

# SMAF 2018 Workshops

(Subject to change)

## **Stephen Bugler** | *Jeet Kune Do*

*(Saturday Only)*

### **JKD Grappling: experiencing the multitude of grappling arts**

In this session we will be learning a host of techniques from almost every position in grappling. We will learn some standing and ground positions and both some offense and defense for each."

### **Jeet Kune Do: Covering every range of combat**

In this class we will use some high percentage counters to common attacks and learn to defend against them using all four ranges of combat; kicking, punching, trapping and grappling ranges."

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## **George Chaber** | *Inosanto Blend Kali*

### **Maphilindo Silat**

This class will cover the entries, trapping and throwing of the South Asian martial arts. The emphasis will be on the entry and the pathways to a throw.

### **Stick Grappling**

This class will cover the use the stick to lock, choke, and take down an opponent. We will cover high percentage techniques, out of the clinch.

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## **Tony DiSarro** | *Kosho Ryu Kempo & Serrada Escrima*

### **Kosho Ryu Kempo (a block is a lock, is a strike, is a throw!)**

In this workshop, DiSarro Sensei will explore how even the most basic movements can have very profound applications, that can be used in a multitude of ways! Showing joint locking and throwing applications as well as the explosive striking seen in the Kempo arts, and how they all stem off of similar body mechanics. This workshop will enhance all practitioners understanding of martial principles regardless of style.

### **Escrima Espada y Daga**

The Filipino martial arts are well known for its weapon based martial arts, and primarily its use of impact and edged weapons. Guro DiSarro will be exploring the Serrada Escrima Espada y Daga (long blade and knife) and its combative application. Known for its extremely fast and tight movements Serrada Escrima is a dynamic Filipino martial art, and its combat effectiveness is stressed in the Espada y Daga training. This will be a great workshop for those new too,as well as veteran practitioners of FMA!

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## **Rudy Duncan** | *Kemchido Combat Arts*

### **Kemchido Combat System**

Grandmaster Rudy Duncan will be teaching a seminar blending the art of Kuntao and Silat. He will be teaching concepts of trapping, positioning, body movement, timing and striking. The seminar is open to all rank levels.

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## **Jesse Dwire** | *Kempo*

### **5 Shaolin Animal Techniques**

Learn how Kempo uses concepts from Tiger, Crane, Leopard, Snake, and Dragon systems to break down attackers.

### **Circular Hands**

Circular hands are a lot more than “wax on, wax off.” This seminar explores how Kempo uses circular motions to draw in an attack and deliver powerful strikes (and other surprises).

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## **Erik Harris** | *Liu Seong Gungfu*

### **Some Like It Hot – Defending on the Inside**

As beginners, we learn that it’s safer to defend on the outside of an attack, or the “cold” side, where your opponent’s body is in the way of his or her continued attacks. On the inside, or the “hot side,” an opponent can more easily bring on the heat with a barrage of attacks. However, sometimes it’s not possible, or even desirable, to remain on the cold side. In this seminar, we’ll explore a number of methods for defending on the “hot” side, learn some benefits of doing so, and cover ways to reduce the inherent risk of fighting from the hot side.

### **Shoulder Rolling and Efficient Power Generation**

Efficient, powerful technique comes from full-body movement and sustained structure. This seminar will focus on how “rolling” shoulders can contribute to efficient, powerful techniques. This will be introduced with some drills and exercised through Liu Seong gungfu techniques that emphasize shoulder rolling. While this kind of movement isn’t always used, we’ll explore how it can often help improve techniques that don’t use it in an obvious manner.

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## **Tim Hartman** | *Presas Arnis & Modern Arnis*

### **Panantukan “Dirty Boxing”**

Panantukan also known as “Dirty Boxing”, is the boxing component of Filipino martial arts, and is known in the Visayas as pangamot. It consists of upper-body striking techniques such as punches, elbows, trapping, limb destructions, head butts and shoulder strikes. It also includes low-line kicks and knee strikes to make for one of the most effective open hand systems that came from the Philippines.

## **The Tomahawk**

Resurgent in movies, and now a common breaching tool on the battlefield, the tomahawk has become a trendy specialty. We utilize the tomahawk as a tool for teaching multi-plane movement, enhanced disarming and trapping, and reinforcing universal striking lines. The hawk has real-world application for those who travel in the back-country, or who go in harms way. As a tool, it corresponds directly to any number of items at hand in an emergency, from a hammer to a tire iron. In addition it is a natural for anyone exploring stage combat. The WMAA offers the tomahawk as a stand-alone module which dovetails seamlessly with our contemporary defensive tactics (TUSK) module as well as our complete art.

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## **David Kalish** | *Hattatsu-Ryu Karate & Shingitai Jujitsu*

### **Pain vs Damage**

Explore the concepts surrounding pain versus damage and how that relates to your martial arts training. Decide which techniques that you already know would be best given the situation at hand based on real world criminal justice data. Topics include: Good Pain vs. Bad Pain, Bad Damage vs. Really Bad Damage, as well as Sneaky, Mean and Illegal techniques.

### **Jujitsu for Strikers**

Getting into grappling arts can be intimidating for Martial Artists that have dedicated time to the striking arts. Learn basics of grappling and jujitsu with an emphasis on skills that are related to striking. Understand how balance, footwork, distance, and leverage can work in your favor. Topics include: Position, Balance, Submissions.

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## **Chris LaCava** | *Hapkido & Force Necessary*

### **Tactical Knife Proficiencies: Retention**

Retention, in this instance, means to keep your weapon in your possession or control. In this session, we will be going over tactics and techniques to defeat common issues/techniques that can lead to you losing control of your knife in a self defense situation. If you are defending your life, the last thing you want to do is lose your weapon.

### **Joint Locking Lab**

Open to all levels. In this session, we will break down joint locks and takedown techniques that people are having issues with. The material that we will go over will be suggested from those participants in the class. This is a "no ego" class where it's ok to not know something and make mistakes. If you are having problems with a certain joint lock, this is the class to hit to break through and master that lock or takedown.

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## **Roland Lavigne** | *Karate & Yang Style Tai Chi*

### **I Ain't Got No Body: Anatomy of the Tai Chi Punch from Form to Application**

There's a reason why Tai Chi Chuan's name translates as "Supreme Ultimate Fist." This is a unique opportunity to see how Tai Chi's mindful forms practice translates into an incredibly powerful punch.

### **My Favorite Things: It's Good for What Ails You — Tai Chi for Health**

Tai Chi is built around the concept of complementary opposites: Yin and Yang. This seminar focuses on the medicinal aspect of Tai Chi and how the same forms that teach you how to fight can also help you to heal and strengthen your body.

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## **Katie Murphy** | *Krav Maga & Goju Ryu Karate*

### **Going from 0-60: Building Intensity in your Training**

Using fundamentals of Krav Maga and Kyukoshin training for a high energy, calorie burning workout. Drills, exercise, combinations to build intensity in training, aggressiveness, inner strength, and chi. This seminar will show you different ways you can take what you already do in your martial arts classes and how to 'turn up the heat' and design them to improve reaction, remove 'dear in headlights' and go from 0-60 in a split second...

### **Oops, I slipped and fell...: Self Defense from Ground Work**

Using the fundamentals of Krav Maga and other styles to cover ground positions, protection, defense, attacking, and standing back up. It is sure to add to any martial artist's repertoire and to build upon current practices and ideas for self-defense.

### **Women for Women Clinic**

A two-prong seminar. #1 - A dialogue on being a "Female in Martial Arts" through the lens of a long time martial artist and competitor. Discussions will examine the process of being a female in a mostly "male dominated art & dojo" and how instructors can encourage and inspire young girls to believe in their training as the pressures of society, school and peers increase. #2 – How to be a female martial artist in a male dominated dojo. Various training tool/tips for women in the areas of sparring, self-defense, strength, and conditioning and more.

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## **Sean Schenker** | *Kyokushin Karate*

### **"TIMBERRRRRRRRRR!!!!"- A Kyokushin based approach to Low Kicking**

(\*hand/shin-instep foot guards encouraged for light contact drills\*)

We'll explore movement, mechanics and fundamentals that touch upon the theory of "forward motion." Be prepared to sweat & make a little contact! We'll explore the use of effective low mawashi (roundhouse) - the use of this technique in knockdown fighting. We'll build off of partner drills & utilize the large Kyokushin based Full-contact body shields we use for training full-contact competitors.

### **"All Hands on Deck" - The Use of Heavy Hands & Kyokushin Fight Combos**

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## **Mick O'Neill** | *Gishi-Ryu Karate*

### **Doing it wrong, right**

"An expert is a man who has made all the mistakes which can be made, in a narrow field." - Niels Bohr. In this session, we will breakdown the Gishi-Ryu method of understanding of why our techniques work. This will highlight and complement the skills we students use to be effective in our training to master our own arts. If you have ever felt plateaued in your training, this session can help you see another level.

### **Hit 'em where they're not looking**

Striking is a go to in most martial arts. But people don't like getting hit, and rarely allow us to do it. Gishi-Ryu is about complementing the obvious with little insights to have greater effect. In this session, we will cover some of the hidden strikes in "basic karate". We will see how our defense is actually offense, and discover just how many hits we can sneak in before our opponent realizes what is happening.

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## **Steven Pearlman** | *Praxis Martial Arts*

### **Combative Bojutsu**

Hailing back to older applications of the bo (5' or 6' staff) when martial artists used the weapon in life-or-death situations, this seldom-seen approach to staff combat shows how to use the staff so as to maximize its range advantage and power. This is a different method than typically seen in other arts that might more typically emphasize more fixed grip or spear-like applications. The nature of this method also reveals how bo work actually incorporates considerable grappling and locking techniques.

### **The Hidden Power in Hand Positions**

Often translated to "empty hand," the modern emphasis of the word karate often falls on the word "empty." But a key aspect of the term is that it signifies to martial artists the importance of hand techniques, not fist techniques. Why would the open hand be valued over the closed fist? And why is the fist seen so much more frequently in modern times? This seminar will offer explore some of the more advanced rationales for the presence of hand positions in classical arts. It is possible that there was more wisdom in these motions than is sometimes emphasized in modern times. The seminar will explain how hand positions are more than what they seem, how a shuto—"karate chop"—isn't a chop, how a nukite—"finger strike"—safely achieves unseen power, how a teisho—"palm heel"—doesn't really rely on the heel of the palm, and so on with the backhand, "snakeshead," ridgehand, Crane's Beak, and other open hand striking tactics. Can't punch your way out of a paper bag? Well, maybe that's because punching, though great in its way, isn't always the best tool for the job.

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## **Chris Thompson** | *Inosanto Blend Kali & Original Giron Escrima*

### **Hammer System: Hammer Binds - Locks & Submission Control with the Hammer**

Back by popular demand, Guro Chris will be bringing his Hammer System back to Saratoga Martial Arts Festival. This year the focus will be on Hammer Binds. Locks and submission controls that can be applied with this highly effective tool. By using the aspects of the hammer you will see how your joint locks, chokes, and submission control tactics can be taken to the next level.

(Training hammers will be available for this seminar.)

**Single Stick/Single Sword Combatives:**

Guro Chris will be sharing the Filipino Martial Art of Bahala Na - Original Giron Escrima. This system is one of the few battle tested and proven martial art systems of modern times. In this seminar we will be working on the blade aspects of the system. Showing how the use of the stick translates into the use of the blade. Simple, effective, and efficient. Just the way you want your combatives to be!

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**Eric Winfree** | *Jeet Kune Do & Wing Chun*

**Playing with the off buttons**

This seminar focuses on using pressure points and joint manipulation.

**Over power and dominate**

Learn how to use the straight blasts and trapping of JKD to put a world of hurt on someone.

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**Dominic Violante** | *Aikido & Shaolin Kempo Karate*

**Escape from NY**

Learn how to escape/counter locks that come from a variety of Martial Arts. We will apply the lock, and then learn how to counter it.

**Long Fist & Snake**

Learn & develop techniques from the Kung Fu arts of Long Fist and Snake. Learn the advantages of closing the distance using Long Fist techniques. Practice the quick striking, locking and trapping techniques of the Snake.

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