



- (1) 1996 NWMAF “Roots & Renewal”-June 13-16 -Wheaton College-Norton, MA.**
Learn to Love the Mat Part 1: Rolls
Learn to Love the Mat Part 2: Falls
Using Judo Eclectically
Empty-Space Fighting
Demo: Three ring circles (Tao Fake Tatus on Deltoids with students)
- (2) 1996 PAWMA “Returning to the Source”-Aug 9-12 -Walker Creek Ranch-Marin, CA**
Feng Techniques
Using Judo Eclectically
Empty-Space Fighting
Demo: Power went out! Tatu on Stomachs! Same as above
- (3) 1997 NWMAF “Time for Growth” -July 23-27 -SUNY- Geneseo, NY**
Learn to Love the Mat Part 1: Rolls
Learn to Love the Mat Part 2: Falls
Using Judo Eclectically
Yin-Yang and the Space In-Between
Wu Chien Pai for Black Belts (Feng Techniques)
Demo: All
- (4) *1998 NWMAF- Attended (Jan came) July- Washington, DC**
- (5) 1998 PAWMA “Beyond Bounderies” -Aug 28-31 -Camp Elphinstone-Gibson, BC.**
Learn to Love the Mat
Yin-Yang and the Space In-Between
Ah Kuzushi
The Five Elements
Demo: Warrior Song (1st time) Broadswords from China
- (6) 1999 NWMAF “Express Your Power” -June 19-21 -St. Catherines-Ontario, Canada**
Learn to Love the Mat Part 1: Rolls
Learn to Love the Mat Part 2: Falls
Ah Kuzushi
The Five Elements
Demo: Warrior Song
- (7)1999 PAWMA -July 30-Aug 2-Sonoma State University-Sonoma, CA**
Learn to Love the Mat Part 1: Rolls
The Five Elements
Wu Chien Pai Self Defense
Demo: Warrior Song
- (8) 2000 NWMAF “Stretching the Limits” -June 28-July 2 -Shepherd College-Shepherdstown, WV**
Learn to Love the Mat
The Five Elements
Demo: with the FEMA GIRLS!
- (9) 2001 NWMAF “25th Anniversary”-July 12-15 -Rollins College-Winter Park, FL**
Learn to Love the Mat
The Five Elements
A Deeper Love for the Mat
How to go about getting a Good Tatu (workshop)
Demo: with FEMA
- (10) 2001 PAWMA “A Training Odyssey”-Sept 7-10-Camp Elphinstone-Gibson, BC.**
Learn to Love the Mat
Exploring Kuzushi
Judo Nage
Demo: (Note: Tat & The Maori’s inducted us!)
- (11) *2002 NWMAF “Many Women, Many Arts” July Washington,DC**
Demo: For Coleen (Iaido to “Somewhere Over the Rainbow)
- (12) *2002 PAWMA “25th Anniversary-Gathering Spirit” Sept 6-9 Mt. Madonna Center, Monterey Bay, CA**
Vice President of PAWMA/Created Elder Council Position

- (13) 2003 NWMAF “Mastering Beginners Mind” -July 17-20-Oberlin College-Oberlin, OH**
 Learn to Love the Mat
 The Five Elements
 Agility Exercises
 Off Balancing: The Kuzushi of it All
 Demo: Warrior Song
- (14) *2004 NWMAF “Strong Circles: Self, Community, World” July-Stonehill College-Easton, MA**
- (15) 2004 PAWMA “Developing Compassion, Building Strength” Sept 3-6 Stampfer Center-Olympia, WA**
 Judo Basics: The Art of the Gentle Way (volunteer taught)
- (16) 2005 PAWMA “Balance & Harmony in Training”-Aug 5-8- Sonoma State Univ.-Sonoma, CA**
 Judo Newaza: Balance & Harmony on the Ground
 Judo Nage: Balance & Harmony in the Air
 Styles of Learning (co-taught with Sifu Jan Parker)
 Demo: **Awarded MARTIAL ARTIST OF THE YEAR**
- (17) 2006 AWMAI-January Deerfield Beach, FL**
 Panel on Fear with Kyoshi Sarah Ludden & Master Wasentha Young
 *New Right Bionic Hip
- (18) *2006 NWMAF “30 Years of Power ” -July 13-16 Northern Illinois University-DeKalb, IL**
 Drove two vans with students/ Demo:
- (19) *2006 PAWMA “Ancient Wisdom, Modern Expression”-Sept 1-4 Stampfer Center-Olympia, WA**
 Assisted Master Su Zifang in her classes
- (20) 2007 AWMAI - January-Deerfield Beach, FL**
 The Hard & Soft of Chinese Martial Arts
- (21) 2007 NWMAF “The Five Elements”-July 26-29 Texas Women’s Univ.-Denton, TX**
 Iaido-The Way of the Sword
 Iaido-The Next Level: Rokudanuchi
 The Five Elements Movement
 Centering & Sensing
 Demo: Five Element Demo
- (22) *2007 PAWMA “Hard & Soft Working Together”-Aug 31-Sept 3 -Walker Creek Ranch, Petaluma, CA.**
 Assisted Master Su Zifang in her classes
- (23) 2008 AWMAI *Organized the Event-January-Deerfield Beach, FL**
 *2008 NWMAF “The Journey is the Reward” July 16-20 -Hobart & Smith Colleges, Geneva, NY
- (24) 2009 AWMAI-January -Daytona Beach, FL**
 *Assisted Master Su Zifang in her classes
 Liangong
- (25) *2010 AWMAI March Las Vegas, NV**
- (26) 2010 NWMAF “Unity Strengthens, Diversity Transforms” -July 12-17-Oberlin College-Oberlin, OH**
 On the Ground, Now What?
 Timing & Takedowns
 The Sword & The Brush
 2D into 3D
- (27) 2011 AWMAI –January-Las Vegas, NV**
 How to Organize a Benefit Event
 Eight Styles of Learning in the Community
 Liangong Favorites
- (28) 2011 NWMAF “Many Passions, Harmony of Purpose”-July 20-24-Brockport College-Brockport, NY**
 *Volunteer Fundraiser=Quad-A-Thon!
 -Sweat-a-thon:Myself, Linda Ramzy, Sonya Richardson & Sally VanWright
 -Flow-A-Thon: Barbara Feldman, Jamie Zimron, Wendy Lathrop & Wasentha Young
- (29) 2011 PAWMA “Spirit Rising” -Sept 2-5** **-Community Center, Seattle, WA**

On the Ground, Now What?
Just Shoot Me
Closing Class: Spirit Rises Together
Demo: Awarded LIFETIME ACHIEVEMENT AWARD

(30) 2012 AWMMAI Hall of Fame –February- Las Vegas, NV

Generational Styles of Learning
Panel: "Where do we go from here?"
with Ginger Burnsides, Arlene Limas, Cookie Menendez, Graciela Cassilas
Inducted into the AWMMAI HALL OF FAME=40 years or more

(31) 2012 NWMAF "Women's Martial Arts Conference"-July 25-29-Oberlin College-Oberlin, OH

SDIC Track: Powerpoint=Five Fingers of Self Defense, A Living Model of Feminist Empowerment
SDIC Track: Knife Disarms for Self Defense

(32) *2012 PAWMA "Spirit of the Dragon" -Aug 3-5 -Berkeley High School, Berkeley, CA

Free camp for getting award

(33) *2013 AWMMAI February 21-27 Las Vegas, NV

(34) 2013 NWMAF –Naperville, Ohio

SDIC Track: Co-taught with Sifu Sonya Richardson a free community SD class
Calligraphy Class; Body and the Brush (movement & art)
Calligraphy Class: The Basics of Chinese Calligraphy
Youth Agility
Our Many Paths (five teachers offering)*First time DEBUT!

(35) 2014 NWMAF "Peace Works" North Central College, Naperville, Ohio

*SDIC Track: Co-taught with Sifu Sonya Richardson a free community SD class (*volunteer only)
*Assisted Master Su Zifang in her classes

(36) 2014 PAWMA Aldersgate Retreat Center-Turner, Oregon

Self Defense Techniques to Promote Peace
Balancing the Heart Qigong
Nan Quan (Southern Fist) form
*assisted Master Su Zifang in her classes

(37) 2015 AWMMAI Conference-Crowne Plaza Hotel, Austin, Texas (Executive Director)

*Organizer
Many Paths Class
Safely Adding Submissions

(38) 2015 PAWMA-"Wonder Women"-Aug 14-17- Camp Campbell, Boulder Creek, CA

*Attended to promote TAG 2016
*Assisted Master Su Zifang in her classes

(39) 2015 NWMAF-July 15-19-Causeway Bay Hotel, Lansing, MI

Nan Quan
Expanded Vision Sparring
Chinese Calligraphy
*Promoting TAG 2016 & Assisted Master Su Zifang in her classes

(40) 2016 Tri-Alliance Gathering-July 20-24-(All three organizations together)-North Central College, Naperville, ILL

*Organizer/on Core/Tag Team, created Logo and t-shirt design
*MC/Organizer of the Demo: "Grace & Power" (Raised \$!-first time tickets sold online)
*Assisted Master Su Zifang in her classes