

Sept 29, 30, & Oct 1, 2023

Chris White's Extreme
Martial Arts
129 Edenway Dr,
White House, TN.



FRIDAY

	Room A	Room B	Room C
2:00pm - 3:00pm	Will Schneider <i>USKMA 4th degree black belt</i> Folding knife and single stick		
3:10pm - 4:10pm	Charlie McShane <i>BJJ black belt</i> <i>USKMA 2nd degree black belt</i> Getting Back To Your Feet From Bad Places		
4:20pm - 4:40pm	Nick Truan <i>Black Belt and LEO</i> Are You Going to Jail?		
4:45pm - 5:45pm	Mark Slane <i>USKMA founder</i> Ouchies and Controls		
5:55pm - 7:00pm	Harry Hunsucker <i>USKMA 3rd degree black belt &</i> <i>UFC veteran</i> How to not get your ass whooped		

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Saturday

	Room A	Room B	Room C
8:00am - 8:40am	Chris White Extreme Morning workout		
9:00am - 10:00am	Dennis Forleo <i>USKMA 3rd degree black belt</i> How Stick Work (Sinawali) Translates to Empty Hand Techniques (or the reverse)	Charlie McShane <i>BJJ black belt</i> <i>USKMA 2nd degree black belt</i> Don't Be On The Bottom But Make The Best Of It If You Are	Will Schneider <i>USKMA 4th degree black belt</i> Affiliate's ONLY Business Track: Staff Development
10:10am - 11:10am	Matt Kissel <i>USKMA 4th degree black belt</i> Escaping illegal restraints	Alexis Acosta <i>USKMA 4th degree black belt</i> How to run a 700cal + Krav Burner class that your students will love	Charlie McShane <i>BJJ black belt</i> <i>USKMA 3rd degree black belt</i> Affiliate's ONLY Business Track: How to implement a belt system for retention
11:20am - 12:20pm	Mark Slane <i>USKMA founder</i> Krav on a Bus!		Juan Acosta <i>USKMA 4th degree black belt</i> Affiliate's ONLY Business Track: How to make quality video testimonials for website and social media
12:20pm - 1:30pm	Lunch		
1:30pm - 2:30pm	Brannon Hicks <i>USKMA 4th degree black belt</i> Clinch Transitions	Jeff Liddle <i>USKMA 3rd degree black belt</i> Accessing your weapon in a fight	Will Schneider <i>USKMA 4th degree black belt</i> Affiliate's ONLY Business Track: How to Run multiple locations
2:40pm - 3:40pm	Tony Matias <i>USKMA 2nd degree black belt</i> Use the hands - boxing for Krav	Leslie Dunaway <i>USKMA 2nd degree black belt</i> Position, Posture and Power: Little Tweaks to Make the Most of Your Krav Basics	Mark Slane <i>USKMA Founder</i> Affiliate's ONLY Business Track: Getting Adults in the door
3:50pm - 5:00pm	Harry Hunsucker <i>USKMA 3rd degree black belt & UFC veteran</i> Kickboxing drills you can implement in your classes	Mike Jozwiak <i>USKMA 3rd degree black belt</i> Krav for little people	Alexis Acosta <i>USKMA 4th degree black belt</i> Affiliate's ONLY Business Track: Know your numbers so you know where to put your efforts

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Sunday

	Room A	Room B	Room C
8:00am - 8:40am	Chris White Extreme Morning workout		
9:00am - 10:00am	Charlie McShane <i>BJJ black belt</i> <i>USKMA 2nd degree black belt</i> BJJ for Krav	Brannon Hicks <i>USKMA 4th degree black belt</i> Nutrition for your best you!	
10:10am - 11:10am	Mike Jozwiak <i>USKMA 3rd degree black belt</i> Dirty tricks for Krav	Dennis Forleo <i>USKMA 3rd degree black belt</i> Helping Victims of Past Trauma	
11:20am - 12:20pm	Matt Kissel <i>USKMA 4th degree black belt</i> Active Shooter	Juan Acosta <i>USKMA 4th degree black belt</i> Stand up wrestling, the neglected aspect of Krav Maga	
12:30pm - 1:30pm	Harry Hunsucker <i>USKMA 3rd degree black belt</i> <i>& UFC veteran</i> East wrestling drills to enhance your Krav skills		