

An invitation is extended
for you to attend the

KENPO WOMEN'S SYMPOSIUM

Sunday, September 25, 2022, from 12:00-1:30PM PST

Taking Place Via Zoom (Meeting ID: 868 4146 2495 Passcode: sparring)

The Kenpo Women's Symposium leadership team invites you to the upcoming, virtually-held Kenpo Women's Symposium.

This symposium will have a special focus on tournament competition. Come hear panelists speak about topics including:

- dealing with nerves
- controlling your mindset before and during an event
- competing on the tournament circuit
- coaching/preparing your team for a tournament
- the evolution of tournaments since the 60s and 70s

Additionally, at the end of the symposium, there will be a time set aside for questions.

Our panel is composed of respected women leaders in Kenpo, as well as other styles of martial arts. All of these women have trained for many years, and many are instructors at the schools where they train or are owners of their own schools.

Doreen DiRienzo

10th Degree Black Belt
Revere Karate Academy, Owner
Revere, Massachusetts

Denise Plowman

6th Degree Black Belt
Advanced Kenpo Training System
Boise, Idaho

Sinéad Byrne

2nd Degree Black Belt
Kenbu Dojo, Owner
Gloucester, United Kingdom

Charl Oka

9th Degree Black Belt
Technical Kenpo Organization
Pearl City, Hawaii

Pauline Seremetis

3rd Degree Black Belt
Dan D'Onfro World Class Kenpo Karate Academy
Dartmouth, Massachusetts

Michelle Higgins

2nd Degree Black Belt
Knight Method Kenpo
Tucson, Arizona

Barbara White

7th Degree Black Belt
Bob White's Karate Studio, Owner
Costa Mesa, California

Ashley Sacrey

6th Degree Black Belt
Don Rodrigues Karate Academy
Warwick, Rhode Island

Jenifer Gibson

1st Degree Black Belt
Bob White's Karate Studio
Costa Mesa, California