

Saturday, March 3rd

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|--------------------|--|---|---|---|--|--|
| | Floor 1 | Floor 2 | Floor 3 | Floor 4 | | |
| 7:00AM | Registration Opens | | | | | |
| 8:00AM | Opening Meeting (Floor 1) | | | | | |
| 8:15AM - 9:25 | Katie Murphy Going From 0-60: Building Intensity in Your Training | Steven Pearlman The Hidden Power in Hand Positions | Roland Lavigne I Ain't Got No Body: Anatomy of the tai chi punch from form to application | Chris Thompson Hammer System: Binds, locks, & submission controls with the hammer | | |
| 9:30AM - 10:40 | <i>George Chaber</i> Maphilindo Silat | Stephen Bugler Jeet Kune Do: Covering every range of combat | Mick O'Neill Hit 'Em Where They're Not Looking | Tony DiSarro Escrima Espada y Daga | | |
| 10:45AM - 11:55 | <i>David Kalish</i> Jujitsu for Strikers | Rudy Duncan Kemchido Combat System | Jesse Dwire Shaolin 5 Animal Techniques | Matt Dorsey Introduction to laido | | |
| 12:00PM - 1:00 | Lunch | | | | | |
| 1:10PM - 2:20 | Stephen Bugler JKD Grappling: Experiencing the multitude of grappling arts | Eric Winfree Playing with the "Off Buttons" | Dominic Violante Escape From NY | Chris LaCava Tactical Knife Proficiencies: Retention | | |
| 2:25PM - 3:35 | Sean Schenker "TIMBERRRRRRR!!!!": A Kyokushin based approach to kicking | Erik Harris Some Like It Hot: Defending on the inside | Tim Hartman Panantukan: "Dirty Boxing" | [TBD] | | |
| 3:40PM - 4:50 | The Dynamic Duo | The 3 Musketeers | The Fantastic 4 | [TBD] | | |
| 5:00PM | Demonstrations | | | | | |
| 8:00PM | Banquet | | | | | |

Sunday, March 4th

| | Floor 1 | Floor 2 | Floor 3 | Floor 4 | | |
|----------------------|--|--|---|--|--|--|
| 7:15AM | Running a Martial Arts School: A discussion with Matt Dorsey (Restaurant) | | | | | |
| 8:00AM | Registration Opens | | | | | |
| 8:20AM | Opening Meeting (Floor 1) | | | | | |
| 8:30AM - 9:35 | Sean Schenker "All Hands On Deck": the use of heavy hands & kyokushin fight combos | Roland Lavigne It's Good for What Ails You: Tai Chi for Health | Chris LaCava Joint Locking Lab | Steven Pearlman Combative Bojutsu | | |
| 9:40AM - 10:45 | Katie Murphy Oops, I Slipped And Fell Self Defense From Ground Work | Rudy Duncan Kemchido Combat System | <i>Mick O'Neill</i> Doing It Wrong, Right | George Chaber Stick Grappling | | |
| 10:50AM - 11:55 | Tony DiSarro Kosho Ryu Kempo: A block is a lock, is a strike, is a throw! | <i>Matt Dorsey</i> Kata is Cool! | Eric Winfree Over Power & Dominate | <i>Tim Hartman</i> The Tomahawk | | |
| 12:00PM – 12:45PM | Lunch | | | | | |
| 12:50PM - 1:50 | <i>Dominic Violante</i> Long Fist & Snake | <i>Jesse Dwire</i> Circular Hands | Erik Harris The Use of Triangular Structure in Kung-Fu & Kempo, and Karate too! | Chris Thompson Original Giron Escrima's Single Stick/Single Sword Combatives | | |
| 1:55PM - 2:55 | <i>David Kalish</i> Pain vs Damage | Instructor Sneak Peak | Instructor Sneak Peak | | | |
| 3:00PM - 4:00 | SMAF-Stavaganza™ Instructor's Round Robin | | | | | |