



SOUTHEAST MARTIAL ARTS CONFERENCE - 2022

SATURDAY, FEBRUARY 26, 930AM – 600PM
 CONFERENCE FEE: \$30

NORTH FLORIDA REGION
 CYPRESS DOJO
 STUDENT RECREATION AND FITNESS CENTER
 UNIVERSITY OF FLORIDA
 244 FLETCHER DR, GAINESVILLE, FL 32611

NOTE: Classes are open to all ranks, however rank guidelines are provided for each class.

9:30-9:50 AM		Bow In/Warmup				
SESSION #1		Kids Classes	White+	Green+	Brown+	Black+
10:00-11:20AM	Option 1	Fun Nunchaku <i>Sensei Gerry Goradesky</i>	Kata Application Principles <i>Sensei M-J White</i>	Knife Self-Defense <i>Master Donald Williams</i>	Capoeira and Applications <i>Sensei Demetrius Harris</i>	Snake 1 <i>Master Jessica Ngo and Sensei Georgia Klingensmith</i>
	Option 2		Kata Performance <i>Sensei Ron Thomas</i>	Escaping <i>Sensei Trevor Bonnell</i>	Crane Form v2.0 <i>Sensei Gordon Ellen</i>	Nhu 1 <i>Master Kirk Farber and Sensei Jan Nelson</i>
SESSION #2		Kids Classes	White+	Green+	Brown+	Black+
11:30-12:50PM	Option 1	Karate Games <i>Sensei Deanna Bonnell</i>	TAP into Soft Style <i>Master Kirk Farber</i>	Jutte and Applications <i>Sensei Butch White</i>	Chinte and Applications <i>Sensei Keith Morin</i>	Spear Form <i>Master Jessica Ngo and Sensei Mark Brandenburg</i>
	Option 2		Power and Speed <i>Sensei Gordon Ellen</i>	Kick It – Improving Your Kicks <i>Sensei Denise Guerin</i>	Bo 1 and Bo 2 <i>Sensei Becca Ngo Voss</i>	Centerline Kata <i>Sensei Johnson Kung</i>
12:50-1:50 PM Lunch						
SESSION #3		Kids Classes	White+	Green+	Brown+	Black+
2:00 – 3:20PM	Option 1	Kata with Expression <i>Sensei Trevor Bonnell</i>	Tambo Blocks and 14 Basic Strikes <i>Master Jessica Ngo</i>	Empi and Applications <i>Sensei Elie Haddad and Sensei Effie Collins</i>	All Angles, All Levels Applications <i>Master Allen Hoss and Sensei Johnson Kung</i>	Double Tambo 1 <i>Sensei Alex Ngo</i>
	Option 2		Become a Master of CN Hands <i>Master Kirk Farber</i>	Cuong Nhu Throws <i>Sensei Bert Miller</i>	Sai Basics <i>Master Donald Williams</i>	Tonfa 1 <i>Sensei Butch White</i>
SESSION #4		Kids Classes	White+	Green+	Brown+	Black+
3:30 – 4:50PM	Option 1	Adventure Quest <i>Sensei M-J White</i>	Noi Cong (Inner Strength Form) <i>Sensei Jan Nelson</i>	Tambo 1 and Applications <i>Sensei Mark Brandenburg</i>	Bo 3 <i>Sensei Deanna Bonnell</i>	Candidate Evaluation <i>Master Jessica Ngo and Sensei Gordon Ellen</i>
	Option 2		Basic and Advanced Nunchaku <i>Sensei Gerry Goradesky</i>			
5:00 – 5:30PM		All Ranks - Point Sparring Footwork & Drills <i>Master Donald Williams</i>				
5:45PM		Free Sparring & Ring Sparring				
		Bowout				

