

2020 Virtual Nationals Schedule
On Zoom
(all times below are Eastern Standard Time)

(S) = Solo

(D) = Duo (2 or more people in the same room)

Friday, July 24th (all times EST)

5:30-7:00pm: **Instructors' Seminar** (Open to all Dojo Cho and Assistant Sensei)

-All things Dojo Reopening/Zoom: Combo Sensei

-Instructors' Guidebook Overview/Section Highlights: Coniaris Sensei

-Membership Updates; 500-in-5: Bair Sensei

-Updates for Dojo Cho: Bair Sensei

Friday, July 24th (all times EST)

8:00-9:30pm: **Opening General Session/Bow-In (S):**

15 minute classes; all can be done as solo drills

-Rotation/Kihon Drill: (Combo Sensei)

-Empi Series: (Bair Sensei)

-Technical Standup: (Coniaris Sensei)

-Newaza: (Peterson Sensei)

-Control/Smash/Evade/Escape: (Stetz Sensei)

-Kicks: (Lawrence Sensei)

Saturday, July 25th (all times EST)

Breakout Sessions of Choice All Day

1:00-1:30pm

Knife (S): Lawrence Sensei

Goshinjutsu (D): Coniaris Sensei

1:30-2:00pm

Kicking from the Ground (S): Stetz Sensei

Wrist Waza/Dynamic Entry (D): Coniaris Sensei

2:00-2:30pm

Structure/Kihon/Flowing (S): Combo Sensei

OODA Loop Application (D): Coniaris Sensei

2:30-3:00pm

Kata Refinement/Must Have the Kata (S)

Goshinjutsu Nidan: Coniaris Sensei

Konsho: Combo Sensei

Street Clothes Chokes (D): Peterson Sensei

3:00-4:00pm **BREAK**

4:00-4:30pm

Stick (S): Lawrence Sensei

Goshinjutsu (D): Curry Sensei

4:30-5:00pm

Taiatari (S): Bair Sensei

Seated Goshinjutsu (D): Coniaris Sensei

5:00-5:30pm

Inverted Movement Drills (S): Peterson Sensei

In Defense of Others (D): Coniaris Sensei

5:30-6:00pm

Kata Refinement/Must Have the Kata (S)

Seiunchin: Combo Sensei

Konni: Bair Sensei

Wrist Waza/Dynamic Entry 2.0 (D) Coniaris Sensei

6:00-8:00pm **BREAK**

8:00-8:30pm

Structure/Lead-n-Feed Elbow (S): Combo Sensei

Newaza Side Control (D): Coniaris Sensei

8:30-9:00pm

Nage (S): Bair Sensei

Wrist Waza//Dynamic Entry 3.0 (D): Coniaris Sensei

9:15-???? **Cabin 8**

Meeting Rooms of Choice:

-Historical/Martial Question/Answer Room:

Coniaris Sensei

-Just Socializing/Visiting Rooms: Shaaf/Bair

Sensei

Sunday, July 26th (all times EST)

1:00-3:00pm: **Closing General Session (S)**: 15 minute classes can all be done as Solo

-HIIT Set: Curry Sensei

-Cross Lateral Drills: Peterson Sensei

-Mitt Drills/Shadow Striking: Stetz Sensei

-Centered Skip Step Kicks: Combo Sensei

-Nage: Bair Sensei

-Quick Finish Strikes/Effects: Coniaris Sensei

-Quick 5 Minute Break

-Demo Highlights from Prior Nationals

-Thoughts/Updates on Training; Next Year's Nationals

-Bow Out 2020 Virtual Nationals