

DEVELOPING

Compassion



BUILDING
Strength

2004 TRAINING CAMP

The Stampfer Center,
Olympia, Washington
September 3-6, 2004



PACIFIC ASSOCIATION OF WOMEN MARTIAL ARTISTS

DEVELOPING

Compassion



BUILDING Strength



Hard and Soft
Working Together
Become Complete

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Pacific Association of Women Martial Artists

PAWMA is a nonprofit organization dedicated to promoting women and girls' participation in the martial arts by providing public education, role models, recognition of excellence, and opportunities to train and share ideas with an extended network of martial artists.

Welcome from the Coordinators

Welcome to PAWMA Camp 2004! We are thrilled you are here with us and hope you are ready for an exciting weekend of spirited training, networking and fun! It has been nine years since PAWMA held camp in Washington, and we are delighted to be your hosts in this beautiful, lakeside setting. Our theme, *Developing Compassion, Building Strength*, has given inspiration to the teachers and a special focus to the classes they planned for you.

PAWMA camp is a unique experience. It is a time for stretching ourselves in a multitude of ways and is a wonderful opportunity to broaden our skill base and forge new relationships. Whether you are a veteran of many camps or are here for the first time, we'd like to encourage you to step outside your comfort zone and try something new. In addition to participating in the eclectic class offerings, consider making time for a therapeutic massage, an invigorating swim, or a walk through the woods to the Deschutes River.



Patty O'Linger (left) and Jenny Sinanan (right).

Here's to you, your training, and your quest for developing compassion and building strength!

Jenny Sinanan

Jenny Sinanan began her training in Taekwondo in 1993, inspired by her young son and his women instructors. As luck would have it, she found an address in the back of a library book for the National Women's Martial Arts Federation (NWMFA) and, wasting no time, packed her duffel for her first training camp in the spring of 1996. The community of women she found there has continued to inspire and sustain her in her daily life. That community is you.

Sifu Patty O'Linger

Patty has been training in Mo Duk Pai under the instruction of Sifu Frederic D. King since 1982. Currently she teaches at the Academy of Martial Arts with her husband, Chris Hosman. A top rated fighting competitor in the northwest in the late 1980s, she advises, "learn to love fighting ... take lots of sparring classes!"

Message from PAWMA President

On behalf of the Board of Directors of the Pacific Association of Women Martial Artists, I am honored to welcome you to PAWMA Camp 2004. This is a unique opportunity to experience four amazing days exploring and experiencing the camp theme “Developing Compassion and Building Strength.”

Every year one or two brave souls have stepped forward to coordinate camp. This year I’d like to thank Jenny and Patty for the vision and spirit that made this camp happen. To me, the camp theme is truly a picture of these two women.

When I heard what this year’s theme was, my mind went immediately to a quote that has hung on my office bulletin board for years. While it uses gentleness instead of compassion, it creates a feeling inside me that I equate with “Developing Compassion and Building Strength.”

*Nothing is so strong as gentleness;
nothing is so gentle as real strength.*

Frances De Sales

As you train this weekend, look for opportunities to practice compassion, both for others and for yourself. Too often, we reserve our compassion for those around us and use harsher emotions for ourselves. Remember, compassion is for all of us. In compassion, we find strength—both in ourselves and in those around us. Viewing others with compassion allows us to see past critical responses or reactions and to get a look at what we might otherwise miss. This truly develops strength—in ourselves and in others.

PAWMA Camp is our organization’s banner event. It’s our opportunity to share both our compassion and our strength with other beautiful, passionate and powerful women. Camp is also an opportunity for PAWMA, as an organization, to invigorate itself and draw strength and compassion from all the women who make up the membership. In that spirit, I’d like to urge you to attend the Membership Meeting (Sunday during lunch, 12:00–1:15pm) and share your strength and compassion with the organization.

I’m excited to begin camp. It’s my hope that all of you have an opportunity to experience and share both compassion and strength during this camp.

Deb Cullings

General Information

Headquarters/Lost and Found/Messages

Camp headquarters is located in the lower level of the infirmary. **Lost and found** items can be dropped off or picked up there. **Messages** and training schedule changes will be posted outside the dining hall, so please check the bulletin board at meals. Looking for a ride? Have room in your car for someone? Post your information here!

Urgent Messages

Jenny's cell number, *for emergencies only*, is 206-650-5787. Urgent messages will be given to camp participants as soon as possible. The camp pay phone is located at the lower level of the infirmary, facing the dining hall.

Medical

In the event of a medical emergency, call 911. If you are injured during class, alert the teacher immediately. If you need attention outside of class times, go to the infirmary or headquarters. Ice is available in the dining hall, as well as the infirmary. Nhumey Tropp, PA, will be available for non-emergency consultation for the last 15 minutes of each meal in the infirmary. Nhumey will be available via walkie-talkie for your urgent medical needs and can be located by a camp coordinator or PAWMA board member. You may also leave a note outside the infirmary door.

Drugs/Alcohol

Recreational drugs and alcohol are prohibited at camp.

12-Step

12-Step participants can meet in the first floor of the teacher's dorm in the room marked "AH", Saturday and Sunday, 5:30–6:30pm. For alternative meeting times, arrange a location with the camp coordinators, make a sign-up sheet and announce the change during meal times.

Smoking

Smoking is permitted in the parking lot only. Use caution and courtesy, and dispose of your materials in the sand-filled receptacles provided.

Pets

No pets in the camp please, with the exception of guide dogs.



Massage

Massage is in the yurt village (look for the yurt with the sign). Sign-up sheets are available on the bulletin board just outside the dining hall. Check for available times, and sign up early! The rate is \$60/hour (\$1/minute), and may be paid with cash or personal checks. Credit card payment *may* be an option—check with your massage therapist.

Swimming and Boating Information

Please note that our camp lifeguard *must* be on duty *before* you enter the lake for swimming or boating. Let the guard know if you want to swim or use a boat, since we can only accommodate one type of activity at a time due to safety concerns. You may enjoy water activities during the following times this weekend:

Friday 3:00pm–5:30pm

Saturday 10:00am–1:00pm; 3:00pm–6:00pm

Sunday 10:00am–1:00pm; 3:00pm–6:00pm; 7:00–9:00pm

There will be no swimming or boating available on Monday.

Childcare

Childcare is available at camp headquarters during class times only. Remember to bring a blanket, favorite toy, food and diapers as needed. Be sure to pick up your child promptly for meals.

Coffee/Tea

Coffee and hot water for tea is available in the dining hall round the clock. Fresh coffee is brewed first thing in the morning. Ice water is also available there.

Shuttles

Shuttles to Sea-Tac airport depart promptly from the tennis courts on Monday at 11:00am and 1:00pm. **You must confirm your place on the shuttle with Jenny at breakfast on Sunday morning to ensure a spot.** Expect the trip to take about 2 hours.

Cabins/Grounds






Clean up of cabins and grounds is required before departure. Please return re-arranged beds and other furniture to their original places. Check your cabins thoroughly before departure.

Questions?








Check the bulletin board outside the dining hall first, and then ask the camp coordinators or a PAWMA board member.

Training Camp Schedule




FRIDAY SEP 3

2:00–6:30pm	Registration	Arts & Crafts Building
4:30–5:30pm	Teacher Orientation	Adult Housing
5:30–6:30pm	Dinner	Dining Hall
6:45–7:45pm	Camp Orientation / Opening	Amphitheater
8:00–9:30pm	Session 1	
 Traditional Nunchakus _____	Benevides _____	Basketball Court
 Centering, Sensitivity and Reaction Training ____	Geroux _____	Dining Hall
 Gracie Jiu-Jitsu Mount Position _____	Kirby _____	Bet Knesset
 Compassionate Contact _____	Leung _____	Gazebo
 Self-Defense from the Inside Out _____	Telsey _____	Adult Housing

SATURDAY SEP 4

6:00–7:00am	Session 2	
 Meditation _____	Fishman _____	Bet Knesset
 Liangong _____	Leung _____	Gazebo
7:00–8:15am	Breakfast	Dining Hall
8:30–10:00am	Session 3	
 Power Punching (8:30-9:30) _____	De Santos _____	Dining Hall
 Six Harmony Sword _____	Dwyer _____	Tennis Courts
 Intro to Kripalu Yoga _____	Fisher _____	Bet Knesset
 Bridging the Gap: From Block to Lock _____	Gorbaty _____	Sports Field
 The Eighteen Hands of Luohan — Part 1 of 2 ____	Ivy _____	Gazebo
 Capoeira Angola (9:45 – 11:45) _____	Keppcke _____	Dining Hall

Schedule Key

Minimum Skill Level:  = Open to all  = Intermediate (2-3 years)  = Advanced (4+ years)
See class description for details

SATURDAY SEP 4

10:15–11:45am Session 4

- 📄 San Ts'ai Chien Sword Form _____ Lee _____ Tennis Courts
- 📄 Close-in Street Fighting _____ McVadon _____ Bet Knesset
- 📄 Training Methods for Kata Competition _____ O'Linger _____ Basketball Court
- 📄 Incorporating Internal Principles to _____ Shanti _____ Gazebo
Maximize Strength and Develop Compassion
- 📄 Bo Kata Level 1 _____ Van Petten/Factor _____ Sports Field

12:00–1:15pm Lunch Dining Hall

1:30–3:00pm Session 5

- 📄 Beginning Sparring _____ De Santos _____ Basketball Court
- 📄 Muay Thai Kickboxing: _____ Geroux _____ Dining Hall
Science of the Eight Limbs!
- 📄 Judo Basics: the Art of the "Gentle Way" _____ Grate _____ Bet Knesset
- 📄 Kime _____ Van Petten/Factor _____ Tennis Courts
- 📄 Intro to Taijiquan (T'ai Chi Ch'uan) Push Hands _ Young _____ Gazebo

3:15–4:45pm Session 6

- 📄 Serrada Knife vs. Empty Hand _____ Coffin _____ Gazebo
- 📄 Open Sparring _____ Cullings/Sinanan _____ Dining Hall
- 📄 Gracie Jiu-Jitsu Closed Guard _____ Kirby _____ Bet Knesset
- 📄 Pigua Zhang: Splitting Deflecting Palm _____ Lee _____ Tennis Courts
- 📄 Verbal Strategies for Self-Defense (3:15–5:15) _ Telsey _____ Adult Housing

5:00–6:15pm Dinner Dining Hall

7:00–8:30pm Demo Amphitheater

8:45–10:00pm Campfire Fire Circle

Training Camp Schedule






SUNDAY SEP 5

6:00–7:00am Session 7






-  Meditation _____ Fishman _____ Bet Knesset
 Liangong _____ Leung _____ Gazebo

7:00–8:15am Breakfast Dining Hall

8:30–10:00am Session 8






-  Kripalu Warrior Series _____ Fisher _____ Bet Knesset
 The Eighteen Hands of Luohan — Part 2 of 2 _____ Ivy _____ Gazebo
 Basic Boxing Techniques _____ Nepsky _____ Dining Hall
 Fighting Multiple Attackers: _____ O'Linger _____ Basketball Court
 Drills for Success
 Stick Fighting for Experienced _____ Van Wright _____ Tennis Court
 Martial Artists ...Who Haven't!

10:15–11:45am Session 9




-  Speed and Jump Kicks _____ Benevides _____ Dining Hall
 Xingyi (Hsing Yi) Five Element Mind Boxing _____ Dwyer _____ Tennis Courts
 Grab Me if You Must _____ Gorbaty _____ Bet Knesset
 Arnis Disarms and Reversals _____ McVadon _____ Sports Field
 Push Hands as a Way to Build Strength _____ Shanti _____ Gazebo
 and Develop Compassion

12:00–1:15pm Lunch; PAWMA membership meeting Dining Hall

1:30–3:00pm Session 10

-  Advanced Sparring _____ De Santos _____ Sports Field
 Capoeira Regional (1:30–3:30) _____ Kepcke _____ Dining Hall
 Beginning Aikido _____ McVadon _____ Bet Knesset
 Self-Defense Progression (1:30–3:30) _____ Telsey _____ Adult Housing
 Bo Kata Level 2 _____ Van Petten/Factor _____ Tennis Courts






Schedule Key

Minimum Skill Level:  = Open to all  = Intermediate (2-3 years)  = Advanced (4+ years)
 See class description for details

SUNDAY SEP 5

3:15–4:45pm

Session 11

-  Back Care for Martial Artists (3:45–4:45) _____ Deal _____ Adult Housing
-  Self-Defense Without Sight _____ Gorbaty _____ Sports Field
-  Gracie Jiu-Jitsu Sparring _____ Kirby _____ Bet Knesset
-  Basic Boxing Techniques (3:45–4:45) _____ Nepsky _____ Dining Hall
-  Application of Taijiquan (T'ai Chi Ch'uan) _____ Young _____ Gazebo
and Push Hands

5:00–6:15pm

Dinner

Dining Hall

7:00–8:30pm

Bazaar (Set-up 6:00–6:30pm)

Bet Knesset

8:00–10:00pm

Dance

Dining Hall

MONDAY SEP 6

6:00–7:00am

Session 12

-  Taoist Qigong (Ch'i Kung) _____ Dwyer _____ Gazebo
-  Meditation _____ Fishman _____ Bet Knesset






7:00–8:00am

Breakfast

Dining Hall






8:15–9:30am

Session 13

-  Two Sticks: Principles of Filipino Weaponry _____ Geroux _____ Sports Field
-  Fighting Rhythms _____ Gorbaty _____ Dining Hall
-  Pilates Mat Class _____ Kepcke _____ Bet Knesset
-  Kata of Strength, Kata of Compassion _____ Van Wright _____ Tennis Courts
-  Developing Body-Mind Awareness _____ Young _____ Gazebo
through Qigong (Ch'i Kung)

9:45–11:30am

Session 14

-  Nunchakus with Flair _____ Benevides _____ Basketball Court
-  Serrada Knife vs. Knife _____ Coffin _____ Gazebo
-  Taijiquan (T'ai Chi Ch'uan) _____ Dwyer _____ Dining Hall
Fighting Techniques
-  Restorative Yoga _____ Fisher _____ Bet Knesset
-  Chen Taiji (T'ai Chi) Form _____ Lee _____ Tennis Courts

11:40–12:00pm

Closing Ceremonies

Amphitheater

12:00pm

Lunch to Go

Dining Hall

Sandie Benevides

North Vancouver, British Columbia

At a young age, Sandie remembers her father dragging her into her first martial arts school and saying to the instructor, “Please sir, help my daughter. She needs discipline.” Since that day, the martial arts uniform has changed her life.



Style ___ Kickboxing, Brazilian Jiu-Jitsu, Tesshinkan

Rank ___ Shihan

Training _ 35 years

Title ___ Shihan, Sensei or Sandie

Sandie holds a 5th degree black belt in Eclectic Martial Arts, 4th degree in International Taekwondo, 3rd degree in Jhoon Rhee Taekwondo, 2nd degree in Sport Kickboxing/Karate, 1st degree in Kobudo, 1st degree in Judo and a masters degree in business administration.

Sandie strongly believes that “the best way to test the goodness of a person is to give them power.” Sandie is extremely proud to be a member of PAWMA and is excited about being given this opportunity to teach at the 2004 PAWMA camp.

What keeps me training?

Approximately 15 years ago, I was contemplating quitting martial arts. At this time there appeared to be very few black belt women competing and training. Just when I was about to retire from the martial arts, a friend of mine convinced me to go to a women’s martial arts camp (WFMA and PAWMA). Here I was introduced to some brilliant women such as Michelle McVadon, Carol Nixon, Patty O’Linger, Shihan Linda Ranson, among others, with whom I could not only work out, but who could also challenge me, really put me to task.

After speaking with them and telling them how I felt, these individuals educated me about a women’s network of resources that would help keep me training and excited about martial arts. I am fortunate to say that I did not quit and I am thankful for the perfect timing in my life.



Classes

📄 Traditional Nunchakus

Session 1 • Friday 8:00–9:30pm • Basketball Court

This class introduces Kobudo, traditional Okinawan weaponry, through the use of nunchakus, through the teaching of basic strikes and blocks. Participants will learn a traditional nunchakus kata.

📄 Speed and Jump Kicks

Session 9 • Sunday 10:15–11:45am • Dining Hall

Exertion level: low to high intensity depending on the level of the martial artist

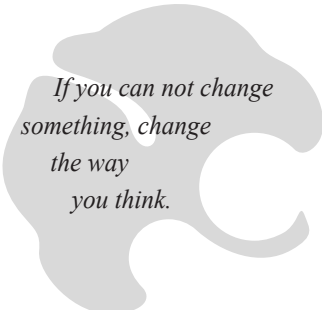
This class will incorporate many of the common martial arts speed and jump kicks. Mastery of both jump and speed kicks are beneficial for not only kata performance but also for sparring. This class will benefit everyone regardless of martial arts level.

📄 Nunchakus with Flair

Session 14 • Monday 9:45–11:30am • Basketball Court

Exertion level: a great upper body, arm and shoulder workout

This class introduces nunchakus in a non-traditional way. *Nunchakus with Flair* is open to everyone regardless of skill level. Participants will learn how to do strikes, wrist rolls, flips, twirls, and much more in a fun way that is filled with pizzazz. Many of the techniques are great for demonstrations or for using in creative katas.



*If you can not change
something, change
the way
you think.*

Madeline Coffin

Seattle, Washington

Professor Madeline has dedicated 32 years of her life to martial arts. She has been certified in traditional systems that originate from the Okinawa and Philippine Islands.

Style ___ Serrada Eskrima
Rank ___ Professor
Training _ 32 years
Title ___ Professor Madeline

She has provided instruction in the Filipino Martial Arts at the University of Washington and currently teaches private sessions out of her home. Professor Madeline also conducts seminars throughout the USA and abroad.

Her proficient skill and unique teaching methods make her one of the most sought out instructors in the Filipino Martial Arts community today.

In 2003, Professor Madeline accepted directorship for the International Serrada Eskrima Society. ISES teaches all the concepts, theories and techniques handed down by Grandmaster Angel Cabales. Private lessons ensure the integrity of techniques and produce highly skilled members. ISES also offers free goodwill seminars around the globe in order to share Serrada with other schools and organizations.



Classes

Serrada Knife vs. Empty Hand

Session 6 • Saturday 3:15–4:45pm • Gazebo

What do you do after you disarm the knife? Each participant will learn the simple and direct concepts of Serrada empty-hand defense against a knife. A combination of effective body mechanics and the principle of leverage can defuse a life threatening situation.

Serrada Knife vs. Knife

Session 14 • Monday 9:45–11:30am • Gazebo

Open to: participants 18+ years old

Tactical knife defense against another knife is a skill rooted in the art of Cabales Serrada Escrima. This course is for the in-close range, short knife situation. The techniques that will be taught are very direct and can be lethal. Professor Madeline travels world-wide offering this training to security, police, and military professionals, and is honored to present this class at PAWMA Camp 2004.

Veronica De Santos

Toronto, Ontario



Veronica De Santos has been successfully operating her own martial arts school in Toronto, Canada, since 1988.

Style___Taekwondo

Rank___6th degree Black Belt

Training_29 years

Title___Kwan Jan Nim

She has taught at numerous National Women's Martial Arts Federation's Special Trainings and hosted their 1999 training in St. Catharines, Ontario, the first and only time Special Training has been hosted in Canada.

Veronica has travelled extensively throughout North America and Europe competing, and in 2000 she was the first woman to be

inducted into the Canadian Martial Arts Hall of Fame.

Over the past few years, Veronica has focused on empowering women with her unique self-defense programs and has taught at many women's organizations and groups. She has also taught university students, gay men and for the Ontario Elementary Teachers Association.

A true icon to the martial arts world, Veronica De Santos is continually striving for personal excellence. Aiyah! Aiyah! Aiyah!

Classes

Power Punching

Session 3 • Saturday 8:30–9:30am • Dining Hall

Class limit: 30

Participants will feel empowered with this power punching class. Channel your focus and energy into the fist and let it explode!! We will focus on the jab, reverse punch, hook punch and upper cut. Learn how to use your body, posture and foot positioning to truly feel the power of these punches. We will use shields so participants can feel their power.

Beginning Sparring

Session 5 • Saturday 1:30–3:00pm • Basketball Court

Class limit: 25

Recommended for: anyone who feels intimidated with sparring

This class will help participants gain confidence in their sparring. We will focus on footwork, timing, offensive and defensive sparring, distance and speed. We will use hand-only techniques and then leg-only techniques. Partners will have a chance to practice offensive and defensive techniques to feel the rhythm of sparring and to gain confidence. Great anaerobic workout!!

Advanced Sparring

Session 10 • Sunday 1:30–3:00pm • Sports Field

Class limit: 25

Recommended for: participants who feel comfortable with sparring

Work on timing, distance, footwork, faking, offensive and defensive techniques. Help take your sparring to the next level. Learn how to read your opponent and have effective counter-attack techniques. Heighten your anaerobic threshold through advanced hand and foot techniques. This is an ideal class for anyone interested in tournament sparring.

Beth Deal

Beaverton, Oregon

I started training in January of 1983 with Sensei Wendi Dragonfire and Sifu Barbara Bones. At this school I really enjoyed training in kung fu, karate and Arnis all at one time. This experience opened my mind to the training journey I would have.

Style ___ Karate, Mo Duk Pai Kung Fu, Qigong (Ch'i Kung), Taiji (T'ai Chi)

Rank ___ Karate: Black Belt

Training _ 21 years

From there I trained at the Academy of Kung Fu, mostly under Sifu Chris Hosman. As my life continued to change I also spent several years training with Sensei Michael Parks. I later went back to train with Sifu Chris Hosman. During all of this, I also found some time to train a few years in Aikido.

I have a black belt from Sensei Wendi Dragonfire, another black belt from Sensei Michael Parks and I am certified to train Women's Self-defense through Mona Lisa's Sword. I am currently training in Taiji (T'ai Chi) and Qigong (Ch'i Kung) with Al Simon at Cloudwater Tai Chi and Qigong.

I do not consider myself to be an expert in any one style; instead, I love being a generalist who never stops trying new things. I have really enjoyed learning what I could from the many different teachers and styles that I have found during my training journey. I feel very lucky to have been trained by some of the best teachers and I will never forget the lessons that they have shared with me.



Classes

Back Care for Martial Artists

Session 11 • Sunday 3:45–4:45pm • Adult Housing

Bring: a blanket or towel and if you like, a pillow

When was the last time you did something nice for your back? Most of us ignore our backs unless they get hurt or we feel a jolt of pain when we move a certain way. We need to pay more attention to our backs and work with them to keep them flexible and stretched out.

If everyone took some time to listen to their backs and stretch them out, we could prevent some of the minor back pain that we get from time to time. If you do not know how to stretch your back or treat it to a massage, then this is the class for you. We will start by relaxing our bodies and getting in touch with what our bodies are telling us. From there we will try a few stretches that you can choose from to work on your back. The last thing we will do is to look at a couple of back massages to relax and re-energize it.

This is not a class to help people with serious neck/back injuries or chronic neck/back pain from an injury. It is for those of us who do not always take the time to listen to our backs and want to make sure that they are stretched out and relaxed.

Come and join us for some one-on-one time with your back.

Michelle Dwyer

Albany, California

Sifu Michelle, a member of the Jing Mo Athletic Association, USA, began teaching in 1982. Since then her life has been devoted to studying and sharing these healthy and empowering art forms.

Style ____ Yang style Taijiquan (T'ai Chi Ch'uan), Northern Shaolin Kung Fu, 5 Element Xingyi (Hsing Yi), traditional weapons

Rank ____ Professor

Training _ 30 years

Title ____ Sifu or Professor

She currently teaches at Holy Names College, Oakland, CA (since 1987); Napa Valley College, CA (since 1986); and her own studio, Silver Cloud School, Berkeley, CA. She was a long time instructor at FIST (Feminist International Summer Training, 1990–1998) in the Netherlands; NWMAF Special Trainings (National Women's Martial Arts Federation, 1989, '96); PAWMA training weekends (Pacific Association of Women Martial Artists, 13 times since 1981); and the Women's Martial Arts Training Week, Gombrien, Spain (1996–2004). She has been a coach and judge for local, national and international championships.

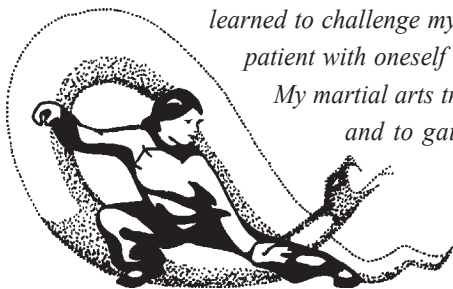
Sifu Michelle uses her own martial arts training as a means for inner growth and transformation. Her greatest joy from teaching comes from seeing her students become healthier, happier, and actualizing their own inner strengths. Sifu Michelle says, "Practicing martial arts first captured me and continues to keep my attention because of self exploration, development and growth it offers."




Training has taught me that the best fighting is with one's self. I have learned to challenge myself and to be patient with myself. To be patient with oneself is the first step to compassion for others.

My martial arts training has taught me to be strong inside and to gather energy at the Dantian (Tan T'ien).

With this inner strength developed, one can accept many aspects of life with understanding.



Classes


 **Six Harmony Sword Chinese Straight Sword**
Session 3 • Saturday 8:30–10:00am • Tennis Courts

Exertion level: moderate to heavy

Class limit: 40

Bring: straight sword (bamboo, wooden, metal) or an Arnis stick


This class will emphasize basic sword techniques adaptable to any straight sword style. Sword techniques will be drilled as well as the counter-attacks of evading and parrying. We will combine our basic attack and counter-attack techniques with a partner to match swords in a fighting set.

 **Xingyi (Hsing Yi) Five Element Mind Boxing**
Session 9 • Sunday 10:15–11:45am • Tennis Courts

Exertion level: moderate to heavy

Recommended for: suitable for differently-abled


This class introduces the 350 year old art of Xingyi (Hsing Yi), which teaches the valuable lessons of entering, multiple attacks high and low, and relaxed focused power. We will drill the Five Elements of Metal, Water, Wood, Fire and Earth, as well as explore several animal techniques that enter into the spirits of eagles, bears, snakes and monkeys. Participants will learn practical fighting techniques adaptable to many styles.

 **Taoist Qigong (Ch'i Kung)**
Session 12 • Monday 6:00–7:00am • Gazebo

Exertion level: mild

Bring: bring a towel, pillow or meditation mat

This class will lead people through Qigong (Ch'i Kung) breath work, meridian exercises and self massage. We will move from gentle therapeutic warm-ups to demanding exercises designed to generate and center energy. These internal exercises and meditations develop energy for fighting and healing and give good health, vitality and joy of living.

 **Taijiquan (T'ai Chi Ch'uan) Fighting Techniques**
Session 14 • Monday 9:45–11:30am • Dining Hall

Exertion level: moderate

This class will further participants' understanding of the powerful yielding energy of Taiji (T'ai Chi). We begin by drilling lines of movements to feel the soft, twisting energy of Taiji (T'ai Chi). Then through simple partner practices we will explore the basic principles of yielding, twisting, balance, and issuing power.

Christy Fisher

Seattle, Washington



I came to Kripalu Yoga 14 years ago as a dancer looking for ways to increase flexibility and focus. Little did I realize the other benefits of yoga. Through yoga, I have not only gained physical strength and flexibility, but a new level of self-awareness and acceptance.

Style___Kripalu Yoga

Rank___Instructor

Training 14 years

For the last five years, I have taught Kripalu to people of all ages and backgrounds: to people over 80 and under 20; to professional surfers, opera singers and authors; to people living with multiple sclerosis and cancer. These students, in turn, have been

valuable teachers, reminding me over and over again to appreciate life more fully moment by moment.

The theme **Developing Compassion, Building Strength** describes the idea of yoga. In practice, compassion and strength are seen as inseparable: one makes the other possible. Compassion, being accepting of one's limits while practicing, allows a person to work safely while gaining yoga's strengthening benefits. It adds to the power to heal and transform on and off the mat.

*“When we let
go of our battles and
open our hearts to things as
they are, then we come to rest in the
present moment. This is the beginning
and end of [yogic] practice. Only in this
moment can we discover that which is
timeless. Only here can we find the
love that we seek.”*

—Jack Kornfield

Classes

Intro to Kripalu Yoga

Session 3 • Saturday 8:30–10:00am • Bet Knesset

Exertion level: low to moderate

We will incorporate a foundational principle of Kripalu Yoga, “Santosha,” or “acceptance and compassion.” Santosha begins at a personal level in yoga—meeting and honoring physical and mental limitations. Class will include breathwork, gentle warm-ups and strengthening postures where students will access “soft strength” through deep core support and awareness of the body’s natural alignment.

Kripalu Warrior Series

Session 8 • Sunday 8:30–10:00am • Bet Knesset

Exertion level: moderate

In Kripalu Yoga, the Warrior Series is an exquisite metaphor for the balance between compassion and strength. The series explores qualities of strength and directedness and, at the same time, acceptance and receptivity. The class will integrate energizing breath work followed by a gentle warm-up and an exploration of the Warrior postures. Individuals will be guided to notice places where they can soften and open within the postures while honoring their own limits, allowing for greater endurance and strength.

Restorative Yoga

Session 14 • Monday 9:45–11:30am • Bet Knesset

Exertion level: low (very relaxing!)

Bring: your own blanket to supplement the provided yoga mat; a limited number (12) of yoga blankets are available

An excellent way to practice self-care during this movement-filled weekend. Breathwork will be incorporated to release physical and mental tension as well as a gentle warm-up that relaxes muscles while increasing circulation around the joints. A series of restorative postures will follow, ending with the rejuvenating practice of “Yoga Nidra” or deep relaxation.

Schuyler Fishman

Oakland, California

I received my 3rd degree black belt in Kajukenbo from my Sifu, Professor Coleen Gragen. I am currently acting head instructor and part of the leadership team at Hand to Hand Kajukenbo Self-Defense Center.

Style ___ Kajukenbo
Rank ___ 3rd degree Black Belt
Training _ 18 years
Title ___ Sifu

My long journey of training through many eclectic arts (including over 24 years experience with Iyengar Yoga) introduced me to the practice of sitting meditation. This practice is the heart of all my compassionate warrior practice. It is my deepest desire to enlarge my heart to all types of people and experiences and to face my deepest fears in order to help others.

I began a more intensive practice and a serious study of Shambhala Buddhism (the lineage of Chogyam Trungpa Rinpoche) about four years ago. This winter I completed a one-month retreat. This spring I will be acting as staff at Pema Chodron's six week city retreat, my third year of studying with Ani Pema.



Classes

Meditation

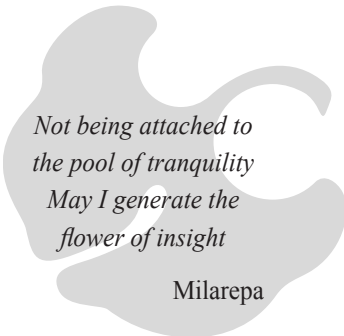
Session 2 • Saturday 6:00–7:00am • Bet Knesset

Session 7 • Sunday 6:00–7:00am • Bet Knesset

Session 12 • Monday 6:00–7:00am • Bet Knesset

Bring: a meditation cushion if you have one; if you don't you might want to bring a blanket, a yoga mat, or something you can roll up to make a slight lift for your hips

Begin your camp experience by settling your mind and creating a calm base from which to learn and practice. We will begin with short basic meditation instructions for those with little or no experience. If you already have a sitting practice, please come and follow whatever instructions you are used to. We will also have a brief check-in about physical posture before sitting for 45 minutes.



*Not being attached to
the pool of tranquility
May I generate the
flower of insight*

Milarepa

Denise Geroux

Seattle, Washington

For the past nine years Sifu Denise Geroux has been teaching a blend of fighting arts from around the world at Shizendo (“Natural Way”) Martial Arts Academy.

Style ____ Muay Thai, Kali,
Jeet Kune Do Concepts

Rank ____ Black Belt,
Muay Thai Instructor

Training _ 19 years

Title ____ Sifu or Kuhn Kru

In 2000 she passed the Thai Boxing Association of the U.S.A. Instructor test, the first woman in the Northwest to do so, and is one of only a handful of women in the U.S. to have earned the title of Kuhn Kru (Honorable Instructor). She is also an apprentice instructor of Sifu Dan Inosanto, a protege of Bruce Lee.

Sifu Geroux teaches skills and techniques that give students confidence to defend themselves while learning about the different cultures where these arts were created. Her program emphasizes character development and self protection through understanding and developing excellent body mechanics, natural reactions and using natural body weapons in any self protection situation.

What keeps me training?

I got started in martial arts out of curiosity about Bruce Lee and by chance I stumbled upon a teacher who was teaching in a direct lineage from Sijo Bruce Lee. I enjoyed the immediate usefulness of my first lesson and grew to love the constant mind-body interaction and problem solving aspects of the arts.

Through martial arts training I have discovered an inner strength and a perseverance which has held me up throughout the storms of my life. Even at times when I wanted to quit there was something that just wouldn't let me stop. There is a bond, a camaraderie that develops between my teachers and myself and the students that I train.



Classes

📄 Centering, Sensitivity and Reaction Training

Session 1 • Friday 8:00–9:30pm • Dining Hall

Exertion level: low

This class will emphasize sensitivity (touch reaction) and how to re-direct an opponent's energy through subtle exercises that develop muscle memory (automatic second nature reactions). We will progress into various throws and grappling maneuvers by feeling how to off balance an attacker while maintaining your own balance which is key to the successful execution of any martial arts technique.

📄 Muay Thai Kickboxing: Science of the Eight Limbs!

Session 5 • Saturday 1:30–3:00pm • Dining Hall

Exertion level: moderate to high

Bring: Thai pads (*not* Pad Thai!), kicking shields and focus mitts if you have them; optional equipment: mouthpiece, bag gloves, boxing gloves, shin guards

Muay Thai is the national sport of Thailand. This art uses kicks, boxing, knee and elbow strikes for sport and self-defense. In this class we will cover: Thai kicking stance, boxing stance and footwork; basic Thai leg offensive tools; basic use of Thai arm/hand offensive tools; and defensive maneuvers and training drills.

📄 Two Sticks: Principles of Filipino Weaponry

Session 13 • Monday 8:15–9:30am • Sports Field

This class will cover the principles of Filipino Kali/Escrima double stick training and how to apply the movements of the sticks to empty hand defense. Discover principles that underlie the use of all weapons, including extending through your weapon, good body mechanics and posture, coordination, rhythm, timing, and understanding angles of attack. The *siniwali* patterns of double stick training improve eye-hand coordination while increasing reaction speed. What you learn with the double sticks can be immediately applied to empty hand self-defense!

*“Why have we
come to Earth?
To Love, Serve &
Remember...”*

—Antion

Zosia Gorbaty

New York, New York

It took me nearly five years to get started in my art, Zujitsu, an eclectic modern day style. In 1976 I began training in Nisei Goju karate and then switched to Kyoshinkai karate. Training with my Japanese Sensei was very tough and not at all suited to my body. I often incurred injuries. I was young then, and healed faster than now, but still felt something in my training was missing.

Style ___ Zujitsu

Rank ___ 7th Dan

Training _ 28 years

Title ___ Sensei



I found Master Chaka Zulu while completing my master's degree research study. I was conducting a comparative study of injuries in high school sports with those in a karate school. I had met him a few months earlier and called to inquire whether I could use his school, in addition to several others, for my study. He agreed and also invited me to bring my uniform and join in on the class.

I was amazed at the variety of techniques and creativity of the training. I was hooked. Although I was only months away from receiving my black belt in Kyoshinkai, I decided my training was more important than my rank. A little over a year later, in 1982, Master Zulu presented me with my black belt rank.

I love training in my art because it gives me the opportunity to be creative and challenge myself. Zujitsu has allowed me to develop my art so that it fits my body and my mind. It is something I always have with me and can practice anywhere. I need no equipment or other person, although I am often inspired by music and working with partners!

Teaching has been a valued lesson in the karmic nature of life.

I have found that the more I give and care about my students, the more I get back from them. What I most value about training is the blessing of having a passion in life, and being able to make somewhat of a living doing it! To me, the camp theme means that strength of spirit can only be achieved through compassion, for yourself and others.



Classes

Bridging the Gap: From Block to Lock

Session 3 • Saturday 8:30–10:00am • Sports Field

Exertion level: moderate

Recommended for: participants with a basic background in joint locks

When blending with softness to control your attacker, you practice compassion for both yourself and your assailant. We will begin with a sequence of joint locks to secure safe and efficient techniques. Then I will introduce a few Jujitsu exercises to facilitate connecting, sticking, and flowing from “blocking” a strike to “locking” your assailant.

Grab Me if You Must!

Session 9 • Sunday 10:15–11:45pm • Bet Knesset

Exertion level: moderate

Bring: wear jacket and pants

What if every time you release a grab, your assailant re-grabs you before you’ve had time to execute an effective strike or kick to escape? Participants will learn how to respond to ten different grabs using an arm bar defense that can control someone to be pinned to the wall or down to the ground. They will also be taught four ground submission holds that might follow, and two defensive reverses.

Self-Defense Without Sight

Session 11 • Sunday 3:15–4:45pm • Sports Field

Exertion level: low

Bring: scarf, bandana, handkerchief or other cloth for blindfolding

Could you still defend yourself if temporarily blinded? We will practice specific Jujitsu exercises called rolling off the punch, shadow technique, and snake technique, all designed to enhance basic self-defense training while unable to see. Finally, we will put it all together executing self-defense sequences from grabs and strikes.

Fighting Rhythms

Session 13 • Monday 8:15–9:30am • Dining Hall

Exertion level: high

In the modern, eclectic style of Jujitsu, we often use music as a training tool to help develop fluidity and control of our movements. We will work exercises specifically designed to control kicking chambers and multiple leg kicks, as well as multiple strikes. Participants will engage in freestyle practice, forms, and “harmony sparring.”

Koré Grate

Minneapolis, Minnesota

Koré is one of the founding board members of PAWMA. She has served as vice president, and is now serving as “Elder Council” on the board.

Style ____ Wu Chien Pai (Judo/Jiu-Jitsu/
Kung Fu/Taiji (T'ai Chi)/
Healing/Meditation) & Iaido

Rank ____ Wu Chien Pai: Yondan;
Soshoryu Iaido: Nidan

Training _ 33 years

Title ____ Shifu or Sensei

Co-founder and head instructor/executive director of Feminist Eclectic Martial Arts since 1989, Koré's love of the martial arts is palpable.

Koré also has her own Tatu business, and rides her horse Midnite both competitively and for sheer joy.

Sharing our Arts with one another is the best way to learn, to grow, to explore and challenge oneself.

*I will always be grateful for PAWMA, for continuing the tradition year after year to gather our tribe at the annual camps. I learned a long time ago from my teacher that you **support what you believe in**.*

I am glad we all believe in the martial arts and PAWMA!



Classes

Judo Basics: the Art of “The Gentle Way”

Session 5 • Saturday 1:30–3:00pm • Bet Knesset

Exertion level: moderate

Class limit: 30

Prerequisite: ability to take falls

Bring: uniform top (gi)

This class will go over the basics of Judo. We will review the main elements in off-balancing (Kuzushi), entering (Tsukuri), the follow through (Kake), and the finish (Kime).

We will learn a few throws (Nage) that can be utilized in sparring or self-defense, as well as some grappling/ground techniques (Newaza). Please come prepared to have fun loving the mat!

Kim Ivy

Seattle, Washington

Kimberly Ivy is the founder of Embrace The Moon Taijiquan and Qigong, Inc. in Seattle, Washington. With over 27 years of study in the martial arts, yoga, and other movement practices, Kim has become certified and endorsed in multiple Qigong (Ch'i Kung) and Taiji (T'ai Chi) forms, and Hatha yoga.



Style ___ Taiji (T'ai Chi), Qigong (Ch'i Kung)

Training _ 27 years

Title ___ I prefer no title; my first name, Kim, is fine

Kim additionally holds black belt rankings in Judo and Aikido. Throughout her career, Kim has participated and ranked in many competitions including A Taste of China, where in 1997, she was awarded the bronze medal in Yang Forms. Kim is the first North American student to be certified by Dr. Gaspar Garcia in the Eighteen Hands of Luohan.

Kim teaches full time in Seattle and has a great deal of experience teaching people of all ages and fitness levels, particularly in working with those who have special health concerns. Kim has developed several programs for those with health concerns including fibromyalgia, chronic fatigue, cancer, multiple sclerosis and Parkinson's disease in association with many associations, hospitals and clinics in the Seattle area. She also collaborated with Group Health on a National Institute of Health grant studying Taiji (T'ai Chi), massage, meditation, and back pain, writing the first protocol studying Taiji (T'ai Chi) within this framework.

Ms. Ivy's Yang Lineage is with the late Jane Hallendar and Sam Masich; her Chen Lineage is with Madame Gao-fu, Andy Dale, and recently with Chen Xiao Wang. Her Qigong (Ch'i Kung) lineages include Don Leathers, Chen Hui Xian, Madame Liu He and Dr. Liu Dong. For the Luohan Gong, she is deeply grateful to Dr. Gaspar Garcia for his ongoing generosity in sharing this profound system with her.

Classes

📖 The Eighteen Hands of Luohan — Part 1
Session 3 • Saturday 8:30–10:00am • Gazebo

📖 The Eighteen Hands of Luohan — Part 2
Session 8 • Sunday 8:30–10:00am • Gazebo

Exertion level: moderate

Please note: Part 1 is prerequisite to Part 2

The Eighteen Hands of Luohan is a profound, ancient, and rich historical system of health and spiritual cultivation. The form dates to approximately 527 AD, when Bodhidharma, the founder of Zen (Ch’ang) Buddhism, developed it as a way of strengthening his disciples (later to become the monks of the Shaolin Temple) for the physical and spiritual rigors of seated meditation.

The practice combines knowledge from Indian and Chinese sources, observations of nature and animal behavior, as well as Bodhidharma’s intuition and insight from a lifetime of meditation. Because of its relationship to the Shaolin temple, the Eighteen Hands is considered a historical blue print for kung fu. The Eighteen Hands of Luohan, along with the entire Luohan Gong system, is integral to Choy Li Fut kung fu. Its study will provide insight into the physical and energetic flow of many martial arts.



Karlon Kepcke

Forest Knolls, California



Many life-changing events seem to happen by accident. I started training Capoeira because a friend of mine said, “Let’s try this.” At that time Capoeira was very new to the U.S. and it was months before I saw two experienced players play Capoeira together—but I was already hooked.

Style ___Capoeira

Rank ___Professora

Training ___20 years

Title ___Professora

Capoeira appeared in Brazil in the 1500s and 1600s when Portugal brought thousands of Africans to the colony it ruled. These Africans created Capoeira to defend themselves and to fight for their liberty. Using song and percussion, they refined

their fighting techniques under the guise of dance and acrobatics. The lineage I come from emphasizes the artistic aspect of Capoeira. Grace, fluidity and self-expression are very important, as are strength and efficiency.

I’ve studied Capoeira in the U.S. and Brazil since 1984. In the U.S. I’ve studied with Master Marcelo Pereira. On numerous trips to Brazil I’ve visited many Capoeira academies and studied with some of the most famous Capoeira masters. I’ve taught Capoeira in Berkeley, California, since 1987 under the direction of Master Marcelo Pereira; in 1995 I started my own branch of the school in Marin County. In 1992 I was the first American woman to receive the rank of Professora.

The joy of the movement and the freedom I feel in my body, as well as the depth of connection with the other players, has kept me training all these years. When I’m training a lot, Capoeira music is the background for my day and rings through me like a meditation. My students are my greatest inspiration. They inspire me to stay in shape and keep learning so I have more to pass on to them.

I’m also a certified Pilates trainer, specializing in injury prevention and rehabilitation, as well cranial sacral therapy, deep tissue and sports massage.

Classes

Capoeira Angola

Session 3 • Saturday 9:45–11:45am • Dining Hall

Capoeira Angola is a traditional Capoeira game, played close to the ground. Your hands are almost always touching the ground. Capoeira Angola emphasizes trickiness, low circular kicks, escapes, cartwheels, headbutts and scissors movements. When played well, the capoeiristas play very close together, interlocking movements of escapes and counterattacks. This class will provide a powerful upper body workout and a playful environment to experience this beautiful game. We will learn traditional movements, escapes, and counter attacks, linking them together and ending with a roda (circle) where we play Capoeira. Everyone is welcome, no Capoeira experience is necessary.

Capoeira Regional

Session 10 • Sunday 1:30–3:30pm • Dining Hall

Exertion level: moderate to high; people can pace themselves

Recommended for: all level martial artists with kicking experience—no Capoeira experience is necessary

Capoeira Regional is known for its high-speed kicks, escapes and acrobatic movements. In this class we will explore attacks, escapes, and counterattacks woven together to create a fluid, graceful dialogue between the two players. I will teach ginga, the primary movement in Capoeira. Ginga is our constantly moving base from which all other movements are executed. We will additionally explore a few basic kicks and effective escapes. Capoeira is an art form based on escaping. We never block kicks; we use escapes to duck under kicks and execute a counter attack. The class will end with a roda, which is the circle we play Capoeira in.

Pilates Mat Class

Session 13 • Monday 8:15–9:30am • Bet Knesset

Bring: your belt or sash (if you have one) and a towel

A Pilates mat class can be a nice way to round out a hard weekend of martial arts training. The Pilates method of fitness is about neuromuscular reeducation, balancing muscle groups, working intrinsic muscles and creating a strong stable core from which to move. In this class I will introduce basic pelvis and scapulae stabilization, joint release and relaxation through breath and subtle movements. From there we will progress to working deep abdominal muscles that support our bones. This class will be relaxing and invigorating, focusing on joint release, stretching and stabilization.

Julie Kirby

Ewa Beach, Hawaii

I started training in Kajukenbo in 1984 at Seven Star Women's Kung Fu in Seattle, Washington, with Anne Moon as my instructor. I was part of the teaching staff there from 1990 to 1999.

Style ___ Kajukenbo, Gracie Jiu-Jitsu

Rank ___ Kajukenbo:
2nd degree Black Belt;
Gracie Jiu-Jitsu:
3-stripe Blue Belt

Training _ Kajukenbo: 15 years;
Gracie Jiu-Jitsu: 5 years

Title ___ Julie

I moved to Hawaii in 1999 and began training in Gracie Jiu-Jitsu with the “Jiu-Jitsu twins,” Mike and Chris Onzuka, at the Academia Casca Grossa de Jiu-Jitsu (Casca Grossa Jiu-Jitsu Academy).

Along with gaining effective skills in the martial arts should come a sense of responsibility to use those skills in a humane manner. **Developing compassion and building strength** of character to act with restraint when appropriate should be part of any martial art curriculum.

By thoughtfully examining the techniques in our styles and the targets we aim for with these techniques, we can determine which will kill, maim, injure or control an opponent. Through honest self-examination we can decide under which circumstances and to what extent we would choose to use these skills.



Classes

Gracie Jiu-Jitsu Mount Position

Session 1 • Friday 8:00–9:30pm • Bet Knesset

Exertion level: moderate

The mount position is considered the most advantageous place to be while grappling. In this class we will explore how to gain and maintain the mount, submission holds from this position and how to escape from the mount.

Gracie Jiu-Jitsu Closed Guard

Session 6 • Saturday 3:15–4:45pm • Bet Knesset

Exertion level: moderate

When wrestling, being on one's back with the shoulders exposed to the mat is an automatic loss. In Gracie Jiu-Jitsu, being on one's back in the closed guard is considered a strong offensive and defensive position. This class will focus on controlling an opponent from the closed guard, submission holds from this position and how to escape from the closed guard.

Gracie Jiu-Jitsu Sparring

Session 11 • Sunday 3:15–4:45pm • Bet Knesset

Exertion level: moderate to high

Open to: participants of one of the other Gracie Jiu-Jitsu classes or those with previous grappling or wrestling experience

Gracie Jiu-Jitsu is primarily a ground fighting art. In this class participants will have the opportunity to use their grappling skills in a controlled sparring session. After a brief review of the techniques taught in previous Gracie Jiu-Jitsu classes, we'll move on to the Gracie Jiu-Jitsu style of sparring.



Valerie Lee

San Francisco, California

Valerie Lee has studied martial arts since 1971. She is a national and international champion in forms and fighting competition. Her principal teacher is Sifu Adam Hsu.

She most values meeting people, traveling and realizing that the highest virtue of not fighting or defending starts as a beginner.

Style ___ Kung Fu, Chen Taiji
(T'ai Chi), Bagua

Rank ___ Instructor

Training _ 33 years

Title ___ Shifu or Sifu

Martial arts is a tool to understand what's keeping you from being there and ending the struggle. Teaching others to live our true desires by seeing the extraordinary in the ordinary is a gift.

Valerie offers creative interactive kung fu classes and seminars in Chen Taiji (T'ai Chi), Longfist, Bagua, Five Animal Health exercises and weapons. Teaching in an atmosphere of mutual respect and support with a focus on the healthy spirit and mindful body inspires her to continue training. She currently teaches kung fu in Golden Gate Park and at San Francisco State University and has a private practice in acupuncture.



*“Life is like eating pizza.
You can enjoy it yourself,
but it develops compassion and
builds strength when shared
with others.”*

Classes

San Ts'ai Chien Sword Form

Session 4 • Saturday 10:15–11:45am • Tennis Courts

The sword is compared to the phoenix and has a more refined nature than the tiger. In motion, the sword exemplifies beauty pride and grace. It is calm, fluid and proud like the phoenix. The archetypical image is one who cuts and slays through struggles of the mind towards clarity, moving onward in life with compassion and strength. This seminar will introduce our basic kung fu sword set, the San Ts'ai Chien form. Its name literally refers to the three levels: heaven, man and earth. These levels also correspond to the three possible levels of attack and defense—that is high, middle and low. Class will cover sword basics and form.

Pigua Zhang: Splitting Deflecting Palm

Session 6 • Saturday 3:15–4:45pm • Tennis Courts

Originating in Chang County of Hebei Province in Northern China, Pigua techniques are soft and relaxed, resulting in whip-like power. An unusual feature of the Pigua system is pai ta kung, which means, literally, to “strike oneself.” One purpose of this training is to condition different parts of the body to absorb the force of a blow. The body acts as a kind of whip handle from which the arms are unleashed like the lash of a whip, striking the torso. Pai ta kung develops body resilience and strength through conditioning the reflexes, muscles, tendons and chi to respond automatically to a blow. Learn to cultivate power without using any unnecessary force.

Chen Taiji (T'ai Chi) Form

Session 14 • Monday 9:45–11:30am • Tennis Courts

The Chen Taiji (T'ai Chi) short form practice improves focus as you apply your full attention to learn the details of each of the 36 movements. Learning the sequence of the form increases concentration and improves focus by quieting the mind of distractions. Constancy and consistency are acquired as time and effort are put into repeating and memorizing Taiji (T'ai Chi) movements. As they become second nature so does your awareness of committing to your self and life desires. Building strength and awareness of the body gives a practitioner confidence and compassion to live every thought, attitude, emotion and word with a spiritually mindful body. We'll cover as many moves of the form as we can within the time frame of class.

Debbie Leung

Olympia, Washington



Debbie Leung started her martial arts practice in 1978 with Shito-ryu karate. In 1981, training began in Northern Shaolin kung fu in Olympia, WA, where she learned about herself and nature as well as the art.

Style _____ Shaolin Kung Fu, Liangong, Qigong (Ch'i Kung), Wu style Taiji (T'ai Chi), Shito-ryu Karate

Training _____ 26 years

Title _____ Debbie

Since 1994, she has added Liangong, Qigong (Ch'i Kung), and Wu Style Taijiquan (T'ai Chi Ch'uan) to her practice through study with Master Wen Mei Yu. She now uses these Chinese movement arts to help people through their health issues.

For 15 years, Debbie taught self-defense classes to women and teens in her community. She is the author of *SELF-DEFENSE: The Womanly Art of Self-Care, Intuition, and Choice* (R&M Press, 1991). The physical and mental challenges of competitive figure skating for the last 9 years have added new dimensions that enhance and reinforce her martial arts foundation.

When training, compassion for ourselves and those we train with helps us become strong in body, mind, and spirit. The strength and power we develop must then be accompanied by compassion so that they are used wisely.

Classes

Compassionate Contact

Session 1 • Friday 8:00–9:30pm • Gazebo

Its fun! Learn to deliver and receive different levels of contact with confidence and compassion in a structured, supportive environment. Controlled contact is a skill to be learned just like the techniques in our arts. Since martial contact can be unfamiliar or too familiar, and provoke a variety of emotional responses for many women, cooperation and communication are required in this class! The goal is to provide a positive experience for practitioners of any style and experience level (with a basic punch) and improve our ability to deliver powerful attacks with control.

Liangong: Chinese Health Exercise

Session 2 • Saturday 6:00–7:00am • Gazebo

Session 7 • Sunday 6:00–7:00am • Gazebo

Liangong combines China's ancient therapeutic movement therapies such as Qigong (Ch'i Kung) with current medical theory from the east and west. It involves breathing, stretching, and spreading of the limbs in slow dynamic movements, like a simple form of yoga. The exercise can prevent and heal pain in muscles and joints, gently develop fitness, relieve stress, and promote general health. It is easier to learn than Taiji (T'ai Chi) and can quickly provide health benefits. People of all ages and physical ability can benefit from the increased circulation, flexibility, and energy these exercises provide.

Michelle McVadon

Seattle, Washington

I started doing Kajukenbo as my first martial art, not after looking around at a bunch of schools, but after watching a single class at Seven Star Women's Kung Fu taught by Anne Moon. Twenty-one years later, I still think it was the right choice.

Style ___ Kajukenbo Chu'an Fa
Kung Fu, Aikido

Rank ___ Kajukenbo: 4th degree
Black Belt; Aikido: Sandan

Training _ 21 years

Title ___ Sifu or Michelle

After training for four years I added Aikido as a second art. I was drawn to Aikido after

taking a beginning Aikido class at PAWMA Camp taught by Kayla Feder. Once I discovered martial arts, it felt like coming home. I have never wanted to stop training.

As head instructor at Seven Star Women's Kung Fu in Seattle, WA, I have been invited to teach at the national training camps for the Pacific Association of Women Martial Artists, the National Women's Martial Arts Federation, and Women's Festival of Martial Arts in Canada many times. I was honored to be chosen as PAWMA's 2003 Martial Artist of the Year. I also teach self-defense in Seattle to a wide range of populations in the community from kids to adults in halfway houses.

Teaching feels natural to me and I am continually inspired by watching students be transformed by practicing. This is what I value most about training, the way daily practice carves our characters in a deep way that reaches into all aspects of our lives. Being able to guide students in this self discovery process and watching their confidence build is very rewarding.

Developing compassion, building strength illustrates an evolution that we all need to go through to continue training. We must develop compassion for ourselves and accept where we are, develop compassion for our partners and where they are in their process, but at the same time, build our strength mentally, emotionally and spiritually by pushing ourselves physically.



Classes

Close-in Street Fighting

Session 4 • Saturday 10:15–11:45am • Bet Knesset

Exertion level: moderate to high

Recommended for: those new to the idea of close-in fighting, and experienced students who wish to expand their street fighting skills

Kajukenbo street fighting uses elbows and knees for striking and takes the opponent to the ground so that you are in control. Students new to street fighting will become more comfortable being close to their opponents, be able to get to the ground and back up safely (when in the attacker’s role), and gain the experience of using weapons (elbows and knees) and targets they might not have considered before.

Those who have experience with street fighting will learn to deal with an opponent who is fighting back. Learning to stick to an attacker as you take him/her down and utilize barrage and master circle to put him/her on the defensive. Street is usually practiced with the goal of being merciless until the attacker is controlled or contained. It must be done with consciousness and awareness, using only the force necessary but all the force and commitment needed to protect yourself and others.

Arnis Disarms and Reversals

Session 9 • Sunday 10:15–11:45am • Sports Field

Bring: a pair of 24”–26” canes if you have them; I will have lots of extras for those who have none

Recommended for: all levels; you’ll get to work both with a more experienced partner and then with someone at your level

Besides the fact that reversals are fun to do, they force you to have a clean disarm attempt with good intention. Get a feel for the skill of reversing “quietly,” without telegraphing, by sensing and moving with the partner’s movement rather than forcing against it.

Beginning Aikido

Session 10 • Sunday 1:30–3:00pm • Bet Knesset

Exertion level: low to moderate

This class will present the basic moves of Aikido: entering (irimi), getting off the line (tenkan), and third point (off balance spot). Don’t worry if you don’t know how to fall or roll. We will do a lot of moves that don’t require falling down and getting up. But we’ll also learn a basic roll from a safe position close to the floor, and a safe way to fall backwards so we can add some techniques that encourage the uke to fall and roll.

Anne McCabe Nepsky

Flagstaff, Arizona

I started studying karate at the age of 16. I really started because I wanted to do sit-ups and push-ups to get in shape. Everything else I have gained through my training has been “icing on the cake.”

Style ___ Kenpo Karate (and some Shotokan)

Rank ___ Godan

Training ___ 30+ years

Title ___ “Call me anything; just don’t call me late for supper!”
Anne, Sensei or Mujer



From the first sit-ups through all the great martial arts training, I knew I had found exactly what I wanted. The things that inspire me and keep me training are Respect, Honor, Wisdom, Loyalty, Compassion, Courage, Forgiveness and Discipline.

Anne’s awards and titles:

1998 International Martial Arts Council (IMAC) number one rated player in both the Weapons and Forms divisions, Women 30 and over. 1998 Female Competitor of the Year Award. 1998 North American Sports Karate Association (NASKA) World and National Rating Systems, Third in Weapons, Third in Forms and Fourth in Sparring

Developing cCompassion, Building Strength.

We were all taught to do unto others as we would have them do unto us. True compassion comes not from those who just think of how it might feel to be hurt, but from those who actually do feel it. If you have ever felt any compassion in your own life, you would surely do whatever was in your power to alleviate suffering in any form. If you meet others who are suffering and you have it within your power to help them, you will; only if you can truly feel what they feel.

Classes

📖 Basic Boxing Techniques

Session 8 • Sunday 8:30–10:00am • Dining Hall

Session 11 • Sunday 3:45–4:45pm • Dining Hall

Exertion level: as high as you want!

Pre-requisites: Beginner’s Mind

Bring: sparring gear

Recommended for: all—adults, teens, girls and physically challenged

Boxing techniques class will include several basic boxing techniques such as punches (jabs, crosses, hooks), and boxing training (heavy bag, footwork drills, focus punches, and jump rope drills). This class will focus on hitting with power. I will emphasize basic boxing principles, as well as several footwork drills. I will teach some heavy bag exercises and, if appropriate equipment is available, speed bag drills. I will also differentiate between sparring and tournament point sparring. Students will have a chance to put on the boxing gloves and “give it a go,” if they so desire. Boxing truly does show you how to hit with power!



Patty O'Linger

Portland, Oregon

Patty has been training in Mo Duk Pai kung fu with Professor Frederic D. King since 1982, reaching the rank of black sash in 1989.

Style ___ Mo Duk Pai Kung Fu

Rank ___ 4th degree Black Belt

Training _ 20+ years

Title ___ Sifu, Sifu Patty or Patty

As part of her eclectic training, Patty competed in both kata (forms) and kumite (fighting) throughout the eighties. From 1987 to 1989 she was rated #1 female fighter in the Northwest region by *Karate Illustrated*.

Patty teaches prevention-based self-defense for North Clackamas Parks and Recreation and other community groups upon demand.

In the twenty years plus that she has trained, she has also dabbled in Capoeira, Taekwondo, Qigong (Ch'i Kung), and Taiko Drumming. She hasn't missed a PAWMA Camp since 1993, and helped coordinate camp in 2000, as well as this year.

Patty currently teaches with her husband, Chris Hosman, at the Academy of Martial Arts in Portland, Oregon. One of her favorite things is sparring to music that has a good dance beat!



武德派



Classes

Training Methods for Kata Competition

Session 4 • Saturday 10:15–11:45am • Basketball Court

For some people, forms are an exciting and fun part of their practice, and they just look “natural” doing a kata. For others, the movements feel robotic and disjointed, never seeming to flow or blend—true even when remembering the form is no longer difficult. This can be very frustrating, especially if you’ve spent tons of time going over it, yet you don’t feel you ever get better.

The goal of this class is to give you a better way to practice, to share a method for making your kata truly “yours.” Learn how to get the most out of your training time: train better—not longer! I’ll also discuss how competition kata vary from developmental forms.

Fighting Multiple Attackers: Drills for Success

Session 8 • Sunday 8:30–10:00am • Basketball Court

What’s the best way to fight people? One at a time!

But what do you do if there is more than one attacker? Come to this class and find out. While you won’t become an expert in one session, the goal of this class is to share a few of the drills we utilize in Mo Duk Pai when learning to fight multiple people. The more the merrier (to fight, that is), so please join in.

Sana Shanti

Nelson, British Columbia

Sana has been studying Taiji (T'ai Chi) for over fifteen years. She practises Chen and Yang style and has studied Natural Style. She began her Taiji (T'ai Chi) study in San Francisco with Master George Xu. She studies both Yang and Chen Style Taijiquan (T'ai Chi Chuan) with a focus on push hands and partner work.

Style ___ Chen and Yang Taiji (T'ai Chi)

Training _ 15+ years

Title ___ I have no title

Sana has studied with teachers and masters from Canada, the U.S. and China, giving her a deep and diversified understanding of the art.

Sana has won numerous medals both in forms and push hands. She teaches workshops and camps throughout the Pacific Northwest and was selected for the 2001 PAWMA Camp, where her classes were well received by all styles.

I was looking for a practise that would feed me physically, mentally and spiritually and Taiji (T'ai Chi) found me. The more I study it, the more I see how much I have to learn—it is a bottomless art. I am constantly amazed by its depth and its versatility, As I share the art with others I see how profound and relevant its teachings are today in our fast-paced, stressful lives. It is truly a brilliant tool for exploring ourselves and interpersonal dynamics, and a lot of fun.

Taiji (T'ai Chi) is an exploration of oneself. Understanding ourselves is the doorway to understanding others. Understanding develops a compassionate heart. A compassionate heart is a strong heart. The heart is my path, balance is my goal, peace and well-being is my intention (and name).



Classes

Incorporating Internal Principles to Maximize Strength and Develop Compassion

Session 4 • Saturday 10:15–11:45am • Gazebo

Learn how proper alignment can bring out your full power potential. Good posture allows you to drop into your legs, thereby allowing you to use the powerful muscles and the earth to increase your upper body strength. By connecting the whole body as one unit and utilizing the power of the core, the body is exponentially stronger and more relaxed, which increases one's sense of centeredness, physically and emotionally. This centered, balanced, relaxed state facilitates the development of compassion and understanding toward others while maintaining its own integrity.

Push Hands as a Way to Build Strength and Develop Compassion

Session 9 • Sunday 10:15–11:45am • Gazebo

By working through physical challenges from a relaxed and centered state, the body and heart are more able to “listen” and “understand” both oneself and others. Push hands explores the energies of sticking, listening, understanding, receiving and neutralizing. These energies are key components to developing physical and emotional skills. Push hands is a great tool for exploring interpersonal dynamics. Partner work reveals both strengths and weaknesses in the participants, pointing out where work is needed to develop overall strength and softness.

Nadia Telsey

Eugene, Oregon

I have always been a social change activist, and I got involved in karate in 1970 through my feminism. That led me to co-found Brooklyn Women's Martial Arts/CAE with Annie Ellman.

Style ___ Goju karate, Kajukenbo, Taiji (T'ai Chi)

Training _ 30+ years

Title ___ I am most comfortable being referred to as Nadia ("NodYa")

Though I haven't practiced martial arts in many years because of a disability, I have continued teaching self-defense over the last 30 years. I am currently working on self-defense for women with disabilities.



I teach at the University of Oregon and also through a non-physical self-defense curriculum based on my workbook, *Self-Defense from the Inside Out*. I constantly learn from my students, touched by the obstacles many have faced and awed at the courage many bring to the classes. Two things in particular keep me going: the changes I see as they discover and develop their strengths and the ways they empower each other.

This year I received the Diana Award at the University of Oregon's Venus Festival for embodying the spirit of protection.

Compassion and Strength

Our logo is one of compassion and strength. The flower represents many qualities traditionally seen as feminine, among them, compassion. The roots are strength. Without roots, the flower would quickly die. Compassion and strength are both so necessary for self-protection and for creating a world based on life-giving values.



Classes

Self-Defense from the Inside Out

Session 1 • Friday 8:00–9:30pm • Adult Housing

Recommended for: women wanting self-defense information and for martial artists or self-defense teachers who have not been exposed to non-physical areas of defense other than assertiveness

Explore the ways our strengths for self-defense are blocked by social requirements to be “nice,” “friendly,” and above all, never rude. Through this session we will develop compassion for ourselves and each other as we look at how conditioning affects our ability to respond to assaults in their earliest stages and sets us up for blame and self-blame. We will investigate the stages of assault as well as non-physical tools useful for a wide range of assaults, including those in which physical skills are inappropriate.

Verbal Strategies for Self-Defense

Session 6 • Saturday 3:15–5:15pm • Adult Housing

Exertion level: low

Class limit: 30

Pre-requisite: experience with assertiveness helpful, not mandatory; fairly basic for those who already practice assertiveness in their training

This is a brief review of self-defense assertiveness and a chance to explore other verbal strategies for self-defense. The bulk of the time will be spent practicing in a supportive environment with participants serving as coaches for each other. In this way, we learn compassion for the struggles involved and become strong together. Taking on the assailants’ role will provide a deeper understanding of assaults.

Self-Defense Progression

Session 10 • Sunday 1:30–3:30pm • Adult Housing

Exertion level: medium; participants will have some control over the level of intensity

Class limit: 30

Recommended for: women of all ages and abilities; especially useful for those new to self-defense or those beginning to teach it

We will take basic self-defense moves out of the training hall into increasingly realistic contexts with differing levels of intensity. The content of the moves is not the point and in fact may be provided by participants. Rather, you will have an opportunity to think through and find out how you would react to a variety of situations.

Aleeta Van Petten

Seattle, Washington

I first investigated training opportunities because of a curiosity about the hype surrounding the martial arts. When I discovered there was a school called the Feminist Karate Union in Seattle, my hand was forced—I had to start training! How could I not? I started training shortly thereafter and loved it. I have continued training ever since.

Style ___ Shito-ryu Karate

Rank ___ Sandan

Training _ 24 years

Title ___ Sensei

Teaching gives me deeper understanding of my art. It is also another way in which I can experience the human spirit and human diversity.



Joanne Factor

Seattle, Washington

I recognized some aspects of my life were in transition, and knew that physical activity would improve my emotional outlook. I had heard that practicing martial arts was an aid to concentration and focus. I was impressed by the support and encouragement that the women at the Feminist Karate Union gave each other, so I joined.

Style ___ Shito-ryu Karate
(Kotaka-ha)

Rank ___ Shodan

Training _ 11½ years

Title ___ Sensei

Karate was, and still is, difficult for me, and I struggled for the first couple of years on the most rudimentary of forms. After those first couple of years, I realized I was developing a new sort of awareness of connections between body and mind.



Classes

📖 Bo Kata Level 1

Session 4 • Saturday 10:15–11:45am • Sports Field

Exertion level: moderate

Bring: bo or similar staff weapon

Kobudo—the traditional arts that employ farm implements as weapons—brings out additional aspects of our training. In Level 1 we cover basics for handling the bo (long staff), and learn the first basic kata.

📖 Kime

Session 5 • Saturday 1:30–3:00pm • Tennis Courts

Exertion level: moderate

Kime—focus—is one of the essential elements of traditional karate training. Kime punctuates kata, accentuating the contrast between speed and stillness, relaxation and tension. Kime manifests power. While crucial for any karateka, expression of kime assumes greater prominence as we advance in rank, and as we age. In this class, learn our methods for training to express kime, first as an ingredient in basics and then as utilized in kata. We will use segments of a kata from our style to illustrate teaching points and for class practice.

📖 Bo Kata Level 2

Session 10 • Sunday 1:30–3:00pm • Tennis Courts

Exertion level: moderate

Pre-requisite: prior bo or staff training

Bring: bo or similar staff weapon

In Level 2 we cover a greater variety of strikes, defenses and uses of distance as shown in the more advanced kata Rohai No Kon. The idea is to make the weapon truly an extension of your body.





Sally Van Wright

South Hadley, Massachusetts

Sally trains under Sensei Janet Aalfs, whom you may have met as a trainer or participant at past PAWMA Camps. Sally is thrilled to return to PAWMA, as she was thoroughly delighted by the 1995 Camp.

Style____Shuri Ryu Karate,
Modern Arnis

Rank____Shuri Ryu Karate:
4th degree Black Belt;
Modern Arnis: Black Belt

Training_17 years

Title____Sensei

Sally's love and passion for Shuri Ryu karate, Modern Arnis, women/girls' self-

defense and her dojo Valley Women's Martial Arts (in Easthampton, MA) grows stronger each year. She founded and directs the Power Girls Program at VWMA.

This year Sally received a promotion to 4th degree black belt in Shuri Ryu, the same spring in which she and the Power Girls Teaching Team prepared 42 girls for promotion by Janet Sensei. Sally also holds a 1st degree black belt from the late Grandmaster Remy Amador Presas in Modern Arnis, the art within your art.

Dedicated to women martial artists everywhere, Sally is currently the Chair of the National Women's Martial Arts Federation. She began her term as NWMAF Chair in January, 2004, and very much looks forward to continued sparkles and synchronicity between these two special sisters, PAWMA and NWMAF.

In her "other life," she pursues empowerment for women in a very different environment: jail. She is a social worker and program manager for women incarcerated at a large regional county jail. There are many levels of fighting for a woman warrior, not all of them occurring while she's wearing a gi!

Sally's classes are often described as fun, challenging, and thought-provoking. She is thrilled to share what she has been given in her arts, and passionate to train alongside you in yours!



Classes

Stickfighting for Experienced Martial Artists ... Who Haven't

Session 8 • Sunday 8:30–10:00am • Tennis Courts

Exertion level: medium sweat and cardiovascular (unless you need to adapt due to physical injury or disability; adaptations always supported)

Pre-requisite: three years sparring, grappling, or push hands experience; all styles welcome!

Bring: 24"–26" canes or sticks if you have them

Modern Arnis, as shared by our beloved Professor Remy Presas, is known as “the art within your art.” This class uses exercises that draw on basic martial arts principles transferable to working with the rattan canes (bring some, borrow some, and we’ll have extras!) If you’ve had little experience with cane-to-cane-to-hand-to-hand sparring, but it looks like fun, this class is for you! We will explore the value of going with the flow. We will alternate empty hand and cane partner drills, progressing so that hopefully the cane will feel so natural in your hand, that by the end you’ll forget the canes are there!

Kata Of Strength, Kata Of Compassion

Session 13 • Monday 8:15–9:30am • Tennis Courts

Exertion level: medium sweat and cardiovascular; stances will be held for a considerable length of time, unless injury or physical limitation prevents that

Open to: all levels, as long as you can bring a form that you can do “by heart” (without stopping to think, ‘what’s the next move?’)

Bring your own form and together we’ll take a powerful journey into the inner world of our forms. Through a series of alignment, stance, and movement style exercises, you’ll be invited to see, feel, and understand your familiar form in a new and different way. Where is the point of power in that form? Where is the point of letting go? What is the hidden spiritual meaning? How do you push yourself and your performance, respecting current and potential limitations and strengths? Much of the class will be savored in “moving silence” while we sweat, work, flow, kiai, and discover through kata together. One meaning of my style, Okinawan “Shuri Ryu,” is ‘beautiful and graceful.’ We will explore the paradox of a lovely, graceful fight that is also fiercely strong.

Wasentha Young

Ann Arbor, Michigan



Wasentha Young is a master and scholar in the arts of Taijiquan (T'ai Chi Ch'uan) and Qigong (Ch'i Kung), and has received formal instruction in Taoist and Buddhist Meditation.

With over 35 years experience in her field, she has been requested

to lecture and educate nationally on the benefits of the mind/body/spirit relationship and healing arts relative to well-being.

Style ___ Taijiquan (T'ai Chi Ch'uan), Qigong (Ch'i Kung)

Training _ 35+ years

Title ___ Master

As a member of the Association for Women Martial Arts Instructors (AWMAI) and the Comprehensive and Alternative Research Center (University of Michigan) boards, she plays a role as mentor to martial artists and medical students. Master Young is certified by the Institute of Transpersonal Psychology in Wellness Counseling and Mind/Body Consciousness, a certified Acupressure Technician and the Director of the Peaceful Dragon School and Harmony of Energy Center in Ann Arbor, MI.

I had many African-American mentors in my mid-teen years (1966). Two in particular (a program developer and an engineer) took me under their wings and I flew where they went. The positive aspects of their journey took me to the vast studies of Taijiquan (T'ai Chi Ch'uan), bodywork, and meditation. Inherent in these multi-dimensional arts is the integration of mind-body-spirit and correspondences with nature. As such, in continued practice of these arts, the windows of perspective and insight into the nature of life have been invaluable to my growth and development as a human being.



Classes

Introduction to Taijiquan (T'ai Chi Ch'uan) Push Hands

Session 5 • Saturday 1:30–3:00pm • Gazebo

Through understanding and applying the strength of intuition, one can come from a place of “knowing” as a foundation in responding to the force of another. This introduction to Taijiquan (T'ai Chi Ch'uan) push hands will offer the dynamic principles of push hands, using exercises in yielding, listening, adhering and neutralizing force. These principles are used to heighten the intuitive sense of interplay between forces. In addition participants will learn the two-person traditional Yang style single and double push hand forms.

Application of Taijiquan (T'ai Chi Ch'uan) and Push Hands

Session 11 • Sunday 3:15–4:45pm • Gazebo

Pre-requisite: participants must have completed a Taijiquan (T'ai Chi Ch'uan) solo form of any style or have at least five years experience in a soft style; in addition, experience in push hands or sticky hands

Using and understanding the strength in the Taijiquan (T'ai Chi Ch'uan) principle of “soft overcomes hard” to respond appropriately to another person’s force can be a challenge. This workshop will offer the advanced student a safe atmosphere in which to explore, focus, and train in the applications of the thirteen treatise in Taijiquan (T'ai Chi Ch'uan), specifically movements, hand and elbow strikes, and basic kicks, as well as principles of push hands. Participants will progress out of choreographed movements into “free-style” push hands.

Developing Body-Mind Awareness through Qigong (Ch'i Kung)

Session 13 • Monday 8:15–9:30am • Gazebo

Taking care of your body-mind while training in any martial art style is an act of self-compassion. During this session, we will go through the potent acu-points of self-acupressure (on the energy pathways called meridians) used to dissolve physical stress from head to toe and related Qigong (Ch'i Kung) stretches and visualization. The goal is to facilitate a sense of physiological relaxation, awareness, and the distinct experience of the body/mind relationship.

Martial Artist of the Year



photo: Robert Semeniuk

“I am dedicated to the promotion of Taiji and the changes that happen in one’s life when we begin to move in a conscious way.”

— Jan Parker

It is with great pleasure that the PAWMA board recognizes

JAN PARKER

as

Martial Artist of the Year 2004

Jan’s contributions to PAWMA seem endless. A member since 1992, she is a past PAWMA board member (1995–1998) serving as secretary and vice president. She is still a regional rep, and continues to do the design and layout for the PAWMA newsletter.

Jan co-coordinated three successful camps in 1998, 2001 and 2003. “Beyond Boundaries” in 1998 at Gibson, BC, Canada, was the first camp outside the U.S. It was such a wonderful experience, she did it again in 2001 and introduced us to the Maaoris!

In the midst of planning for the 2003 camp, Jan’s mother passed away unexpectedly. She dealt with the depths of grief with grace and dignity, embracing the process, fulfilling her commitment to PAWMA, and once again, created an amazing camp for all of us.

Her personal accomplishments include two certificates in the complete Yang syllabus, three gold medals and one bronze in competition in China, the U.S., and Canada and travelling over 14,000 km in 2002 on a four-month road trip with her teacher Sam Masich to make a film documentary entitled “Tai Chi People.”

I began my adventure with Taijiquan (T'ai Chi Ch'uan) in 1985. My teachers include masters from both North America and China, including Sam Masich, David Leung, Wen-Mei Yu, Sik Hung Chan, and my first teacher, Jim Eisenman. I was fortunate to have trained in China in 1994 under the guidance of Master Wen-Mei Yu with Grandmaster Fu Zhong Wen and Grandmaster Ma Yueh Liang, also with Qigong (Ch'i Kung) expert Jue Ben Yi. It was in China that I met my present teacher, Sam Masich. Throughout the years, my students have been incredible teachers to me.

I started teaching private and group lessons in Yang Style Taijiquan (T'ai Chi Ch'uan) in 1989. In 1996 I immigrated to Canada and became a Canadian citizen in 2003. I have had many wonderful teachers on this journey and have spent the last ten years learning from Sam Masich. I am grateful for the lessons he has given and the path he blazes, always encouraging me to find my own way.

Taiji (T'ai Chi) is an art of improvisation. I strive to combine innovation with the traditions of the Yang syllabus. I train by the sea and in the woods on my small island paradise. My practice of Taiji (T'ai Chi), like the ocean, like the old growth trees, keeps me in awe by the vastness and greatness I see—even more by what I don't see.

A diehard Yang stylist, I teach Taiji (T'ai Chi) and Qigong (Ch'i Kung) to ongoing classes in Vancouver, BC, on Bowen Island and seminars around North America.

Jan serves as a mentor and role model each time we see her by truly being in each moment of each day. She is genuine and dedicated, always promoting PAWMA wherever she goes. Her wit and humour are delightful, her knowledge and openness are boundless.

To sum it all up Jan says, “I am fortunate in my training and in my life. I am married to Ken Parker, a craftsman; we have an orange cat, Peet, a dog named Lucy and a good life.”

PAWMA members can nominate those they feel are deserving of the Martial Artist of the Year award by sending a letter of explanation to pawma@home.com or P.O. Box 12861, Berkeley, CA, 94712. Honorees receive camp at no charge the year of their award. PAWMA's Martial Artist of the Year must meet this criterion:

- 1) Contributions to PAWMA*
- 2) Personal accomplishments as a martial artist*
- 3) Using martial arts or the principles of martial arts to overcome personal challenges*
- 4) Serving as a mentor or role model in her community*
- 5) Providing outreach*

PAWMA Board

Deb Cullings

Lakeland, Florida

I've been involved in the martial arts since 1979 and hold a 3rd degree black belt in Wu Ying Tao. I started training because my softball coach thought it would help me stop falling down. I became hooked the first time I put my sparring gear on. Being a PAWMA board member is a such a privilege and I'm awed and inspired by the other board members every time we meet.

Cynthia DeCastro

Daly City, California

Since I was a child I wanted to train in the martial arts. I am fortunate to have found Hand to Hand and have been training with them for the last six years. I am also training in Qigong (Ch'i Kung), Taiji (T'ai Chi) and Yoga. I find that training in the martial arts keeps me grounded in all things.

TC Edgecomb

Berkeley, California

I've been training in Cuong Nhu in Berkeley for the last five years, with a couple of years of Taiji (T'ai Chi) and Tui Shou in my distant past. Martial arts began for me as a way to get a regular workout and quickly evolved into a core, and wonderful, part of my life. I was thrilled to discover PAWMA and I consider the yearly camp to be my personal "religious holiday." I am grateful for the chance to contribute to PAWMA after all that it has given to me.

Diana Gore

Seattle, Washington

I have been training since 1999 with Sifu Michelle McVadon at Seven Star Women's Kung Fu. I currently hold a green belt in Kajukenbo, an eclectic art that draws from both hard and soft styles. After experiencing profound fun and inspiration at camps '99, '00, and '01, I made a commitment to become a PAWMA board member to ensure that other women could be afforded this same opportunity. I am so grateful to those individuals who contribute to our scholarship program which helps make this possible.

Koré Grate

Minneapolis, Minnesota

I began my journey in the martial arts at sixteen, and this March I will turn fifty—so I think it's safe to say that I truly love the path I am on. Being one of the founding board members of PAWMA, joining up again to create the Elder Counsel position, and going to all but three camps in my lifetime is proof that it's all about "supporting what you believe in, and believing in what supports you." As I continue this path, I am inspired and lifted by every camp: all the diversity and awareness, the level of the arts, and the expanded hearts of all who attend.

Christina Langsdorf

Minneapolis, Minnesota

I am an attorney in Minneapolis and have been training in Wu Chien Pai (Empty Space Style) at Feminist Eclectic Martial Arts (FEMA) under Shifu/Sensei Koré Grate for six years. I became a part of the PAWMA board in January, 2003, as a way to give to an organization that provides an invaluable service to women martial artists. Providing an annual camp that I have seen change lives is a great thing!

Sue Leary

Sandy, Utah

I am honored to serve on the PAWMA board. I began martial arts training in Taekwondo at the age of 16 out of a desire to learn self-defense. In 1977 I began training in Northern Shaolin kung fu. Today my major focus is Yang style Taiji (T'ai Chi). Although I have spent 30 years in the martial arts, it was only since joining PAWMA ten years ago that I began to realize what women can achieve through the martial arts. At PAWMA I have met practitioners from many different styles who never cease to amaze me with their skill, willingness to share and contributions to the martial arts, women and the larger community.

Paula Smith

Salt Lake City, Utah

I've trained in Taekwondo since 1985 and have dabbled in Taijiquan (T'ai Chi Ch'uan) since 1991. I started teaching Taekwondo in 1991 and Taijiquan (T'ai Chi Ch'uan) in 2003. I spend my time in Utah skiing powder at Alta, watching films at the Sundance Film Festival, hiking and biking in red rock country, reading Colette and Doris Lessing, and tending heirloom tomatoes in my garden. I've been working on rolling a kayak in the Green and Colorado Rivers and getting my two cats to sit in my hammock. I'm presently working as a deputy district attorney doing environmental and health enforcement.

Medical Staff

NhumeY Tropp

Seattle, Washington

Master NhumeY Tropp, owner of Seattle Martial Arts, is serving in the role of camp medic. When not teaching martial arts, NhumeY works as a Physician's Assistant (PA) in a hospital emergency department east of Seattle. By great good fortune, she was on duty in March, 2003, when Jenny brought her son Reilly to the ER after a snowboarding accident. One never knows where such gifts may lie. Thank you NhumeY, for volunteering your time and expertise! And a hearty congratulations to Seattle Martial Arts, which is celebrating its 20th year!

Massage Staff

Lisa Lentz

New Seattle Massage, Seattle, Washington

Lisa Lentz has been a Licensed Massage Practitioner for eight years, Reiki for two years, energy worker for over 20 years, and Reflexology therapist for over 20 years. Lisa also teaches meditation, energy healing techniques, and crystal mineral therapy. She is the co-founder of Spirit Weaver Transformational Retreats and Workshops and is a Sound Healer, as well as a member of SHOW, Sound Healers of Washington. Prior to attending massage school, Lisa worked as a surgical assistant and medical assistant for 17 years with a family practice physician in Seattle. Lisa believes in the body-mind-spirit connection in all aspects of her life, and carries this holistic belief into her practice as a bodyworker.

Jennifer Rainbolt

New Seattle Massage, Seattle, Washington

Jennifer Rainbolt has been practicing deep tissue, Swedish and sports massage for five years at New Seattle Massage, a massage cooperative in Seattle's University District. In 1998, Jennifer completed her course of study at the Seattle Massage School and has previous work experience as a nursing assistant in home health care, specializing in geriatrics. A gifted quilter with an uncanny eye for color, Jennifer sees massage and quilting as a puzzle that is solved by putting the pieces together. "As a massage practitioner, I am motivated and sustained by the profound changes that occur for people as they learn to live in their bodies in a more conscious way." Jennifer enjoys running and spending time outdoors, and is excited to be here with us this weekend.

About Our Theme

We have selected as our theme *Developing Compassion, Building Strength*. We believe that developing compassion is both a goal and a journey. In these times of world turmoil, it seems more fitting than ever to address the greatest goal of the martial artist—the peaceful resolution of conflict. Beginning with the **self**, we work to improve our own personal lives and become witnesses to the ripple effect of *compassion for the self to compassion for those around us*. As we gain a greater understanding of the many facets of compassion, we become more purposeful in our pursuit and practice of it.

Through our dedicated martial arts practice, we strive to build strength in our bodies, minds and hearts. From physical fitness to attentive practices that calm the mind and spirit, we build strength that sustains us and allows us to persevere in all of our pursuits.

About the Ginkgo

Ginkgo biloba, the world's oldest living tree species, once populated the continents of Europe, North America and Asia. Although it now occurs naturally only in southeast China, it has been cultivated throughout the world. In China and Japan the ginkgo is planted near shrines and is regarded as an object of veneration, a symbol of unity of opposites, as well as of changelessness. The ginkgo's longevity, beauty of form and traditional associations make it an ideal emblem for our camp theme.



Acknowledgements

Extra Support

The PAWMA board of Directors: Deb Cullings, Diana Gore, Paula Smith, Cynthia DeCastro, TC Edgecomb, Koré Grate, Christina Langsdorf, Sue Leary

The 2004 Teacher Selection Committee: Deb Cullings, Diana Gore, Jenny Sinanan, and Nhumey Tropp

Alice Baker

Professor Madeline Coffin

Cap Kotz

Debbie Leung

Pamela Repp

Dawn Thomas

Feminist Karate Union

Master Pierce's Taekwondo Center

Seven Star Women's Kung Fu

Academy of Martial Arts

Our gracious hosts at

The Stampfer Center

Volunteer Teachers

Deb Cullings

Beth Deal

Schuyler Fishman

Koré Grate

Patty O'Linger

Jenny Sinanan

Camp Medic

Nhumey Tropp, PA

Scholarship Donations

Allyson Appen

Maureen Arbogast

Alice Baker

Sandie Benevides

Madeline Coffin

Helen Emory

Sylvia Emory

Nancy Carslon-Gotts

Christy Fisher

Sue Leary

Mary Lynn Lewis

Teresa McDowell

Carol Orange

Elise Reed

Tracy Reith

Jenny Sinanan

Paula Smith

Lavern Tamoria

All those who graciously donated items or services to our annual raffle and auction!

And special thanks to our indispensable assistant Tracy Reith, without whom we could not have pulled this off! Tracy's expertise can be seen in our logo design, camp brochure and book, and on our beautiful website. *So hire me, eh?—TR*

My special thanks to Debbie Leung for professional editing and proofreading. —TR

We salute you all!

Editor's note: Why are some Chinese words spelled two different ways?

The Chinese language uses sounds not represented in the Roman alphabet. (For that matter, so does English!) Western scholars of Chinese have long struggled with various methods of romanization, none of them entirely satisfactory.

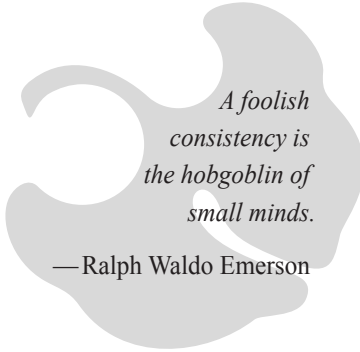
Until recently, the Wade-Giles system was the most common method of romanization; it is still used in Taiwan, Republic of China. The People's Republic of China produced its own method of romanization called pinyin, which has increased in usage since the normalization of U.S. relations with P.R.C. The two methods use different letters to represent the same sounds, resulting in a confusion of spellings.

Pinyin	Wade-Giles	"sounds like"
tai	t'ai	tie
ji	chi	jee
quan	ch'uan	chwan
xing	hsing	shing
qi	ch'i	chee
gong	kung	gohng ("oh", not "ah")

My solution, where there is a significant difference between the two romanization methods, is to use the pinyin spelling with Wade-Giles following in parentheses. I have left untouched words that are known primarily by a single romanization method (e.g. Liangong, Bagua, San Ts'ai Chien) and words that are sufficiently integrated into English (e.g. kung fu).

It is my sincere hope that I have not offended anyone by my editorial choices in this matter, and that I have clarified rather than confused.

—Tracy Reith



*A foolish
consistency is
the hobgoblin of
small minds.*

—Ralph Waldo Emerson

THE STAMPFER CENTER MAP

