



SOUTHEAST MARTIAL ARTS CONFERENCE - 2024

SATURDAY, FEBRUARY 17, 9:30AM – 6:00PM
 CONFERENCE FEE: \$30

NORTH FLORIDA REGION
 CYPRESS DOJO
 UNIVERSITY OF FLORIDA

STUDENT REC AND FITNESS CENTER - 244 FLETCHER DR, GAINESVILLE, FL 32603

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 | Game Time: Ogre Attack, Tiger Tale, Chicken Fights, Noodle Sparring Sensei Trevor Bonnell | TAP into Soft Style [Techniques, Applications, and Principles] Master Kirk Farber | Effortless Power for Soft Style Escapes Master Didi Goodman | Sumi Gaeshi, Juji Nage, and Shiho Nage, Oh My! Sensei Gordon Eilen | Tiger Form Sensei Georgia Klingensmith |
| | Option 2 | | 14 Basic Strikes, Blocks, and Drills Master Jessica Ngo and Sensei Elie Haddad | Judo Setups, Throws, and Pins Sensei Will Davis | Finding and Fixing Flaws in Your Kata Sensei M-J White | Centerline Form Master Elizabeth Roman, Master Robert First and Sensei Johnson Kung |
| SESSION #2 | Kids Classes | White+ | Green+ | Brown+ | Black+ | |
| 11:30-12:50PM | Option 1 | Skills Through Games Sensei Deanna Bonnell | Escape Room (Escapes and Counters) Sensei Trevor Bonnell | Knife Self-Defense Master Donald Williams | Bo 2 Sensei Mark Lake | Spear Form Master Jessica Ngo and Sensei Mark Brandenburg |
| | Option 2 | | 15 Stick Releases Sensei Estela Atalay | Finding the Hard in the Soft and the Soft in the Hard Senseis Bert Miller | Nhu 1 Master Kirk Farber | Monkey Form Sensei M-J White |
| | Option 3 | | Tricks for Better Kicks Sensei Raphael Bichier | The LMNOP's of Applications Sensei Gordon Eilen | Applications to Multiple Attackers Sensei Keith Morin | Teaching Cuong Nhu Throws and Falls Grandmaster John Burns and Master Didi Goodman |
| 12:50-1:50 PM Lunch | | | | | | |
| SESSION #3 | Kids Classes | White+ | Green+ | Brown+ | Black+ | |
| 2:00 – 3:20PM | Option 1 | Fun Nunchaku Sensei Gerry Goradesky | Kicking from the Ground with Applications Master Elizabeth Roman, Master Robert First and Sensei Howard Feldman | Pinan 5 Senseis Michael Hornback and Joe Shacter | Bo 3 Sensei Quentin Humeau | Nhu 2 Sensei Gordon Eilen |
| | Option 2 | | Foundational Footwork for Throws & Self-Defense Grandmaster John Burns | Bo 1 Master Jessica Ngo | Dynamic Self-Defense Combos Senseis Mark Brandenburg and Kaylyn Kraus | Double Tambo 1 Sensei Deanna Bonnell |
| SESSION #4 | Kids Classes | White+ | Green+ | Brown+ | Black+ | |
| 3:30 – 4:50PM | Option 1 | Tambo Games Sensei Georgia Klingensmith | Adult Nunchaku Sensei Gerry Goradesky | Tambo 1 Sensei Jacob Perrone | Padded Bo Sparring Sensei Mark Brandenburg | Candidate Evaluation Master Jessica Ngo, Sensei Gordon Eilen, and other Masters |
| | Option 2 | | Intro to Capoeira Sensei Demetrius Harris | Tension Form Senseis Tom Pham and Cameron Adelsperger | Empi Sensei Margaret Sagarin | Tambo 2 Sensei Caleb Boyd |
| | Option 3 | All Ranks - Sparring Drills, Sparring Strategy and Free Sparring Master Donald Williams | | | | |
| 5:00 – 5:30PM | Point Sparring | | | | | |
| 5:45PM | Bowout | | | | | |