius Jones |
| Black and up | Dan Rank Demo Prep and Advanced Uke Skills MATS | Master J Ngo, Senseis K Cardoni, B Miller |
| Black and up | Bo 6 Kata (Section 1) | Sensei Alex Ngo |
| Brown and up | Soft Style Principles, Techniques, and Applications | Master Kirk Farber |
| Black and up | Nhu 3 Kata | Master Donald Williams |
| Black and up** | **Dojo Outreach, Marketing, and Growth - Panel Discussion | Panel: Giamartino, Critz, T. Kay, et al |
| | **continuing education leadership points for black belt and dan ranks | |

| Sat Session 3 | 3:15PM - 5:15PM | |
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| RANK | CLASS 6 | INSTRUCTORS |
| Children | Single Tonfa for children | Sensei Kendall Shows |
| 2 Black and up | Multi-Level Applications to Nhu 1 MATS | Master Ricki Kay |
| Green and up | Extended Bo Strikes and Drills | Sensei John Mondrosch |
| All ranks | Tambo vs Empty Hand Disarms | Sensei Estela Atalay |
| All ranks | Essence of Soft Style | Sensei Russ Eggleston |
| All ranks | Sparring Drills and Sparring | CN Masters and Senseis |
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| DINNER | 5:30PM - 7:00PM | dinner served 5pm to 7pm |
| Black Belt Meeting | 7:30PM - 9:00PM (or so) Black Belt, Heads of Schools, and Masters Meetings | |
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| | SUNDAY | |
| BREAKFAST | 7:00 - 8:45 AM | breakfast served 7am to 9am |
| Sun Session 1 | 9:10am - 10:10am | gym opens 9am |
| RANK | CLASS 7 | INSTRUCTORS |
| Children | Fun with Grappling MATS | Senseis Tony Kay and Andrew Hood |
| All ranks | Qi Gong for Health and Soft Style Movement | Sensei Lynne Correia |
| All ranks | A Great Workout for Martial Artists | Senseis Kaylyn Kraus and Alek Kaknevicus |
| All ranks | Optimum Performance Principles - Discussion | Sensei Roy Albang |
| All ranks | Yoga and Stretching | Master Ricki Kay |
| All ranks | Pinan 2 Applications in Depth | Senseis Keith Ford and Angel Albanese |
| All ranks | Understanding Applications | Sensei John Salmon |
| All ranks | Kata Power - The A,B,C's of Improving Your Katas | Sensei Tanner Critz |
| All ranks | Introduction to Grappling MATS | Sensei Mark Staples |
| Green and up | CN Soft Style Blocks in Aikido | Sensei David Killian |
| Green and up | Joint Manipulation of Fingers, Wrist, and Elbow | Sensei Estela Atalay |
| Green and up | Pinan 5 and Applications | Senseis Elie Haddad and Effie Collins. |
| Green and up | Louie Tatata Single Tambo Partner Drill | Master Kirk Farber |
| Brown and up | Kata Application Principles Pt 3: Brown & Black Belt Level Katas | Sensei MJ White |
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| Sun Session 2 | 10:20AM - 11:50AM | |
| RANK | CLASS 8 | INSTRUCTORS |
| Children | Weapon Warriors | Master Jessica Ngo and Sensei Mark Lake |
| All ranks | Phoenix Nunchaku Katas #1 and #2 | Sensei Nathan Levin |

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| All ranks | Noi Cong - Inner Strength Form | Senseis Jan Nelson and Andy Gannon |
| All ranks | Tambo and Knife Disarms | Sensei Doug Storm |
| Green and up | Empi Kata & Applications | Sensei Meg Boeff |
| Green and up | Jutte Kata & Applications | Sensei Butch White |
| Green and up | Fun Techniques for Bad Situations <i>Mat and Wall Adjacent</i> | Master Didi Goodman |
| Green and up | Shiho Nage - All Four Directions MATS | Grandmaster John Burns |
| Green and up | Assistant Teaching: How to be an Awesome Assistant Instructor | Sensei Lara Tribe Jones |
| Brown and up | Bo 3 and Applications | Senseis Tony Kay and Andrew Hood |
| Brown and up | Monkey Form and Applications MATS | Sensei Rachel Gowan |
| Brown and up | Double Tambo 1 and Applications | Sensei Kevin Cardoni |
| Black and up | Bo 6 Kata (Section 2) | Sensei Alex Ngo |
| Black and up | Osensei's Song Dao Sword Kata | Master Donald Williams |
| Brown and up** | Principles of Teaching - Discussion** | Senseis Chris Perry and Johnson Kung |
| | **continuing education leadership points for black belt and dan ranks | |
| LUNCH | 11:45AM - 1:00PM | lunch served 11am to 1pm |
| Sun Session 3 | 1:15PM - 2:45PM | |
| RANK | CLASS 9 | INSTRUCTORS |
| Children | Kids Adventure Kata | Sensei Gaylen Lewallen |
| All ranks | Joint Locks MATS | Sensei Ron Thomas |
| All ranks | Rope Dart | Sensei Shawn (Smack) McElroy |
| All ranks | Techniques for Body Recovery After Training. | Sensei Lucy Nguyen |
| All ranks | Applications Made Easy (ish) | Sensei Gordon Eilen and Meg Boeff |
| All ranks | Kata as Performance: Making it Your Best! | Sensei Michael Hornback |
| All ranks | A Greco Roman Wrestling Perspective on Cuong Nhu Throws | Trevor Bonnell |
| Green and up | Building Great Drills - for Training and Teaching | Master Terri Giamartino |
| Green and up | Tonfa vs Double Tambo vs Bo | Sensei Andy Gannon |
| Green and up | Applications and Principles for Centerline Kata | Masters R First, E Roman; Sensei Johson Kung |
| Brown and up | Gankaku Kata | Sensei Tony Kay |
| Brown and up | Chinte Kata and Applications | Senseis Steve and Theresa Smith |
| Black and up | Double Tambo 3 and Applications | Master Darius Jones |
| Black and up | Nhu 2 Kata and Applications | Master Allen Hoss |
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| Promotion & Awards | 3:00PM - 4:15PM | |
| Demonstrations | 4:15PM - 5:30PM | |
| DINNER | 5:30PM - 6:45PM | dinner served 5pm to 7pm |
| SKIT NIGHT | 7:00PM - 9:30PM | |