



SOUTHEAST MARTIAL ARTS CONFERENCE - 2023

SATURDAY, FEBRUARY 18, 9:30AM – 6:00PM
 CONFERENCE FEE: \$30

NORTH FLORIDA REGION
 CYPRESS DOJO
 UNIVERSITY OF FLORIDA
 SOUTHWEST RECREATION CENTER 3150 HULL RD, 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>	Engaging Your Empty Hand While Using a Tambo <i>Sensei Estela Atalay</i>	Joint Locks <i>Sensei Ron Thomas</i>	Bo 1 and Bo 2 <i>Sensei Mark Lake</i>	Candidate Evaluation <i>Master Jessica Ngo, Sensei Gordon Eilen, and Sensei Tanner Critz</i>
	Option 2		Boxing, Kicking, & Takedowns, Oh My! <i>Master Elizabeth Roman and Master Robert First</i>	Taking Flight - Using Science to Improve Your Flying Kicks <i>Sensei Johnson Kung</i>	Uke Training for Demos <i>Sensei Bert Miller</i>	
SESSION #2		Kids Classes	White+	Green+	Brown+	Black+
11:30-12:50PM	Option 1	Tambo Games <i>Sensei Georgia Klingensmith</i>	Kick It – Improving Your Kicks <i>Master Denise Guerin</i>	Jutte and Applications <i>Sensei Joe Shacter</i>	Stick Training <i>Master Kirk Farber</i>	Spear Form <i>Sensei Mark Brandenburg and Sensei Alex Ngo</i>
	Option 2		Adding Drama and Interest to Your Katas <i>Sensei Marc Gowan</i>	Cuong Nhu Throws <i>Sensei Gordon Eilen</i>	3D-Demo Class <i>Master Jessica Ngo, Sensei Bert Miller, and Sensei M-J White</i>	Nhu 1 <i>Sensei Tanner Critz</i>
12:50-1:50 PM Lunch						
SESSION #3		Kids Classes	White+	Green+	Brown+	Black+
2:00 – 3:20PM	Option 1	Balance and Focus for Kids <i>Sensei Deanna Bonnell</i>	Application Principles <i>Master Jessica Ngo and Sensei M-J White</i>	Pinan 4 and Applications <i>Sensei Tom Pham and Sensei Cameron Adelsperger</i>	Power Soft Style <i>Sensei Jan Nelson</i>	Centerline Kata <i>Sensei Johnson Kung</i>
	Option 2		Basic and Advanced Nunchaku <i>Sensei Gerry Goradesky</i>	Knife Self-Defense <i>Master Donald Williams</i>	Chinte and Applications <i>Sensei Keith Morin</i>	Crane Form <i>Sensei Gordon Eilen</i>
SESSION #4		Kids Classes	White+	Green+	Brown+	Black+
3:30 – 4:50PM	Option 1	Tu Hai (2-person animal kata) <i>Sensei M-J White</i>	Kata Power – Improving Weak Spots in Your Kata <i>Sensei Tanner Critz</i>	Tambo 1 and Applications <i>Sensei Deanna Bonnell</i>	Empi and Applications <i>Sensei Mark Brandenburg</i>	Snake 1 <i>Master Jessica Ngo and Sensei Georgia Klingensmith</i>
	Option 2		Tambo Blocks and Strikes <i>Sensei Caleb Boyd</i>	Become a Master of CN Hands <i>Master Kirk Farber</i>	Bo 3 <i>Sensei Chris Adcock</i>	
	Option 3	All Ranks - Sparring Drills, Sparring Strategy, Free and Point Sparring, and How to Judge Point Sparring <i>Master Donald Williams, Sensei Tanner Critz, and Sensei Howard Feldman</i>				
5:00 – 5:30PM		Free & Point Sparring (continued)				
5:45PM		Bowout				