

A Partial List of Sessions Titles from AWMAI Conferences by Category

Teaching: Strategies, Issues, Modalities, Special Populations

- Create an Awesome Children's Program
- Challenging the Active Student
- Panel: Women's Issues in Teaching and Training our Lineage, History & Stories
- Self Defense for the Visually Impaired
- How to Teach Basic Sparring
- Teaching Knife Defense
- Teaching at a College
- How to Incorporate Boxing Drills into Your Curriculum
- Creating Opportunities for Differently Abled Populations
- Teaching Martial Arts To Special Needs Students
- Self-Defense Programming
- How to Teach Self-Defense in One Hour
- The six stages to a successful weapons program
- How to teach rolling and falling
- Dealing with problem students
- Ethics in the martial arts
- Skill Building for Assistant Instructors
- Keeping the Teacher Teaching
- Creating a Teacher Training Program
- How to Present an "Active Shooter" Seminar
- Opening the Discussion: Power Dynamics with Race and Rank
- Revisiting Microaggressions
- Creating a Trauma-Competent Classroom

Business: Marketing, Studio Ownership, Issues/Challenges

- Panel: Different Ways to Run a Martial Arts School
- First Ten Steps to Opening a Martial Arts School
- The Business of Children's Martial Arts Classes
- Panel: Setting School Policies
- Business Plan Boot camp
- Ten Top Retention tactics
- 25-Low cost marketing ideas
- Making money and keeping values
- From the front door to the dotted line
- Determining your financial requirements
- Legal issues in the martial arts
- No School, No Problem
- Inexpensive Monthly Events to Retain & Expand your Student Base

Training: Skills, Techniques

- Elements of push hands
- Sun Style Taiji Short Form
- Open Sparring with Skill Sharing Focus
- Folding Elbow
- Boxing drills that will help sparring skills
- Trapping hands
- Shoulders Strong & Healthy; Training Considerations for the Upper Core
- Take-downs & Submissions
- Inventive Warm-ups
- Clothing Used for Self-Defense
- Chan Ssu Jin: Silk Reeling Energy Flow

Self-Care/Professional Development

- Bagua for your health & well being
- Reiki
- Guided Healing Meditation
- Aging and injuries along the path
- Advanced Arnis
- Healing the teacher
- Teaching through your lifetime
- Self-care and the “Sensei Psychologist”
- Acupressure Healing Circle

Workouts

- Wake & Shake Early Morning Workout
- Beach Busting Workout
- Yoga & Stretching
- Workout Tune-up for Martial Artists
- Morning Stretches
- Pilates
- Kyokushin Warm-up on the Beach
- Qigong in the Morning
- Walking Cane Workout