

Special Seminars

Sunday, Monday and Wednesday October 13, 14 and 16, 2019



Martial Arts Bio:

Trevor Stevenson has been intensively training, teaching, and competing in martial arts for 30 years. Originally a student under Papa Paul Keller, he later studied martial arts styles from all over the world. Trevor spent a decade living the Amazon rainforest, where he taught martial arts to the military, police, human rights activists, and local residents. He competed in many international full contact competitions. Trevor's teaching blends techniques from Karate, Kenpo, Aikido, Kobudo, Krav Maga, Muay Thai, and Jiu Jitsu. His focus is on training students in highly effective self-defense skills, in addition to practicing the deeper lessons of martial arts and learning to apply those lessons create a more focused and fulfilling life.

Knife and Handgun Defense Seminar (Sunday October 13, 2019 2:00pm-4:00pm).

This intensive training will cover a wide range of potential self-defense strategies for dealing with attackers armed with a knife or handgun. Students will learn techniques that are used by military and law enforcement officers to safely disarm and incapacitate an attacker. Extending beyond the physical skills, students will also learn to maintain calm under intense stress, and work to deescalate hostile situations unless decisive action is urgently needed.

Balance Workshop (Monday regular classes 6:00pm-6:45pm and 6:45pm -7:45pm).

Through a series of martial arts games and exercises, students learn to recognize the ways that they typically lose balance in martial arts and in life. This workshop will train students to maintain their balance even under considerable physical or psychological stress, recover quickly from being knocked off balance, and be able to strike or affect an opponent without sacrificing their balance and safety in the process.

Self-Defense on the Ground (Monday regular classes 6:00pm-6:45pm and 6:45pm -7:45pm).

The majority of real-world fights end with at least one person on the ground. Self-defense from the ground is very different from the grappling techniques used in official competitions, such as Judo, Jiu Jitsu, or MMA. This training will prepare students to fend off an attacker even while knocked down. Techniques will include kicks from the ground against a standing opponent, and self-defense moves to deal with a larger and more powerful opponent who is trying to pin and/or strike a victim. The primary focus will be to maintain the focus and calm needed, inflict damage if necessary, get back on your feet, and escape the situation safely.

Women's Self-Defense (Wednesday 7:30pm - 8:30pm).

This workshop will train women in effective strategies for defeating and escaping from attackers who are much stronger. The class will cover psychological strategies for ending a potentially dangerous encounter without fighting, and physical techniques that can incapacitate a dangerous opponent regardless of differences in size or strength. The goal is to walk through life with the self confidence that comes from knowing you can handle anyone who attempts to harm you in any way.

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