



45th Annual
Training
Camp



PAWMA

Pacific Association of
Women Martial Artists

Hard and soft
Working together
Become complete

October 13-16, 2022

CYO Retreat Center
Occidental, CA

Thursday Schedule

3 pm	Camper Check-in			
4:30-5:30 pm	Teacher Orientation		LN	
6-7 pm	Dinner		ML	
7-7:30 pm	Opening Ceremony		BC	
7:30-8:30 pm	Opening Class with Sifu Kat Long Heightening your Intuition		BC	↓ ⊙
8:45-10 pm			Session A	
The Illustrated Training Journal	Michelle Johnson	LL	↓	⊙
Grappling for All	Sensei Nikki Smith	HH	↔	👤
<i>SJ Discussion: What is Solidarity?</i>		ML		

ML = Main Lodge	↑ = high exertion	⊙ = non-contact class
LL = Lower Lodge	↓ = low exertion	👤 = contact class
LN = Lodge Lawn	↔ = moderate exertion	👤 = can be modified either way
HH = Harriman Hall		
BC = Basketball Court		
PR - Pomo Ridge		

We'd love your feedback on our classes!

Scan here or go to pawma.org/2022



Friday Schedule

7-8:00 am		Session B		
Fire Breathing	Sister Maggie Dawson	LN	↓	⊙
Fierce Warrior Fitness Circuit Workout	Coach Emily Dobrich	ML	↑	⊙
8-9 am • Breakfast				
9-10:30 am		Session C		
Kajukenbo Sticky Hands	Prof. Melinda Johnson	LN	↔	⊙
Timing, Counters, & Rapid Response Drills	Sifu Kat Long	ML	↔	⊙
Partner Yoga to Enhance Partner Practice	Sifu Schuyler Fishman	HH	↔	👏
Power is Earth	Michelle Johnson	PR	↔	⊙
10:45 am-12:15 pm		Session D		
What is Standing Meditation & Why Should You Do It?	Sifu Jen Resnick	PR	↓	⊙
Muay Thai Fundamentals	Coach Emily Dobrich	LN	↔	⊙
Conditioning for Mobility & Accessibility in Forms	Sifu Schuyler Fishman	ML	↑	⊙
Handstands: Play Your Way to Better Punches and Blocks	Jaydra Perfetti	HH	↔	⊙
12:30 pm • Lunch				
12:30 pm • <i>SJ Discussion: Racial Affinity Group Lunch</i>		ML		
1:30-2:15 pm • Annual Membership Meeting		LL		
3:30-5 pm		Session E		
Stick Block & Counter Sets	Prof. Melinda Johnson	BC	↔	⊙
Teaching Alignment	Sifu Jen Resnick	LN	↔	⊙
Self Defense When You Can't Hit Back	Sensei Nikki Smith	HH	↓	⊙
Iaido Katas: The Art of the Japanese Sword	Sensei Jamie Zimron	ML	↔	⊙
6 pm • Dinner				
6:30 pm • Demo Practice/Walk-Through		ML		
7:30 pm • Awards Ceremony & Demo		ML		

Saturday Schedule

7-8 am		Session F	
Rising Sun Gayatri Mantra Practice	Sister Maggie Dawson	ML ↓	⊗
Reconnect With Your Truth: A Restorative Yoga Flow	Coach Emily Dobrich	HH ↓	⊗
8 am • Breakfast			
9-10:30 am		Session G	
Instructor Workshop: Differentiated Groupings, Gamification and Team Building	Sifu Schuyler Fishman	LN ↓	○
Judo	Sensei Nikki Smith	HH ↔	🖐️
Sticky Sticks: Long-Range Stick Push Hands	Michelle Johnson	BC ↔	○
Mega Mitt Workout	Sifu Kat Long	ML ↑	🖐️
10:45 am-12:15 pm		Session H	
The Timing of Constant Forward Pressure	Jaydra Perfetti	ML ↑	○
Shime: Closing the Gap on the Ground	Profs. Fuchs & Freeman	HH ↔	🖐️
Games & Conditioning for Martial Artists	Sifu Emmy DeFigueiredo	BC ↑	🖐️
Applied Iaido & Sword Taking Techniques	Sensei Jamie Zimron	LN ↔	🖐️
12:30 pm • Lunch			
1:15 pm • Group Photo	Location TBA		
1:45-3:15 pm		Session I	
Swimming pool is open			
Tips for More Technical Takedowns	Profs. Fuchs & Freeman	HH ↔	🖐️
Trauma Healing & Peacemaking in the Real World	Sensei Jamie Zimron	LL ↓	⊗
3:30-5 pm		Session J	
Open Sparring & Push Hands		ML	
Open Mat	HH Open Forms	BC	
6 pm • Dinner			
6:30-7:30 pm • <i>SJ Discussion: Gender Justice in Our Training Spaces</i>		LL	
7:30-10:30 pm • Party & Bazaar		ML	

Sunday Schedule

7-8 am

Session K

Five Element Qigong

Sifu Jen Resnick

HH ↔ ⊘

8 am • Breakfast

8 am • *SJ Discussion: Intersectionality & Disability Justice*

ML

10:00 am • Campers packed and out of cabins

9-10:30 am

Session L

The Wind Movement

Sister Maggie Dawson

ML ↔ ⊘

Building Power

Prof. Melinda Johnson

BC ↔ ○

Knees and Shoulders: Practical Joint
Rehab Strategies

Profs. Fuchs &
Freeman

HH ↓ ○

Coming Back Together

Jaydra Perfetti

LN ↔ 🖐️

10:45 am-noon

Closing Class

LN ↓ ○

ML = Main Lodge

LL = Lower Lodge

LN = Lodge Lawn

HH = Harriman Hall

BC = Basketball Court

PR - Pomo Ridge

↑ = high exertion

↓ = low exertion

↔ = moderate exertion

⊘ = non-contact class

🖐️ = contact class

○ = can be modified either way