

List of Sessions/Class Titles from AWMAI Conferences

Updated with 2023 classes

-60 Minute Sessions in the following formats:

Early Morning Workouts (EWMO), Panel Discussions (P) Keynote (KN), Opening Workout (O)

-90 Minute Sessions in the following formats:

Moving Classroom (MC) –Combining lecture with movement applications

Lecture/Discussion (LD)– Lecture presentations/discussion of theory.

Master Level Workout (MWO) – Advanced workouts

- Martial arts pedagogy
- Coach your students to be winning tournament kickers
- Panel: Girl Talk
- Elements of push hands
- Blindfold Workout
- Create an awesome children' s program
- Healing Massage
- Practical Qigong
- Making a world of difference
- How to improve your martial arts
- Bagua for your health & well being
- Teacher Training
- Posture & Alignment in the martial arts
- Panel: Different Ways to Run a Martial Arts School
- Empty hand drill with counter combinations
- Challenging the Active Student
- BLISS-Balance, Lengthen, Strengthen, Stretch
- Cardio Kickboxing
- Wake & Shake Early Morning Workout
- Move the Middle
- Guided Healing Meditation
- Beach Busting Workout
- Reiki

- Meditation
- Panel: What is Fear? Body-Mind-Spirit
- Panel: Women's Issues in Teaching and Training our Lineage, History & Stories
- Self Defense for the Visually Impaired
- The Business of Children's Martial Arts Classes
- 10 to 100 to 200 and Beyond
- First Ten Steps to Opening a Martial Arts School
- How to Teach Basic Sparring
- Developing Compassion, Building Strength and Spirituality
- Teaching Knife Defense
- Using the Balance Scorecard
- Teaching at a College
- How to incorporate Boxing drills into your curriculum
- How to be a Great coach
- Sun Style Taiji Short Form
- Panel: Setting School Policies
- Bagua Circle Walking
- How to teach "Creating Form/Performance"
- Shaping the Space
- Write from the Source
- Martial Arts as Healing Arts
- Open Sparring with Skill Sharing Focus
- Shared Leadership
- Teaching One, Teaching All
- Empathy
- Panel: Teachers of Tradition, Agents of Change
- Motivating and Keeping Advanced Students
- Creating Opportunities for differently-abled Populations
- Enhancing Team Effectiveness

- Communication Techniques
- Principles of Exercise & Biomechanics
- Principle of Physiology & Biomechanics
- Self Defense Programming
- Basic Stage Combat for teens/kids demos
- The Ways We Learn, the Ways We Teach
- The What, When & How of 501(c)(3)
- How Quick Books Can Help Your Martial Arts School
- How to use simple props for skill building
- Marketing yourself & your dojo (DVD) Production
- First Impressions
- Business Plan Boot camp
- Teaching Kids
- Kata collaboration and exchange
- Sparring made easy
- The On-Line Pro-Shop: making virtual reality able to generate real revenue
- How to Teach Self Defense in One Hour
- Creating a Resource Manual
- Fundraising for your Martial Arts School
- Creating a way to measure student's progress that is rational, empowering & fair
- Creating opportunities for black belt students' continued growth in your school
- How to create musical forms
- Learn a musical form
- Ten Top Retention tactics
- Teaching on the Road – pros & cons
- Different Ways to run a martial arts program
- The six stages to a successful weapons program
- Y our dojo and the internet
- Haiku & hidden moves

- Return to the Source: martial arts movement & writing
- Spiral sparring
- Teaching techniques & principles (theory)
- Teaching techniques & principles (application)
- Folding Elbow
- Five element mind boxing (theory)
- Five element mind boxing (application)
- Daoist chi gung
- Growing your school – programmatic issues
- Growing your school – technical & financial issues
- 25-Low cost marketing ideas
- Where should I spend my marketing dollars?
- Intro to developing your ki/chi – theory
- Intro to developing your ki/chi – practice
- Boxing drills that will help sparring skills
- History of women in the martial arts movement
- Integrating Bo into your curriculum
- Line of departure
- Trapping hands
- Bloom’ s taxonomy for cognitive learning
- Nanchuan form
- The eight styles of learning
- Aging and injuries along the path
- Reeling silk- the soul of chen taiji
- Chinese sword
- Women’s health
- Making money and keeping values
- From the front door to the dotted line
- Determining your financial requirements

- The dojo team
- Adding sparring to your classes
- The hokey pokey of self defense
- How to teach rolling and falling
- Dealing with fear in training
- Adding grappling skills to your curriculum
- Advanced arnis
- Agility training
- Balance & team building
- Dealing with problem students
- Healing the teacher
- How to teach the open class
- Key elements in a successful children's program
- Ki/Chi developments
- Legal issues in the martial arts
- Natural Knife
- Nine styles of learning
- Non-violence compliance training
- Owning a school as a couple
- Teaching the details
- First ten steps to opening your own school
- War, peace, training & teaching
- What makes a great teacher and a great class
- Your school and the internet
- Assertiveness training
- Effectively using music in your training
- The business side of martial arts
- Keeping advanced students motivated
- Meditation, bonding with your students

- The arts of neutralization
- Expanding you art
- Teaching through your lifetime
- The science of teaching
- Martial arts advertising
- Helping students get through testing
- Teaching students with disabilities
- Ethics in the martial arts
- Children' s games
- Bringing your art to the community
- Online Marketing
- Healing Movements
- Importing Elements of Internal Martial Arts
- How to Organize a Benefit Event
- Liangong Favorites
- Eight Styles of Learning in the Community
- Creating an Awesome Children' s Program
- Awesome Kicking for All Ages
- Spirituality
- Ring the Alarm
- Performance for One or Two – Keeping it Spicy
- Shoulders Strong & Healthy; Training Considerations for the Upper Core
- Understanding the Roots of Aggression
- Forming New Relationships to Take Our Art to the World
- Teaching Peace In & Beyond our Dojos
- Digital Photography in Martial Arts
- Advanced Self Defense
- Joint Locks: Pain & Precision
- Keynote Speakers!

- Aikido in Ethiopia
- Teaching Tactics
- Skill Building for Assistant Instructors
- Take-downs & Submissions
- Old School vs New Age
- Shiatsu/Tuina Tune Up
- The Magic of Hakko Densho Ryu
- Anti-Bullying Techniques
- Keeping the Teacher Teaching
- Many Paths
- Applying Principles to Motor Learning
- The All Sports Dojo
- Yoga & Stretching
- Longevity in Training
- Teaching One, Teaching All
- Educational Games for Children & Adults
- Progressive Partner Practice
- Many Paths Opening Workout
- Keynote: From the Door to the Dotted Line
- Workout Tune-up for Martial Artists
- Aikido in Ethiopia: A case study for creating social change
- The All Sports Dojo
- The Art of Performance
- Anti-Bullying Techniques for Young Martial Artists & Teachers
- Applying Principles of Motor Learning to Teaching Martial Arts
- Is Tradition Enough? Old School training in a modern world
- Take-downs & Submission
- Keeping the Teacher Teaching
- Teaching Tactics

- Skill Building for Assistant Instructors
- “Teaching One, Teaching All”
- Educational Martial Arts Games for Children
- Inventive Warm-ups
- Polishing Assistants
- Care & Feeding of Advanced Ranks
- Teaching Internal Principles
- Creating a Teacher Training Program
- Anything in your Purse is a Weapon
- Morning Stretches
- Law & Liability
- Tips on Teaching a Multi-Level Class
- Kids Pay the Bills
- When you Don’t Fit the Mold
- Motion: Releasing the Brakes
- Pilates
- Forbidden Jujitsu
- No School, No Problem
- Taekwondo & Multiple Styles & Self Defense
- “Yes, and ing” Opening Workout
- “Kids Pay the Bills”
- Care & Feeding of Advanced Ranks
- Kyokushin Warm -up on the Beach
- Creating a Teacher Training Program
- Dan Zan Ryu Jujitsu
- Law & Liability in and out of the Dojo
- Morning Yoga
- Teaching Internal Principles
- Tips for Multi-Level Classes

- Michele's Early Morning Stretch
- Polishing Assistants from Mid-level to Brown Belt
- Anything in your Purse is a Lethal Weapon
- Pilates Mat Class
- Groundwork Drills
- "Which of the Seven Dwarfs are in Your Class Today?"
- Inexpensive Monthly Events to Retain & Expand your Student Base
- Creativity within Structure-A Method for Teaching Applications
- Panel on Navigating Tradition & Ethics
- Qigong in the Morning
- Training for Life-Healthy Bodies in Motion
- "Question Everything!" Exploring martial effectiveness & modifying techniques
- "Congratulations on your Black Belt-and *POOF* you are an Instructor...now What?"
- How to Apply For, Design your Class and Teach at Multi-Art Seminars
- 10-100 Most Important Things you need to Produce an Event
- Self-care and the "Sensei Psychologist"
- Paradox: Learning to Fight; Building Community
- Clothing Used for Self Defense
- Kumbong-Indonesian Breathing
- Start Your Day with a Short Circuit Workout
- Modifying Martial Arts Techniques for Self Defense Seminars
- Longevity in Training: Back & Hips Care
- Enhancing Teaching through Practical Anatomy, Geometry & Sacred Geometry
- Teaching Tactics
- From the Door to the Dotted Line
- Skill Building for Assistant Instructors
- Take-Downs & Submissions
- "Old School vs New Age"
- Shiatsu/Tuina Tune-up

- The Magic of Hakko Densho Ryu
- Anti-Bullying Techniques
- Keeping the Teacher Teaching
- Many Paths
- Applying Principles of Motor Learning to Teaching
- All Sports Dojo

2021 & 2022 Pandemic creativity

- Finding Joy in the Art with Virtual Partners
- Yin/Yang Walking and Self Massage
- Pillow Uke Drills
- How to Present an “Active Shooter” seminar
- Opening the Discussion: Power Dynamics with Race and Rank
- Radical Self Care in Pandemic Times
- Zoomjitsu: Principles & Practices for Online Martial Arts
- Keep your Tribe Engaged
- Revisiting Microaggressions
- Where Reality-Based & Trauma-Informed Teachings Meet
- Technique Concepts Across Arts & Daily Movement
- Basic Emergency Preparedness
- Young & In-Charge
- Acupressure & Self Massage
- Designing Drills to Develop Skills
- Navigating the Plateau
- Basic Emergency Preparedness

[2023]

- Yes and..... We Are Back!!
- Getting to the Core of It

- Marketing: Hits and Misses
- Rapid Response Drills
- Creating a Trauma-Competent Classroom
- Kids Just Want to Have Fun
- Teaching Martial Arts To Special Needs Students
- Chigong
- Walking Cane Workout
- Have Fun Teaching Mindfulness
- Keeping the Teacher Teaching
- Clothing Used for Self-Defense
- Creating a Financially Viable School
- Flow n' Grow Partner Drills
- Overcoming Internalized Barriers to Self-Defense
- Fit, Functional, Flexible
- Chan Ssu Jin: Silk Reeling Energy Flow
- Inside, Outside, Upside, Downside, Forward and Reverse
- Acupressure Healing Circle