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Kids' Classes

Basic Nunchaku for Kids (Senseis Gerry Goradesky and George Lauster). Bring a pair of rubber nunchaku AND a pair of socks. We'll learn and practice the basic strikes, patterns and pass/catches of nunchaku. Open to all ranks kids. *Ask your instructor ASAP if you need to get a practice nunchaku for this class!*

Adventure Tambo (Sensei Gaylan Lewallen). This story-driven class uses tambo techniques to defeat the villain. Students should bring a tambo or something to substitute, such as a wooden spoon, towel, or other object to serve as a weapon. Open to all ranks kids.

Mystical Martial Arts Kata (Sensei Gaylan Lewallen). In this class, we use magic powers to describe our kata and techniques. We will come up with our own original kata by the end of the class. Open to all ranks kids.

6 Movements, 4 Directions – for Adults and Kids (Sensei Rosario Fico). Learn and practice this classic Cuong Nhu footwork drill, and master “the five A’s of 6 movements, 4 directions” – All Blocks, All Punches, All Kicks, All Stances, All Directions! We'll cover techniques through 2 green stripes. Open to all ranks.

Classes for Instructors and School Heads

Instructional Principles: The Basics of Teaching (Senseis Johnson Kung and Chris Perry).

This class is designed to help Sensei and Senpai create more engaging, productive, and structured classes. It will go over various teaching concepts and methods. Come join us, whether you are a new to teaching or a seasoned veteran with great ideas to share. Brown belt and above.

Dojo Growth Roundtable (Sensei Tanner Critz). In this discussion we'll talk about how to grow the size, strength, and community of your dojo. Come ready to talk about what's worked for you, what your challenges are, and what your goals for your dojo are. The pressure cooker of running a dojo through a pandemic has resulted in lots of innovation, so let's share and grow!

Panel Discussion on Community Self-Defense Classes (Senseis Joanne Jones, Parnee Poet, Evan Dzierzynski, and Lara Tribe-Jones). Self defense is a universal human concern. As a martial arts instructor, self-defense skills are a great value you can offer your community and your students. Whether you've been offering a program for years, or are thinking of starting one, come hear these perspectives on making your program the best it can be – and contribute your own expertise. Four panelists will present on specific topics, and the remainder of class time will be spent on Q&A and sharing ideas and experience.

- Sensei Joanne Jones will talk about curriculum and class structure, and how to keep it current and fresh.
- Sensei Evan Dzierzynski will address reality-based training, including a look at padded attacker and other equipment, what to get and how to use it.
- Sensei Parnee Poet will discuss how trauma can affect self defense/martial arts students, how to support students' trauma responses, and other trauma-related topics to consider for self defense/martial arts classes.
- Sensei Lara Tribe-Jones will discuss Empowerment Self Defense - what it is/what it means; and how the ESD model might inform your decisions about what to teach, how to present it, and how you portray what you are offering to those you wish to serve in your community.

All panelists, as well as anyone present for the discussion, will explore such topics as how to do outreach and follow-up; turning self-defense students into martial arts students; and other areas of interest to instructors and school heads.

Adult classes open to All Ranks, including white belt (*means kids may attend with their instructor's permission, if they are able to train/listen well independently on zoom):

***Add Drama to your Kata! (Sensei Marc Gowan).** Explore ways to make your performance of kata stand out, and cause those watching to be engrossed and captivated. Aside from being a ton of fun, this can be very useful when promoting our style and your dojo to others. Following this class you can apply what you have learned to hard style, soft style, and weapons katas. *I look forward to sharing with you some of what I have learned as a professional actor and director.* Open to all ranks, even if you only know Kata 1.

***Going the Distance (the Rocky demo) (Sensei Ming Fung).** At the end of V-IATC we'll honor Grandmaster Quynh Ngo by performing the demo of his youth together. In this class we'll review the demo, timing, clarify techniques, and practice performing it together online. We advise you familiarize yourself with the demo ahead of time by studying these videos:

<https://www.youtube.com/watch?v=tCOuIKxNe88>

https://www.youtube.com/watch?v=w0wm_MYgWIM

But if you haven't had time to prepare, don't let that stop you from participating!

***6 Movements, 4 Directions (Sensei Rosario Fico).** Learn and practice this classic Cuong Nhu footwork drill, and master “the five A’s of 6 movements, 4 directions” – All Blocks, All Punches, All Kicks, All Stances, All Directions! We’ll cover techniques through 2 green stripes. Open to all ranks.

***Taikyoku Applications, beginning to advanced (Sensei Roy Albang).** This class will explore how the movements of our beginner-level katas, when properly understood and executed, are the basis for sophisticated applications that embody important self-defense concepts. If possible, bring a training partner to this class. All ranks welcome (must know Taikyoku), including instructors.

***Cuong Nhu Philosophy Plus (Sensei Roy Albang).** We’ll discuss Cuong Nhu philosophy as it relates to self-defense and training, using several of O’Sensei Dong’s word groups – and some new ones. You’ll find these concepts have great practical value for both students and instructors. All ranks welcome.

Chi Gung Principles and Nhu 1 Kata (Sensei Lynne Correia). This class will serve three purposes: to start the day with gentle and invigorating chi gung movements and breathing; to explore the principles of chi gung movement; and to show that these body movement principles are the essence of Nhu 1 kata. Open to all ranks adults.

Fitness for the Martial Artist (Senseis Alek Kaknevičius & Kaylyn Kraus). Join Senseis Alek and Kaylyn, to start your day with a fitness workout tailored for martial artists. All ranks adults.

Formatted and Free-Form Self-Defense (Sensei Mark Brandenburg). In this class we will work on formatted self-defense to a variety of attacks. We will start with free-form self-defense, focusing on flowing from and re-directing your attackers energy (think Cuong Nhu style Chi

Sao) and then move into specific self-defense combinations. Ideally, you should have a partner when taking this class but it can be done solo. All ranks welcome.

Kicking from the ground (Masters Robert First and Elizabeth Roman). This class will cover a variety of kicking techniques and combinations from the ground, with applications. All ranks welcome.

Noi Cong - Inner Strength Form (Senseis Andy Gannon and Jan Nelson). This original internal strength form of O'Sensei's is a cornerstone in the development of Cuong Nhu's Soft Style. It is designed to increase Ki flow and balance. Students will also learn applications of the form and other Ki-building exercises. Open to all ranks.

Nunchaku for Adults (Senseis Gerry Goradesky and George Lauster). Bring your own nunchaku and be ready to swing! Ideally, you should practice forward and reverse figure-8s in advance. Measure the length of your rope or chain: It should be about as long as your three middle fingers are wide; longer than that, and you will have trouble. Open to all ranks adults.

Tai Chi Basic Movements (Master Ricki Kay). Breathe, relax, and enjoy! All ranks welcome.

Tambo Locks, Blocks, and Disarms (Sensei Mark Brandenburg). In this class we will learn several tambo locks (elbow, arm, neck, finger, leg), disarms, strips, and takedowns in both yin and yang grip. We will also work empty hand-tambo self-defense. Ideally, you should have a partner when taking this class but it can be done solo. All ranks welcome provided you have some tambo experience.

Understanding Applications (Sensei John Salmon). This class will focus on the basic principles of kata applications (bunkai). This will be an interactive session - *even over Zoom!* – so please try to have one or more training partners available if possible. Access to mats would be great but *not required*. Green belt and above preferred but everyone is welcome! Instructors are encouraged to attend.

Adult Classes with Higher Rank Requirement (see description)

Exploring the Jo (4-foot staff), with comparisons to tambo and bo (Sensei Joe Montague). Legend dates the Jo to the great swordsman Musashi; Japanese police use them today. Few weapons have such a rich history. In addition to the specific arts of Jodo, it is integral to other martial arts practice as well, particularly Aikido. As a staff weapon it falls naturally between bo and tambo. In the Jo techniques, spear and sword principles are applied to a walking stick. Applied to empty hand techniques, basic Jo practices the power of joining together (Aiki). Simply swinging the stick with both hands extends the center through the body. Come take a sticky walk from one end to the other as we explore the length and breadth of Jo. Green belt and above welcome. *If you don't have a standard four foot Jo, you can cut down an old Bo, or any wood dowel, PVC pipe or simply practice with your bo and or tambo.* Green belt and above.

Pinan 4 and Applications (Sensei Shawn Whitney). Pinan 4 is an important review kata for assessing a student's martial ability. We'll learn/review the kata, work on principles and drills that target key elements of the form, and show applications and application principles. Green belt and above.

Jutte and Applications (Sensei Angel Albanese). Green belt and above.

Tambo 1 and Applications (Sensei Joe Shacter). Green belt and above.

Double Tambo 1 and Applications (Sensei Kevin Cardoni). Brown belt and above.

Double Tambo 3 and Applications (Master Darius Jones). Brown belt and above.

Centerline 1 and Applications (Sensei Johnson Kung). Take your centerline to the next level by understanding the dynamic movements hidden in this compact kata. Green belt and above.

Tiger Form and Applications (Sensei Alek Kaknevicus). Brown stripes and above.

Snake Form and Applications (Sensei Kaylyn Kraus). Brown stripes and above.

Bo 6 (Masters Robert First and Elizabeth Roman). Black stripes and above.

Weapons Classes and Weapons Katas (for adults)

Tambo Locks, Blocks, and Disarms (Sensei Mark Brandenburg). In this class we will learn several tambo locks (elbow, arm, neck, finger, leg), disarms, strips, and takedowns in both yin and yang grip. We will also work empty hand-tambo self-defense. Ideally, you should have a partner when taking this class but it can be done solo. All ranks welcome provided you have some tambo experience.

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Empty-Hand Kata Classes

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Tiger Form and Applications (Sensei Alek Kaknevicus). Brown stripes and above.

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