

Friday, May 16, 2025		Meadow	Dining Hall	Upper Jensen	Other
3:00 pm - 10:00 pm	Registration Open				Registration Area
4:30 pm - 6:00 pm	Session 1			Muay Thai	
				Shihan Chrotpher Woo	
6:00 pm - 7:00 pm	Dinner	Dinner	Dinner	Dinner	Dinner
7:10 pm - 8:20 pm	Session 2			Adv Stick Drills	
				GM Laura Armstrong	
8:30 pm - 9:00 pm	Campfire Orientation				Campfire Orientation
Saturday, May 17, 2025		Meadow	Dining Hall	Upper Jensen	Other
7:00 am - 8:00 am	Session 3		Chinese Boxing	Stretching & KT Taping	
			Prof George Arrington	Prof Tatiana Deeff	
8:00 am - 8:50am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:50 am - 9:05 am	Instructor Introductions				Registration Area
9:15 am - 10:30 am	Session 4	Boxing		Aikido	
		Sensei Selena Boggs		Sensei Mitsuo Nobusada-Flynn	
10:35 am - 11:55 pm	Session 5		Qigong	Vital Point: Atemi Waza	
			Master Angela Lee	Prof Tony Janovich	
12:00 pm - 12:45 pm	Lunch	Lunch	Lunch	Lunch	Lunch
12:55 pm - 2:15 pm	Session 6		Principles of Self Deense	Control Techniques	
			Sr GM Skip Hancock	Prof Mel Canisibog	
2:20 pm - 3:40 pm	Session 7		ESD	Boxing Drills	
			GM Laura Armstrong	GM Graciela Casillas	
3:45 pm - 5:05 pm	Session 8		Irish Stick Fighting	Ground Locks & Chokes	
			Sensei Jeff Dorneman	Prof Denise Gonzales	
5:10 pm - 6:00 pm	Dinner	Dinner	Dinner	Dinner	Dinner
6:05 pm - 7:25 pm	Session 9			Sticks & Knives	
				GM Graciela Casillas	
6:05 pm - 8:05 pm	Session 9				Ropes Tower
7:30 pm - 8:20 pm	Session 10			Tui Na	Staff
				Shihan Bob Cook	
8:30 pm - 9:30 pm	Campfire - Smore's				
9:40 pm - 10:00 pm				Community Sound Bath	
				Master Angela Lee	
Sunday, May 18, 2025		Meadow	Dining Hall	Upper Jensen	Other
	Session 11		Up Close Combat.	Stretching & KT Taping	
			Prof George Arrington	Prof Tatiana Deeff	
8:05 am - 8:55 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 am - 10:20 am	Session 12	Escrima		Throwing Combinations	
		Sensei Arvon Villanueva		Sensei Stephanie Raymondo	
10:30 am - 11:50 am	Session 13			5 Secrets of Goju	Waribashi Ori & Monkey Paw
				Shihan Bob Cook	Prof George Arrington
11:50 am - 11:59 pm	Session 14	Mat Moving	Mat Moving	Mat Moving	Mat Moving
12:00 PM	Silent Auction Closes	Silent Auction Closes	Silent Auction Closes	Silent Auction Closes	Silent Auction Closes
12:05 pm - 12:55 pm	Lunch - Closing	Lunch - Closing	Lunch - Closing	Lunch - Closing	Lunch - Closing
	Kids/Teen Classes	Adult Classes	Open To All		