



Association of Women  
Martial Arts Instructors

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TEACHING THE  
TEACHER CONFERENCE

---

2022



Education

Recognition

Community

The background of the entire page is a photograph showing the silhouettes of four women in various martial arts poses. They are standing on a rocky shoreline with water and a distant mountain range in the background under a cloudy sky. The women are positioned from left to right, each in a different stance, with their arms and legs extended in dynamic ways.

# AWMAI is...

The Association of Women Martial Arts Instructors was founded to empower advanced women martial artists via paths of learning, training, and ranking.

The AWMMAI believes that passing on our knowledge from teacher to teacher adds to the power of the individual and the entire world of martial arts.

"Every person is defined by the communities she belongs to."

– Orson Scott Card





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We couldn't do this without  
you!



Credit: Sheila Haddad

# WELCOME

## KORE GRATE, EXECUTIVE DIRECTOR

Here we go again, a virtual (not in person like we hoped and planned) AWMAl conference for 2022. It's the Year of the Water Tiger. People born in a year of the Tiger are predicted to be brave, competitive, unpredictable, confident and display great levels of willpower. Like the Tiger, we do not give up; we dig in, or at least grab a shovel.

In Chinese Medicine, balance and harmony happen as Yin (night/female/moon/cool) and Yang (day/male/sun/warm) are working together. Breathe IN, Breathe OUT. A gradual transition between day and night or breathing creates flow and harmony with the two opposites. These days it feels like we are collectively holding our breath. How do we come back to ease, to balance? One way is to meet as leaders and teachers and talk, share and lift each other up, share expertise and experiences. This is exactly what our conference offers, whether it be an in-person event, or a virtual one.

I am dedicated and honored to be part of this organization that not only continues to Teach the Teacher but goes beyond. I'm grateful for each and every one of you in my life as colleagues and life-long friends, and as members of AWMAl. Always know we are in this together, and we can rely on each other for support and inspiration.

*Kore Grate*







# Schedule

"Time isn't the main thing, it's the only thing"

- Miles Davis

TIME	Friday	Saturday	Sunday
US Central Time 10:00 am - 11:30 am		Young and In Charge Anne Dysinger	Teaching Martial Arts to Special Needs Students Diane Wallander
Noon - 1:30 pm		Technique Concepts and Daily Movements Lissette Delgado-Fitzgerald	Designing Drills to Develop Skills Hillary Kaplowitz
2:00 - 2:30 pm	Teacher Meeting	Basic Emergency Preparedness Strategies Jennie Trower	Where Reality-Based Self-Defense and Trauma-Informed Teaching Meet Jarrett Arthur
2:45 - 3:30 pm	Opening Welcome Introductions		
4:00 - 5:30 pm	Navigating the Plateau Dara Masi	Get to the Point! Acupressure & Self-Massage Amelia Jones	Closing Ceremony
6:00 - 7:30 pm	Member Meeting immediately followed by  meet and greet social time	Awards/Demo immediately followed by  social time	

Please see instructor profiles starting on page 14 for class descriptions and materials needed

“  
*TIME FLIES  
WHEN YOU'RE  
HAVING FUN!*  
”



A bit about the

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## BOARD OF DIRECTORS

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Serving on the AWMAL Board of Directors is a rewarding and fulfilling job.

- Meet and **collaborate** with your peers.
- Gain **organizational skills** at the national and even international level.
- Learn to think and **plan** nationally and globally.
- Provide a **service** not found anywhere else in the world.

Let us know if you'd like to serve!





*Executive Director*

## SHIFU/SENSEI KORÉ GRATE

Shifu/Sensei Koré Grate has been the Head Instructor/Executive Director of the Five Element Martial Arts & Healing Center in Minneapolis since 1989. Koré holds an 8th degree black belt in Wu Chien Pai, and two 2nd degree black belts in Iaido. Koré has served on the boards of NWMAF, PAWMA, and FUKUDA FOUNDATION and has taught and hosted numerous camps and conferences. A PAWMA Martial Artist of the Year, and Lifetime Achievement Awardee, she has been training in the martial arts since age 16. Inducted into the AWMAL Hall of Fame in 2012, she has been Executive Director since 2014.



*Certification Director*

## SHIHAN MELANIE FINE

Shihan Melanie Fine began her study of the martial arts as a graduate student in 1976. She was Head Instructor of Karate Temple in Columbus, Ohio for 7 years. In 1995, she met Masi Shihan, and became her student in Jujutsu. She was promoted to Renshi Shihan (6th degree black belt) in Hakko Densho Ryu Jujutsu in 2014. She also studies and instructs in T'ai Chi Ch'uan and received Teacher Certification in Yang Style Tai Chi from Master Wasentha Young. She is certified in Zheng Gu Tui Na Medical Massage. Fine Shihan is a lifetime member of the AWMAI and Jujitsu America. Fine Shihan was a Board member of the AWMAI during 2004 and assisted that organization during its infancy. She was inducted into the AWMAI's Hall of Fame in 2016 recognizing her 40-plus years of martial arts training.





*Administrative Director*

## MASTER DIDI GOODMAN

Master Didi Goodman holds the rank of Shichidan in Cuong Nhu, a Vietnamese eclectic style that blends “hard” and “soft.” She founded Redwood Dojo in Oakland, California, in 1992, and has since taught hundreds of children, teens and adults. She began training in college in 1976, trained under women’s martial arts pioneer Pauline Short at Karate for Women in Portland, Oregon, and later studied Taekwondo with Dr. Ken Min at UC Berkeley. In 1986, she joined the Pacific Association of Women Martial Artists, and through PAWMA Camp was inspired to take up Aikido, then Cuong Nhu, which later became her full-time focus. A writer, editor, and poet, Master Goodman is the author of *The Kids’ Karate Workbook*, from North Atlantic/Blue Snake books; and *Greed: A Confession*, a volume of poetry. She was inducted into AWMMA’s Hall of Fame in 2014.



*Financial Director*

## SENSEI KATIE MURPHY STEVENS

Sensei Katie Murphy Stevens is head instructor at Makoto Kai Martial Arts in Woodland, California. She has been training in Danzan Ryu Jujitsu for more than 30 years and holds the rank of Rokudan (6th degree black belt). In addition to her jujitsu studies Sensei Murph has trained in the healing arts of Danzan Ryu, and is a graduate of the Danzan Ryu Seifukujitsu Institute massage course. She has been active in support of the American Judo & Jujitsu Federation, teaching at regional and national seminars, participating in tournaments, and serving in various administrative roles. She is also a member of the AWMMA, the Pacific Association of Women Martial Artists and the Hakko Densho Ryu Martial Arts Federation. Sensei Murph began her martial arts practice for some self-defense training and fitness, but she stays for the deep friendships and her love of the art.



*Events Director*

# SIJEH SARAH SPONZO

Sijeh Sarah Sponzo began training in martial arts in 1998, studying Tai Chi and Kung Fu. She is a Senior Instructor at the Tat Wong Kung Fu Academy in Middletown, Connecticut, under the leadership of Sifu Daniel Ostrow. She also trained with Grandmaster Tat Mau Wong and holds a 2nd degree Black Belt in Choy Lay Fut. Sarah especially enjoys judging and coordinating tournaments, both in her own school, and with various organizations, including the International Chinese Martial Arts Championship (ICMAC), New England International Chinese Martial Arts Championships, Disney Martial Arts Festival, and AFACT Karate. Sarah is a travel advisor and loves to create life-changing, eye-opening travel adventures for her clients.



# 2022 INSTRUCTORS & CLASSES

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The more I learn, the more I realize how much I still have to learn



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## Sharing Knowledge

Like our membership itself, our 2022 instructors represent a wide range of martial arts styles, and hold a common desire to share what they know for the betterment of all. We hope you enjoy this variety of lecture, discussion, and “moving classroom” experiences, taught by women highly skilled in such areas as curriculum development; business, sales and marketing; pedagogy; and more.

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## JARRETT ARTHUR

Jarrett Arthur is one of the highest ranking female Krav Maga Black Belt Instructors in the country. Specializing in empowerment-based self-defense training for women and kids, Jarrett has been featured as a safety expert on dozens of national media platforms including: Good Morning America, Ellen, Shape, Fitness, Glamour, RealSimple, TeenVogue, PopSugar, Forbes, and the NY Times. She is currently a 2nd year graduate student at Fordham University pursuing a Master of Social Work degree.



# WHERE REALITY-BASED AND TRAUMA-INFORMED TEACHING METHODS MEET

This lecture will cover the fundamental principles essential to reality-based self-defense, common violations of trauma-informed teaching methods in reality-based self-defense classes, and how to effectively fuse these two modalities in order to maximize student learning and safety.



## CLASS INFORMATION

- Sunday, February 27 @ 2:00-3:30 PM
- 

- Lecture/Discussion Class
- 

- Bring pen/notebook



# MASTER LISSETTE DELGADO- FITZGERALD

Liz Sensei holds 5th Dan in traditional Tae Kwon Do and Sandan in Aikido. She is a member of the Jeet Kune Do Athletics Association Instructor Team under Sifu Harinder Singh Sabharwal, and a PFS Edged Weapons Law Enforcement Instructor and Apprentice Instructor under Sigung Paul Vunak. She is also a Rock Steady Boxing Certified Coach. She is certified as an Athlete Muscle Resilience and Conditioning Instructor, and trains numerous professional and Olympic Athletes, helping them prevent and recover from injuries while preparing to compete internationally and set World Records. She is co-creator, Chief Training Officer, and Chief Instructor of the ASSERT Empowerment and Self-Defense program, and is working towards her certification in non-violent communications (CNVC). She devotes her time to teaching Empowerment Self Defense and martial arts to her own students, as well as to at-risk and special needs groups, gender-inclusive groups, special operations teams, and security professionals.

# RECOGNIZING TECHNIQUE CONCEPTS ACROSS ARTS AND DAILY MOVEMENT

Whether you dedicate your training to one art or cross-train in a variety, the ability to identify movement concepts within techniques can facilitate your training, deepen your understanding, help you develop new and innovative uses, and make it easier to convey your knowledge and experience to your students. In this class, we explore a series of movements and techniques, see how they translate from art to art, and learn how we can reinterpret those movements into new techniques and uses in our daily lives.



## CLASS INFORMATION

- Saturday, February 26 @ 12:00-1:30 PM

- 
- Moving Classroom

- 
- Wear uniform
  - Bring pen/notebook





## SIJEH ANNE DYSINGER

Sijeh Anne Dysinger has been studying Kung Fu since 2000. She currently trains in Choy Lay Fut under Sifu Daniel Ostrow. Sijeh Dysinger has competed in several international tournaments since her training began. More recently, she earned 3 Grand Championships at the International Chinese Martial Arts Championship tournaments, organized by Master Nick Scrima.

As the Program Manager at the Tat Wong Kung Fu Academy, Sijeh Dysinger assists in the day to day management of the martial arts business. She has taught thousands of classes helping both children and adults see and grow into their potential. She has organized small and large events including tournaments and social events and assists regularly with the instructor training program. Sijeh Dysinger served as the Events Director for AWMAL from 2012-2017.



# YOUNG AND IN CHARGE

Younger instructors are often unsure of what they are supposed to do, and more importantly, how to help the students they are teaching. The goal of this seminar is to help our younger assistants learn to be more confident instructors of our arts, help them use their voice, and empower them to become better leaders. Using various teaching methods and some real-life examples, we'll explore common misconceptions and how to overcome our own doubts. This seminar will also be ideal for anyone who is brand new to being an assistant or class leader. Bring a notebook and pen or device to take notes, an open mind, and any questions you might have.



## CLASS INFORMATION

- Saturday, February 26 @ 10:00-11:30 AM

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- Lecture/Discussion Class

---

- Bring pen/notebook



# SENSEI DR. AMELIA JONES

Dr. Amelia E. Jones is a scholar warrior healer. She actively practices Chinese medicine, Tomiki aikido, painting and calligraphy. She has studied martial arts since 1983, starting out as a student of Shorin Ryu Karate under Sensei Kathy Hopwood. She holds the rank of Sandan in Tomiki Aikido, and is the senior student of Sensei Katsuo Watanabe, in Westchester County, New York. Sensei Jones teaches self-defense for schools and community groups. A graduate of the Pacific College of Oriental Medicine, she is certified in acupuncture and Chinese herbal medicine and operates Acupuncture Unlimited, a Health & Wellness Spa.

# GET TO THE POINT! ACUPRESSURE & SELF-MASSAGE

In this class we will examine some practices from ancient healing systems and translate them into tools for everyday use. Participants will learn to use acupressure and self-massage to promote wellbeing. Questions regarding specific issues will be addressed.



## CLASS INFORMATION

- Saturday, February 26 @ 4:00-5:30 PM
- 

- Master Workout
- 

- Space to sit and stand
- Comfortable clothing
- A chopstick





## PROFESSOR HILLARY KAPLOWITZ

Professor Hillary Kaplowitz holds a Ph.D. in education, specializing in instructional design and technology. She is Senior Instructional Designer for Faculty Development at California State University, Northridge (CSUN). She is also Sensei of Pacific Jujitsu Kai, and has been teaching martial arts for the City of Santa Monica since 2000. Prof. Kaplowitz began her training in 1977 in the youth program at the Santa Monica YMCA under Sensei Jim Nieto, where she also competed on the Judo team. She subsequently trained under many highly-ranked instructors, earning the title of Kyoshi in 2008, receiving a Shihan Kaidensho in 2013, and being awarded her Professorship from the American Judo & Jujitsu Federation (AJJF) in 2017. She is an instructor in the Danzan Ryu Seifukujitsu Institute massage program and has served various volunteer leadership positions in the AJJF. One of her interests is in the iron fan techniques of Danzan Ryu and she has published a book on the subject, Tessenjutsu.



# DESIGNING DRILLS TO DEVELOP SKILLS

In addition to practicing the specific techniques in our martial arts systems, we can use drills to help increase skill development. In this class, we will look at how isolating and practicing specific movements can be beneficial. We'll explore different types and goals of drills, and ways to develop drills from movements in our own systems. Options for both solo and partner practice will be covered. There will be opportunities to share drills with each other and begin to develop new drills.



## CLASS INFORMATION

- Sunday, February 27 @ 12:00-1:30 PM

- 
- Moving Classroom

- 
- Wear uniform
  - Bring pen/notebook
  - Have some space to move



## DARA MASI, SHIHAN

Dara Masi, Shihan started training in the martial arts in 1986. She is Doshu (system head) of the Hakko Densho Ryu Martial Arts Federation. She lives in Northern California, where she is the Head Instructor of Suigetsu Dojo, built on 70 acres in a pine forest. Masi Shihan is a co-founder of the Association of Women Martial Arts Instructors and a member of the AWMAI Hall of Fame, recognizing 30+ years of training. She is the United States Delegate for FESECAM European Federation of Martial Artists. Masi Shihan was inducted into the Jujitsu America Black belt Hall of Fame in 2004 and in 2016 she was awarded the Lifetime Achievement Award from the Pacific Association of Women Martial Artists. She continues to teach and host seminars in Northern California, as well as presenting seminars around the country in Hakko Densho Ryu Jujutsu, Nishioryu Toho Iaido and Hojojutsu.

# NAVIGATING THE PLATEAU

On the long road of our martial arts journey, we all experience highs and lows. There will be moments when we feel like we are growing. At other times, there are challenges during which we may feel frustrated. I have found the most interesting time on my path to be when I am on the plateau. A plateau is defined as “a state of little or no change following a period of activity or progress.” I have found myself frustrated on the plateau and feeling stale and often see this in my students. However, over time, I have come to realize that the plateau is where the real training actually takes place and can be a place of peace, learning, and internal growth. We will discuss our experiences on the plateau, how deep growth can actually be realized while there, and how we can inspire our students during their struggle.



## CLASS INFORMATION

- Friday, February 25 @ 4:00-5:30 PM
- Lecture/Discussion Class
- Bring pen/notebook





## JENNIE TROWER

Jennie Trower is a skilled instructor, presenter and speaker with more than two decades of experience in martial arts, self-defense, and safety training and teaching. After personal and professional losses during the COVID-19 pandemic, Jennie pivoted within the safety space, earning a third college degree in emergency management, multiple disaster management certificates through FEMA, and volunteering for ongoing disaster relief efforts with the American Red Cross. She brings the same balanced, accessible, effective and actionable approach to emergency planning, preparedness and response as she did previously with self-defense.



# BASIC EMERGENCY PREPAREDNESS: AFFORDABLE, ACCESSIBLE AND ACTIONABLE STRATEGIES

This class will approach disaster/emergency planning and present accessible, affordable and actionable tools and strategies to help people become better prepared and more resilient. We will investigate and discuss the following:

- How are self-defense/martial arts and emergency preparedness similar?
- What groups of people suffer the greatest effects from disasters, statistically and historically?
- What should we prepare for?
- Why is it important to prepare?
- How do we prepare to stay? How do we prepare to evacuate?
- How do we plan for our pets? Folks with special needs?

This course will be taught from a perspective that seeks to mitigate the fear so many people experience around these issues, and transform it into action and confidence.



## CLASS INFORMATION

- Saturday, February 26 @ 2:00-3:30 PM
- 

- Lecture/Discussion Class
- 

- Bring pen/notebook



# SHIHAN DIANE WALLANDER

Shihan Diane Wallander's love for martial arts covers the training, the discipline, the striving towards perfection, and the life enriching connections with fellow martial artists. Diane has practiced and taught martial arts with one goal in mind: to train and prepare as many students as possible in an effort to combat the stain of sexual assault in our world.

She holds a degree in Biology and Masters and Doctorate degrees from Northwestern University in Anthropology. Her research in primate behavior focused on understanding the development of behavior, and linking patterns in signals of aggressive, play, parental and feeding behavior. It is the unique combination of her expertise in practical, effective self-defense skills, paired with a deep understanding of behavioral signals, that allows Shihan Diane to teach her students a self-defense program rooted in reality-based scenarios of sexual assault.

# TEACHING MARTIAL ARTS TO SPECIAL NEEDS STUDENTS

Students with special needs deserve instructors and curricula that recognize, understand and integrate accommodations that are vital to these students' learning and success. Much of the focus in special education has been in the classroom, but not so much in the area of physical education. This session will focus on best practices for teaching martial arts to neurodivergent students, such as those diagnosed with ADHD, ADD, & ASD.



## CLASS INFORMATION

- Sunday, February 27 @ 10:00-11:30 PM

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- Lecture/Discussion Class

---

- Bring pen/notebook



# OUR ORGANIZATION



The Association of Women Martial Arts Instructors welcomes female martial arts instructors, assistant instructors, and aspiring instructors of all martial arts styles hard and soft.

As a Member you have the opportunity to meet and collaborate with other women who have trail-blazed the path you are now pursuing.

Our Motto:

*Teaching the Teacher*

Our Mission:

We provide high-quality education, training, and support, as well as opportunities for networking, advancement, and professional recognition, to women instructors and business owners in the fields of martial arts and self-defense.



Our Vision:

We strive to be leaders in the communities we serve; to be partners in helping each other achieve recognition and excellence in our respective pursuits; and to take pride in elevating the performance and reputation of all our members' schools and classes.

# Our Values

## Integrity

We maintain the highest standards of personal and business ethics in all our interactions, continually strengthening relationships through honesty, trustworthiness and reliability.



## Respect

We respect the unique contributions of every teacher and student, valuing the diversity of their experiences, ideas and initiatives. We ensure that everyone has the opportunity to learn and contribute in a way that enriches their personal development.

## Inclusivity

We welcome all women, including individuals who are transgender, non-binary or self-identify as women and who believe a space reserved for women martial artists is a home.





An elite group of women martial artists honored by their colleagues and peers.

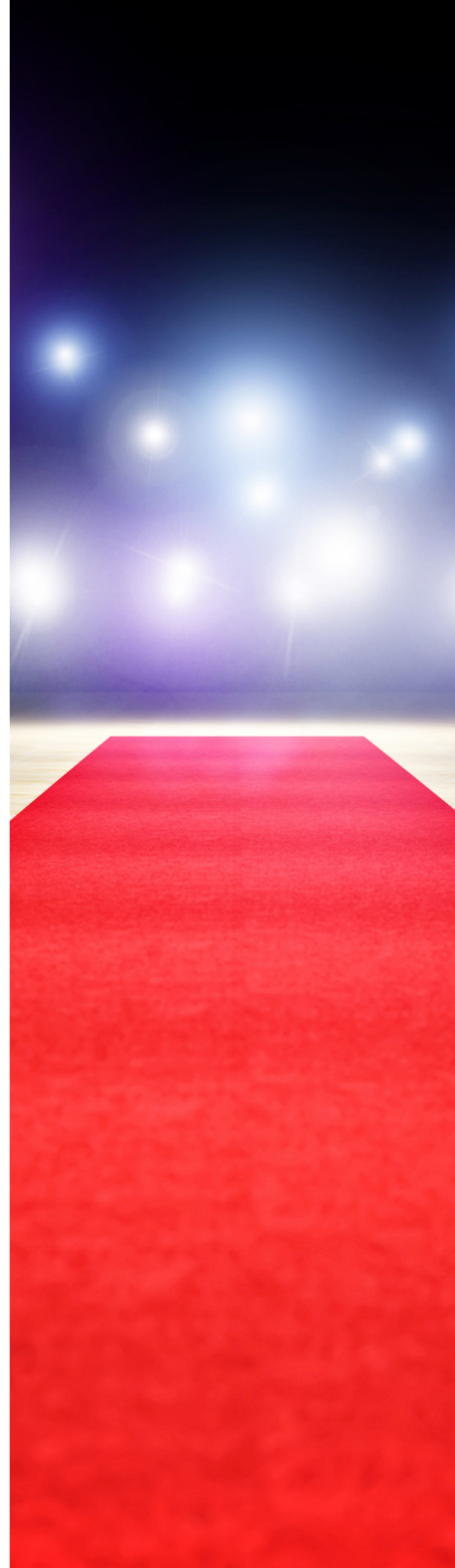
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# HALL OF FAME

A great deal of commitment, dedication, and passion is needed to sustain oneself in a male dominated profession.

We value and honor women whose exceptional dedication and longevity in martial arts exemplify the highest potential of every woman and girl. Our annual Hall of Fame Presentation acknowledges and celebrates these women and gives them the recognition they deserve.

If you have 30-plus active years as a martial artist, you are eligible to apply for this honor. We also encourage you to nominate your instructor, or any colleague who meets the requirements and deserves recognition for her accomplishments.





# Recognition

"There is no limit to  
what we, as women,  
can accomplish."

- Michelle Obama

## ARE YOU ELIGIBLE, OR IS SOMEONE YOU KNOW?

### Rank Recognition

An official peer recognition and celebration of current rank.

An AWMAL Rank Recognition Certificate also indicates to your students and colleagues that you are a member of an international community of women martial artists representing myriad styles and systems.

This program allows us to honor you, and supports the work of AWMAL. Let us celebrate you at our next gathering! If you were promoted during the past year, please consider adding this acknowledgement of your accomplishment.

### Rank Promotion

Available to members who desire rank advancement, but currently do not have a teacher to promote them.

Applicants must meet strict requirements and are reviewed by a committee of senior women martial artists representing a variety of styles and expertise.



Our sincere thanks to:

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## THE TECHNICAL TEAM

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### GINA MARES KURTZ

Gina is a 2nd degree black belt in Kajukenbo at Seven Star Women's Kung Fu under Sigung Michelle McVadon. She serves as the Executive Director, Assistant Head Instructor, and Acting Sifu at Seven Star. Gina is also one of Seven Star's self-defense instructors, teaching community self-defense classes in the greater Seattle area. Gina is currently a Pacific Association of Women Martial Artists (PAWMA) Board Member.



### GIN YANG

Gin has been training in Kajukenbo for over 18 years, and was promoted to 3rd degree black belt by Sigung Michelle McVadon in 2019. As a student of the martial arts for life, she is curious and enthusiastic about learning. Outside the Kwoon, Gin is passionate about Pilates and is a certified instructor in Stott Method Pilates. She is also an avid skateboarder, and loves to spoil her adorable dog, Eggroll.



# National Women's Martial Arts Federation

OUR SISTER ORGANIZATIONS



Building personal and collective strength, safety, and well-being through martial arts, self-defense, and healing arts, to empower women and others affected by gender-based discrimination



## 2022 RISE Conference

Wednesday, August 03, 2022 – Sunday, August 07, 2022

Daemen College, Amherst, NY

Visit [www.nwmaf.org](http://www.nwmaf.org) for more information

## SAVE THE DATE FOR PAWMA CAMP!

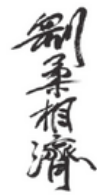
Mark your calendars for camp! Come train and connect with us at the beautiful CYO Camp in Occidental, CA. More info coming soon at [pawma.org](http://pawma.org)

*Join or renew today to enjoy all of our membership benefits!*



## PAWMA Camp 2022 October 13-16

*PAWMA welcomes all women and girls, including individuals who are transgender, non-binary, or self-identify as female.*



**PAWMA**  
Pacific Association of  
Women Martial Artists

Hard and soft  
Working together  
Become complete



Master Lissette Delgado-Fitzgerald  
and KSA Martial Academy



OUR SPONSORS

M O D E R N  
*Herb Shop.*



SPONZO  
TRAVEL

CUSTOM LUXURY ADVENTURE

The AWMAI is a worldwide network of accomplished and high-aspiring women, we share a passion for martial arts, and a genuine desire to see each other succeed.

Together we can help you:

- Bring your martial arts business to a new level
- Elevate your teaching skills
- Improve your leadership abilities
- Open up paths for learning and advancement
- Gain recognition for your rank and achievements

We welcome all styles and branches of martial arts and self defense, and all levels of teaching experience – from newcomer, to part-time, to seasoned professional.



Association of Women  
Martial Arts Instructors

# TEACHING THE TEACHER CONFERENCE *2022*

The Association of Women Martial Arts Instructors is a non-profit organization

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AWMAI

PO Box 4309, Davis CA 95617

Education

Recognition

Community