



Guide to the Kathy Hopwood Papers, 1970-2016

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David M. Rubenstein Rare Book & Manuscript Library

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Summary

Collection Title:

Kathy Hopwood papers, 1970-2016

Creator:

Hopwood, Kathy, 1953-; Seigler, Beth, 1953-

Source:

Sallie Bingham Center for Women's History and Culture

Abstract:

Kathy Hopwood is a martial arts and self-defense teacher who founded the SafeSkills Dojo in Durham, NC. She and her partner Beth Seigler provided both martial arts classes and women's self-defense programs. The collection contains materials documenting Kathy Hopwood's work in the areas of women's martial arts and self-defense in the Triangle area of North Carolina. Collection also comprise self-defense training manuals, course and workshop materials, newsletters, organizational history, some correspondence, the individual work of both Hopwood and her partner Beth Seigler, publications addressing self-defense and rape prevention topics, and materials related to martial arts activities across the country and international. Acquired as part of the Sallie Bingham Center for Women's History and Culture.

Extent:

30.5 Linear Feet

Language:

Materials in English

Collection ID:

RL.11387

Permalink:

<https://idn.duke.edu/ark:/87924/m1f91s>

Preferred Citation

[Identification of item], Kathy Hopwood papers, David M. Rubenstein Rare Book & Manuscript Library, Duke University.

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Background

Scope and Content

Collection consists of materials documenting Kathy Hopwood's work in and contributions to women's martial arts and self-defense in Durham, NC, and the United States more broadly. Materials from her SafeSkills Dojo include self-defense training manuals, course and workshop materials, newsletters, clippings, photographs, audiovisual materials, and files about other martial arts organizations for women. These materials document the founding, evolution, and activities of SafeSkills Dojo, the contributions that Hopwood and Seigler made to women's martial arts in Durham and the Triangle, and the evolution of Hopwood's and Seigler's personal martial arts practices. Materials from the National Women's Martial Arts Federation (NWMAF) provide documentation of that organization's history, particularly its early years. There are steering committee notes, brochures, guidelines, events, and correspondence related to Hopwood and Seigler's work for NWMAF. There is also extensive documentation, including VHS tapes, of NWMAF's yearly special training camps for women and girls. This collection also contains publications and printed materials addressing women's martial arts and self-defense, rape and sexual assault prevention, and child and teenagers assault prevention. Numerous issues of Fighting Woman News Magazine and Black Belt Woman Magazine are included in the publications and printed materials. Personal materials include Kathy Hopwood's writings, artwork, and martial arts uniforms.

Biographical/Historical

Kathy Hopwood (b. 1953) is a martial arts and self-defense teacher who founded the SafeSkills Dojo in Durham, NC. She and her life partner Beth Seigler (b. 1953) created martial arts and self-defense workshops and training courses for women in order to equip them to defend themselves against assault, rape, and other forms of attack. Hopwood also dedicated considerable work to the promotion of child safety, self-defense for older adults, and self-defense for individuals with disabilities. Hopwood and Seigler's dojo was active from 1982 to 2015. The organization's name changed over time: it was founded in 1982 as the Triangle Women's Karate Association. The name changed in 1986 to Triangle Women's Martial Arts, located at 715 Mangum Street in Durham, and then finally to SafeSkills Dojo in 1990. In 2008, they relocated to their final space at 3702 Hillsborough Road in Durham. Hopwood and Seigler were both active in the National Women's Martial Arts Federation, and Hopwood served as its archivist for a 10-year period.

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Arrangement

Organized into the following series: SafeSkills Dojo, National Women's Martial Arts Federation, Publications and Printed Materials, and Personal Materials.

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Administrative Information

Publication Statement

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URL: <https://library.duke.edu/rubenstein/>

Acquisition Information

The Kathy Hopwood papers were received by the David M. Rubenstein Rare Book & Manuscript Library as a gift from Kathy Hopwood from 2015-2017.

Processing Information

Processed by Laura Valentine, March 2017.

Reprocessed by Ofelia Lopez, February 2024.

Accessions described in this collection guide: 2015-0080, 2016-0012, 2016-0245, 2017-0122.

Use Restrictions

The copyright interests in this collection have not been transferred to Duke University. For more information, consult the copyright section of

the Regulations and Procedures of the David M. Rubenstein Rare Book & Manuscript Library.

Access Restrictions

Access note. Collection contains fragile audiovisual formats that may need to be reformatted before use. Contact Research Services for access.

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Names and Subjects

- Martial arts -- North Carolina
- Martial arts schools -- North Carolina -- Durham
- Martial arts for children
- Self-defense for children
- Self-defense for women
- Self-defense for women -- Periodicals
- Sex crimes -- Prevention
- Martial arts -- Societies and clubs -- Women
- Martial arts -- Training -- Women
- Audiocassettes
- Videocassettes
- Audiovisual materials
- Durham (N.C.)
- SafeSkills Dojo
- National Women's Martial Arts Federation
- Sallie Bingham Center for Women's History and Culture

Collection Inventory

SafeSkills Dojo, 1970s-2016

Access Restrictions:

Access note. This series contains fragile audiovisual formats that may need to be reformatted before use. Contact Research Services for access.

Scope and Contents

The SafeSkills Dojo series includes materials related to SafeSkills dojo led by Kathy Hopwood and Beth Seigler. This series is organized in three sub-

series: History of SafeSkills Dojo, Training Programs, and Resources about Other Martial Arts Organizations. The sub-series History of SafeSkills Dojo includes materials related to the founding of the dojo (brochures, schedules, pamphlets, and photographs), press clippings about the SafeSkills dojo and the Triangle Women's Martial Arts, a 2016 archived version of the SafeSkills Dojo website, and materials that document workshops and Kathy Hopwood's work in the Triangle Area. It also includes the Triangle's Women Karate Association Newsletter, and the Triangle Women's Martial Arts Newsletter, both published for the two organizations that preceded SafeSkills Dojo: the Triangle Women's Karate Association, and Triangle Women's Martial Arts. The sub-series Training Programs includes martial arts manuals created for SafeSkills Dojo. It also includes videocassettes related to the activities of the dojo: training camps, open house demonstrations, children classes, demonstrations in festivals, Empowerment Course demos, SafeSkills summer camps, special events demonstrations, public demonstrations, graduations, tests, classes sessions, and self-defense seminars. The sub-series Resources about Other Martial Arts Organizations includes materials related to martial arts activities across the country and international.

The SafeSkills Dojo series is organized in three sub-series: History of SafeSkills Dojo, Training Programs, and Resources about Other Martial Arts Organizations.

History of SafeSkills Dojo, 1970s-2016

Access Restrictions:

Access note. This sub-series contains fragile audiovisual formats that may need to be reformatted before use. Contact Research Services for access.

Scope and Contents

The History of SafeSkills Dojo sub-series includes materials related to the founding of the dojo (brochures, schedules, pamphlets, and photographs), press clippings about the SafeSkills dojo and the Triangle Women's Martial Arts, a 2016 archived version of the SafeSkills Dojo website, and materials that document workshops and Kathy Hopwood's work in the Triangle Area. It also includes the Triangle's Women Karate Association Newsletter, and the Triangle Women's Martial Arts Newsletter, both published for the two organizations that preceded SafeSkills Dojo: the Triangle Women's Karate Association, and Triangle Women's Martial Arts.

Kathy Hopwood Martial Arts in NC, 1973

Box 1

Kathy Hopwood 1st Resume, approximately 1970s

Box 1

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| Booklet "Touching the Past" by Kathy Hopwood, 1973-2015 | Box 1 |
| TWMA Logo Originals for Layout Boards, approximately 1980s | Box 1 |
| Orange County Chapel Hill Carboro, Rape Crisis Center, Newsletter Articles by Kathy Hopwood, 1980s | Box 1 |
| YMCA Durham (Proctor St.) Demonstrations Karate Classes, Self-Defense Workshops, Hopwood and TWKA, TWMA, 1980-1986 | Box 1 |
| Orange County Women's Center, Self Defense Karate, Hopwood, 1980 | Box 1 |
| SafeSkills Early Years Self-Defense in Community/State, 1980 | Box 1 |
| Community Demonstrations / Participation, 1980 | Box 1 |
| Early Year Public Demonstrations Notes Material Art and Self-Defense, 1980s | Box 1 |
| Duke Self-Defense Lectures Workshops, 1980 | Box 1 |
| Black Belt Kathy Hopwood Mariana Kaufman, 1982 May 30 | Box 1 |
| Beginning Early Teaching Hopwood, 1982 | Box 1 |
| TWKA / TWMA Student Handbook (Adult Students), 1983 | Box 1 |
| Triangle Women's Karate Association (TWKA) First Dojo Name, 1983 | Box 1 |
| Triangle Women's Karate Association (TWKA) Early Years Calendars, Classes, Workshops, Demos, etc., 1983 | Box 1 |
| Triangle Women's Karate Association (TWKA) Posters and Original Layout Boards, Classes, Workshops, Demo, etc., 1984-1987 | Box 1 |

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| Arnis Filipino Martial Arts Teaching Notes Hopwood, 1985 | Box 1 |
| Triangle Women's Karate Association (TWKA) Mid- Years Calendars, Classes, Workshops, Demos, etc., 1986 | Box 1 |
| Triangle Women's Karate Association (TWKA) Transition Phase Second Dojo Name, 1986 | Box 1 |
| TWMA Children's Book, 1987 | Box 1 |
| Beth Seigler: Belt Test Materials, 1987 June 6 | Box 1 |
| Triangle Women's Martial Arts (TWMA) Name Changed, Posters and Original Layout Boards, Classes, Workshops, Demos, etc., 1987-1990 | Box 1 |
| Martial Arts Teaching Notes Beth Seigler, 1988 | Box 1 |
| Modern-Arnis Area's Newest Martial Art, 1988 August 17 | Box 1 |
| Triangle Women's Martial Arts (TWMA) Shannon Plaza, Shannon Rd, Posters, Original Layout Boards, Classes, Workshops, Demos, etc, 1989 | Box 1 |
| SafeSkills Student Written Exam Blue Belt Level, 1989-2005 | Box 1 |
| Early Years Teaching Karate to Children Magnum Street Dojo, 1987 | Box 1 |
| Arnis Filipino Martial Arts Teaching Notes Beth Seigler, 1988 | Box 1 |
| SafeSkills Dojo Martial Arts History, approximately 1990s | Box 1 |
| Raleigh Women's Center, approximately 1980s | Box 1 |
| SafeSkills Associates Transition to SafeSkills Inc., 1990s | Box 1 |
| Task Reports Written by Karate Students, 1991 | Box 1 |

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| "SafeKids" Classes SafeSkills Shannon Plaza, 1992 | Box 1 |
| SafeSkills Empowerment Poster/Promo Materials, 1992-1997 | Box 1 |
| Martial Arts Teaching Notes Hopwood, 1995 | Box 1 |
| SafeSkills Girls Karate Book 1st Booklet, 1994 | Box 1 |
| TWMA Girls Karate Book 2nd Dojo Booklet, approximately 1990s | Box 1 |
| SafeSkills Girls Karate Book 3rd Dojo Booklet, approximately 1990s | Box 1 |
| SafeSkills Summer Camps for Children, 1996 | Box 1 |
| Children Karate Class Teaching Notes Hopwood, 1998 | Box 1 |
| SafeSkills Girls Karate Classes, ages 6-14, approximately 1990s-2000s | Box 1 |
| Armed Asailants Defense Karate Teaching Notes/Handouts, 1996-1998 | Box 1 |
| SafeSkills Kinder Karate Classes Last Dojo Hillsborough Rd, 2005-2009 | Box 1 |
| Manual for Parents Childrens Karate Classes SafeSkills, approximately 2000s | Box 1 |
| TWMA SafeSkills' Belt Certificate Forms Notes, approximately 2000s | Box 1 |
| Dave Lowry Columns Martial Arts Magazines, 1991 | Box 1 |
| Kathy Hopwood S.T. Camp Info/Application to be a Camp Trainer, 2005 | Box 1 |
| Teaching Notes Kata Beth Seigler, approximately 2000s | Box 1 |

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| Yoga and Back in Balance Classes-Taught by Beth Seigler, Teaching Notes, Posters, etc., approximately 2000s | Box 1 |
| Teaching Notes Bo Staff Filipino Hand Drill Seminar, 2009 | Box 1 |
| Arnis Instructor for Beth and Kathy, approximately 2000s | Box 1 |
| Black Belt Projects-Required for Shodan Test, 2007 August | Box 1 |
| Triangle Women's Karate Association, Book-Keeping Early Years, 1984-1989 | Box 1 |
| Various Feminist /Women Instructors, Organizations Early 1980s-2000s, 1980s-2000s | Box 2 |
| Kiai-a Film, 1984 | Box 2 |
| Triangle Women's Martial Arts (TWMA) Misc. Pages of Self-Defense (PSST!) Booklet for Students in S/D Classes, 1985 | Box 2 |
| UNC Self-Defense Presentations, 1985 | Box 2 |
| "Options" TWMA Program for Duke Orientation, 1989 | Box 2 |
| NC State University-Women's Center Self-Defense Workshops, 1989 | Box 2 |
| Appreciation/Thanks you Letters for Self-Defense Classes, 1990 | Box 2 |
| Self-Defense Teaching Notes Children, Hopwood, approximately 1990s | Box 2 |
| Research, Self-Defense, Fear, Rapists, approximately 1990s | Box 2 |
| Scope and Contents | |
| This folder contains explicit narratives of rape and interviews with rapists. | |
| Legalities of Self-Defense, Articles, etc., approximately 1990s | Box 2 |

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| Print Media PSA's, Business, Newspapers/ Columns, approximately 1990s | Box 2 |
| Various Business Cards TWKA/TWMA- SafeSkills, approximately 1990s | Box 2 |
| SafeSkills Various Posters, approximately 1990s | Box 2 |
| Business Travel Safety Teaching Notes/ Handouts, approximately 1990s | Box 2 |
| SafeSkills Inc. Logo for Layout Boards, approximately 1990s | Box 2 |
| TWKA, TWMA Dojo and SafeSkills Brochures, approximately 1990s | Box 2 |
| Success! Self-Defense Accounts, Hopwood, approximately 1990s | Box 2 |
| Self-Defense for Teen Girls Brochures, Articles, 1990 | Box 2 |
| SafeSkills Inc. Business Letterhead Logo, 1990 | Box 2 |
| SafeSkills Programs for Business/Corporations Early Years, 1990-1992 | Box 2 |
| Mainstream (Male Dominated Self-Defense Martial Arts Magazine Articles, approximately 1990s | Box 2 |
| Nationa Directory of Self-Defense Instructors, Published by SafeSkills Associates, 1991 | Box 2 |
| Various Public Service Announcements (PSA's) and Paid Ads for All Years, TWKA/TWMA, and SafeSkills, 1991 | Box 2 |
| MACE/Chemical Sprays Articles -Research, 1991 | Box 2 |
| SafeSkills Associates (Before Incorporation Name), 1992 | Box 2 |

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| Local Martial Artist, School Owner, Convicted Rapist, Triangle Area, 1992 | Box 2 |
| SafeSkills Calendars, Classes, Workshops, Demos, etc., 1993 | Box 2 |
| UNC-CH Training and Development, HR Dept, SafeSkills Classes, 1996-2006 | Box 2 |
| NC Coalition Against Sexual Assault (NCCASA) Conferences, SafeSkills Workshops, 1998-2000 | Box 2 |
| Durham Rape Crisis Center, 1999 | Box 2 |
| SafeSkills Promotional and Marketing Materials, 1999 | Box 2 |
| Self-Defense Teaching Notes, Adult Women, Beth Seigler, approximately 2000s | Box 2 |
| SafeSkills Empowerment Course, Teaching Notes, approximately 2000s | Box 2 |
| Self-Defense Teaching Notes, Adult Women, Hopwood, 2000 | Box 2 |
| One Hour Self-Defense Talks, SafeSkills, Hopwood-Seigler, Notes Handouts, approximately 2000s | Box 2 |
| Certificates, Awards, Hopwood, Seigler, 2005 | Box 2 |
| Defuse De-escalation Programs, SafeSkills, 2008 | Box 2 |
| Rape/Sexual Assault on Campus, Info, Handouts, etc., 2010 | Box 2 |
| TWMA SafeSkills Self-Defense for LGBT, 2010-2015 | Box 2 |
| Gang/Multiple Attacker, Teaching Notes Handouts, Hopwood-Seigler, 2012 | Box 2 |

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| SafeSkills Promotional Booklet for Business, Agencies, and Corporations to Hire SafeSkills, 2007 | Box 2 |
| SafeSkills Relocation of Dojo 3rd Location, 2008 | Box 2 |
| Self-Defense Success Stories, approximately 2000s | Box 2 |
| SafeSkills' Self-Defense Handouts, Women Only Classes, 2008 | Box 2 |
| Older Adults Self-Defense, 2010 | Box 2 |
| Triangle's Women Karate Association Newsletter, Year 1, 1983-1985 | Box 2 |
| Triangle's Women Karate Association Newsletter, Year 2, 1985-1986 | Box 2 |
| Triangle's Women Karate Association Newsletter, Year 3, 1986-1987 | Box 2 |
| Triangle's Women Karate Association Newsletter, Extra Pages, 1983-1984 | Box 2 |
| Physical Description: 2 folders | |
| SafeSkills Newsletters, 1990 | Box 2 |
| Tamara Ohr Ross Cartoons for Dojo Newsletters (AKA Ohr-Campbell) Located Rockford, FL, 2000 | Box 2 |
| Protective Intervention Course, 1984 | Box 3 |
| Violent Behavior Prevention, 1987-1998 | Box 3 |
| Workplace Violence Prevention, approximately 1990s | Box 3 |
| Physical Description: 2 folders | |
| Children's Safety Sources, approximately 1990s | Box 3 |

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| Unidentified Source Article: (TWKA) "Attention All Women! You can Stop Being Victims!" by Jocelyn Daniels, approximately 1990s | Box 3 |
| PSST Training Manual, 1996 | Box 3 |
| Self-Protection Programs, approximately 1990s | Box 3 |
| Self-Protection Programs, 2005-2009 Physical Description: 2 folders | Box 3 |
| Legal Papers, 1992-2005 | Box 3 |
| Role Play Cards, approximately 2000s | Box 3 |
| CPI Manual, Crisis Prevention Institute, 2006 | Box 3 |
| Graphic Materials, approximately 1990s-2000s | Box 3 |
| Articles by Kathy Hopwood in Women's Self-Defense Magazine, 1994 | Box 3 |
| Articles by Kathy Hopwood in Carolina Youth Alliance and Tae Kwon Do Magazines, 1997-2003 | Box 3 |
| Demonstration Materials, 1993 | Box 3 |
| Clippings, 1976-2010 Physical Description: 5 folders | Box 3 |
| Clippings, Columns by Kathy Hopwood, 1990-1994 | Box 18 |
| Clippings on posterboard, approximately 1980s-1990s Scope and Contents One poster boards with clippings. | Box 19 |
| Photographs, 1970-2015 Physical Description: 10 folders | Box 4 |
| Photos, Kathy Hopwood's Early Training Years, TDK, UNC, etc., 1973 | Box 4 |

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| Photographs, Early Training years TDK, UNC, etc., 1973 | Box 4 |
| Photographs, Black Belt Tests Shodan, approximately 1997-2000s | Box 4 |
| Photographs, Empowerment Padded Mock Photographs, Attacker Program, 1992-1993 | Box 4 |
| Various Martial Arts Working Art Photos, 1983 | Box 4 |
| Photographs, First Dojo Mangum Street, TWKA First Renovations, 1983 October | Box 4 |
| Photographs, Demonstration YWCA, Durham, 1986 | Box 4 |
| Photographs, Rape Awareness March and Rally, 1984 June 24 | Box 4 |
| First Dojo Mangum Street, Various Photos, 1980s | Box 4 |
| Photographs, Durham Morning Herald, 1986 July | Box 4 |
| Photographs, South Square Mall Demo, 1990s | Box 4 |
| Photographs, "Options" TWMA Program for Duke Orientation, 1989 August 25 | Box 4 |
| Photographs, Second Dojo, 1992-2008 | Box 4 |
| Photographs, Belt Test, 1992-2008 | Box 4 |
| Photographs, Board Breaking Class, 1993 | Box 4 |
| Photographs, Guest Instructor, Jaye Spiro, 1985 November 5 | Box 4 |
| Photographs, YWCA Demo by Triangle Women's Karate Association Dojo, 1986 | Box 4 |
| Empowerment, by Lisa Sedaris Professional Photo Shoot, 1992-1997 | Box 4 |

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| Negatives and Contact Sheets, Empowerment, by Lisa Sedaris Professional Photo Shoot, 1992 | Box 4 |
| Photographs, Girls Karate Class, 1994 | Box 4 |
| Photos/Contact Sheets of Kathy Hopwood by Deb Conner, 1980s | Box 4 |
| Photographs by Kate Watters Karate Student, approximately 1980s | Box 18 |

Scope and Contents

Beth Seigler, sensei, leads a group of Karate students in women's karate classes at the first TWKA/TWMA/SafeSkills dojo. First dojo 715 Mangum street, Durham, NC.

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|---|--|
| C. Cragen, "Better Sparrer", Geneva, NY, 1988 | Box 6 > Video-cassette RL11387-Bmax-0001 |
| Beth Shodan Test, Beth Seigler, 1987 June 6 | Box 6 > Video-cassette RL11387-Bmax-0002 |
| Rape Info Tape: Reflections (Local), approximately 1980s | Box 6 > Video-cassette RL11387-Bmax-0003 |
| Eno River Demo, Martial Arts Expo, TWKA, 1987-1988 | Box 6 > Video-cassette RL11387-Bmax-0004 |
| Eno River Demo, 1988 | Box 20 > Video-cassette RL11387-Bmax-0019 Digital-materials RL11387-SET-0007 > Video-file RL11387- Bmax-0019_ffv1.mkv; RL11387-Bmax-0019.mp4 |
| Physical Description: 1:08:21 | |
| TWMA K. TV, Dojo, Bobbi, 1986-1988 | Box 6 > Video-cassette RL11387-Bmax-0006 |
| T.C., Coleen Gragen, Teaching Children, Nunchaku Story, TWMA, 1986 | Box 6 > Video-cassette RL11387-Bmax-0007 |

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|---|---|
| TWKA Dojo Performance, 1989 | Box 6 > Video-cassette RL11387-Bmax-0008 |
| TWKA TV Tape, 1985 | Box 6 > Video-cassette RL11387-Bmax-0009 |
| Cablevision Sparring Dojo YMWCA Fair Demo, 1986 | Box 6 > Video-cassette RL11387-Bmax-0010 |
| T.C., Joan Nelson, De-escalation and Physical Violence Interventions, TWMA Tape, 1986 | Box 6 > Video-cassette RL11387-Bmax-0011 |
| Hopwood Self-Defense, 1989 | Box 6 > Video-cassette RL11387-UM-0001, RL11387-UM-0002 |
| Physical Description: 2 videocassettes | |
| Spectra Feminist Media Project Video Letters, Washington, D.C., 1976 January | Box 6 > Videotape RL11387- Vid-0001 |
| Spectra Feminist Media Videoletters information, circa 1976-1988 | Box 5 |
| Scope and Contents | |
| Contains a letter from Debbie George, the creator of Videoletters, to Kathy Hopwood, as well as a potential script for the video. | |
| Black Belt Test for Alec Vanlandivgham Disc 4, 2015 June 21 | Box 6 > Dvd RL11387- DVD-0001 |
| Black Belt for Alec Vanlandivgham Disc 5, 2015 June 21 | Box 6 > Dvd RL11387- DVD-0002 |
| Black Belt Test for Alec Vanlandivgham Disc 2, 2015 June 21 | Box 6 > Dvd RL11387- DVD-0003 |
| Black Belt Test for Alec Vanlandivgham Disc 1, 2015 June 21 | Box 6 > Dvd RL11387- DVD-0004 |

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| Black Belt Test for Alec Vanlandivgham Disc 3, 2015 June 21 | Box 6 > Dvd RL11387- DVD-0005 |
| Taken by a Parent, Rank Test, 2013 September 9 | Box 6 > Dvd RL11387- DVD-0006 |
| Sensi Naming Ceremony SafeSkills Movement Arts, 2010 April 1 | Box 6 > Dvd RL11387- DVD-0007 |
| Karl Degener Black Belt Test, 1st Male Black Belt in SafeSkills Dojo, 2008 March 16 | Box 6 > Dvd RL11387- DVD-0008 |
| SafeSkills Dojo , SafeSkills Test Photos, 2010 April 25 | Box 6 > Optical-disc RL11387-CD-0001 |
| SafeSkills Test Photos, 2009 December 13 | Box 6 > Optical-disc RL11387-CD-0002 |
| SafeSkills Dojo Hillsborough Rd Belt Test Photos, 2010 June 13 | Box 6 > Optical-disc RL11387-CD-0003 |
| The Story with Dick Gordon, 2007 September 18 | Box 6 > Optical-disc RL11387-CD-0004 |
| Bo Primer, Sarah Jane Raines, 2006 June | Box 6 > Optical-disc RL11387-OP-0001 |
| Sparring with Deb Cullings, Dojo, 1992 July 7 | Box 6 > Video-cassette RL11387-VHS-0001 |
| Close Encounters with Deb Cullings, Dojo, 1992 July 12 | Box 6 > Video-cassette RL11387-VHS-0002 |
| Southern Women's Show Demos, and Original of Fight Scenes Used for Promo Tape, 1993 April | Box 6 > Video-cassette RL11387-VHS-0006 |

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| Eno River Festival Karate, Self-Defense, ARNIS Demonstration, SafeSkills, 1993 April 7 | Box 6 > Video-cassette RL11387-VHS-0008 |
| Eno River Festival Martial Arts, Self-Defense, Demonstration, SafeSkills, 1996 | Box 6 > Video-cassette RL11387-VHS-0009 |
| SafeSkills Open House, SafeKid's Demo, Girl's Karate Martial Arts Demo, Empowerment Demonstrations, Empowerment Demo, 1993 February 7 | Box 6 > Video-cassette RL11387-VHS-0012 |
| Demo at Dojo Empowerment, Continuous Loop, Shot Fights, 1993 May 7 | Box 6 > Video-cassette RL11387-VHS-0013 |
| SafeSkills Self-Defense Workshop Tape 2, 1995 | Box 7 > Video-cassette RL11387-VHS-0014 |
| SafeSkills Shannon Plaza, Bo Lines, Bo Class, Beth Seigler Instructor, 2000 | Box 7 > Video-cassette RL11387-VHS-0015 |
| Empowerment Demo Taped by Austin Hopwood, 1994 September 18 | Box 7 > Video-cassette RL11387-VHS-0016 |
| Empowerment Open House Demo, 1992 November 14 | Box 7 > Video-cassette RL11387-VHS-0017 |
| Empowerment SafeSkills, approximately 1990s | Box 7 > Video-cassette RL11387-VHS-0018 |
| Empowerment Class 6, Session 4, Last Class, Graduation, 1994 February 16 | Box 7 > Video-cassette RL11387-VHS-0019 |
| Empowerment Promo Demo, SafeSkills, Edited Version, Complete Fights, 1993 July 2 | Box 7 > Video-cassette RL11387-VHS-0020 |

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| Empowerment SafeSkills Do not Copy, approximately 1990s | Box 7 > Video-cassette RL11387-VHS-0021 |
| Strike Back!, Mainstream S/D, 1992 | Box 7 > Video-cassette RL11387-VHS-0022 |
| TWMA Dojo Demonstration, YWCA Durham, Children's Karate Class, 1986 September 6, 1987 February | Box 7 > Video-cassette RL11387-VHS-0025 |
| Class 5, Session 3, Graduation, Empowerment Class 7, Session 4, 1993 October, 1994 April 30 | Box 7 > Video-cassette RL11387-VHS-0026 |
| Channel II Kids Karate Class, 1996 | Box 7 > Video-cassette RL11387-VHS-0027 |
| Menopause, Oprah Integrity, Beth Seigler Cofunder, February 2002 | Box 7 > Video-cassette RL11387-VHS-0030 |
| SafeSkills on WTVD, 1993 November 9 | Box 7 > Video-cassette RL11387-VHS-0032 |
| Empowerment Demo, Kathy Hopwood, 1993 November 3 | Box 7 > Video-cassette RL11387-VHS-0033 |
| Southern Women's Promo Show, 4 Minute Segments of Fights Full Tape, 1993 April | Box 7 > Video-cassette RL11387-VHS-0034 |
| Empowerment Demo, 1993 November 9 | Box 7 > Video-cassette RL11387-VHS-0035 |
| SafeKids, 1992 October | Box 7 > Video-cassette RL11387-VHS-0040 |
| SafeSkills on WTVD, approximately 1990s | Box 7 > Video-cassette RL11387-VHS-0041 |
| TV Tape TWMA Reflections, Kathy Hopwood and Beth Seigler, 1989 November 19 | Box 7 > Video-cassette RL11387-VHS-0044 |

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| MACE Experiment, AWSDA NY, Owned by SafeSkills Associates, 1990 | Box 8 > Video-cassette RL11387-VHS-0049 |
| Open House, SafeSkills Dojo Shannon Plaza, Demonstrations, 1997 | Box 8 > Video-cassette RL11387-VHS-0052 |
| Women Strike Back, 1989 | Box 8 > Video-cassette RL11387-VHS-0053 |
| Lalown Acquaintance Trial, SafeSkills Channel 5, Sophia's Story, Original Tape, 1994 | Box 8 > Video-cassette RL11387-VHS-0054 |
| Class 8, Session 4, Graduation, 1994 August | Box 8 > Video-cassette RL11387-VHS-0055 |
| Empowerment, Class 10, Graduation and Demo, 1997 February 8 | Box 8 > Video-cassette RL11387-VHS-0056 |
| Empowerment Class, Graduation, 1992 October | Box 8 > Video-cassette RL11387-VHS-0057 |
| Women Stop Rape, Dream City Productions Mainstream, 1993 | Box 8 > Video-cassette RL11387-VHS-0058 |
| The Art of Self-Defense for Women, 1986 | Box 8 > Video-cassette RL11387-VHS-0059 |
| Sophia's Story, Channel 5, NC Now SafeSkills, 1994 | Box 8 > Video-cassette RL11387-VHS-0060 |
| SafeSkills TV Coverage, Video by Ken, approximately 1990s | Box 8 > Video-cassette RL11387-VHS-0061 |
| Empowerment Demo, Donna, Deborah, 1993 February 7 | Box 8 > Video-cassette RL11387-VHS-0062 |

| | |
|---|---|
| Girls SafeSkills Summer Camp, Open House, 1995 | Box 8 > Video-cassette RL11387-VHS-0068 |
| TWKA Dojo Class, 1985 | Box 8 > Video-cassette RL11387-VHS-0071 |
| Dojo Kata Sparring, "Stand", "Seeing Sparring Class", 1987 February | Box 8 > Video-cassette RL11387-VHS-0074 |
| Diana Swantek, Jiu Jitsu Techs, 1983 March 5 | Box 9 > Video-cassette RL11387-VHS-0076 |
| Women Warriors: Sing a Song of Freedom, PAWMA at San Francisco State University, 1989 November 12 | Box 9 > Video-cassette RL11387-VHS-0082 |
| Empowerment Public Demo, WTVD Channel II, PBS Channel 4, Original Tape, 1994 March 1 | Box 9 > Video-cassette RL11387-VHS-0089 |
| Dojo Board Breaking Class Party, 1992 | Box 9 > Video-cassette RL11387-VHS-0090 |
| SafeSkills Shannon Plaza Dojo Open House, 1995 December 7 | Box 9 > Video-cassette RL11387-VHS-0091 |
| TWKA Cablevision Interviews Dojo Members, Workout Mangum Street Dojo, 1984-1987 | Box 20 > Video-cassette RL11387-VHS-0092 Digital-materials RL11387-SET-0010 > Video-file RL11387- VHS-0092_ffv1.mkv; RL11387-VHS-0092.mp4 |
| Physical Description: 1:08:25 | |
| TWMA Eno River Festival Demonstration, circa 1982-1986 | Box 20 > Video-cassette RL11387-VHS-0093 Digital-materials RL11387-SET-0011 > Video-file RL11387- |

VHS-0093_ffv1.mkv;
RL11387-VHS-0093.mp4

Physical Description: 1:06:39

Radio Interview (Cont.) Donna Mason Show,
1993 January 27

Box 9 > Audio-cassette
RL11387-CS-0001

Kathy WCHL Interview, 1993 July 15

Box 9 > Audio-cassette
RL11387-CS-0002

NC Report, "Self Defense" with Guests, 1994
May 8

Box 9 > Audio-cassette
RL11387-CS-0003

People's Pharmacy, Sexual Assault, 1989

Box 9 > Audio-cassette
RL11387-CS-0004

People's Pharmacy, Striking Back Against
Sexual Violence, 1990 September 8

Box 9 > Audio-cassette
RL11387-CS-0005

People's Pharmacy, Family Violence, 1991
October 10

Box 9 > Audio-cassette
RL11387-CS-0006

People's Pharmacy, Beth Seigler and Kathy
Hopwood, 1992 October 3

Box 9 > Audio-cassette
RL11387-CS-0007

Self-Defense Success Story, approximately
1990s

Box 9 > Audio-cassette
RL11387-CS-0008

Kathy Story, 1993 September

Box 9 > Audio-cassette
RL11387-CS-0009

Shawnee Wolfe Story, 1993 November

Box 9 > Audio-cassette
RL11387-CS-0010

Rebecca Maupin Story, 1993 November

Box 9 > Audio-cassette
RL11387-CS-0011

Be A S.A.F.E. Kid!, approximately 1990s

Box 9 > Audio-cassette
RL11387-CS-0012

T.C., Coleen Gragen Martial Arts Dance Story,
TWMA, NY, 1986 Box 9 > Video-cassette
RL11387-Bmax-0012

T-Shirts, approximately 1990s Box 17

Scope and Contents

8 t-shirts of the Triangle Women's Martial Arts Association

Trademark Registrations, 1993-2002 Box 18

Teaching Material Arts Illustrations,
1990-1992 Box 18

SafeSkills Dojo website, 2016 January 21
(online item available)

Digital Object: [SafeSkills Dojo website](#)

Training Programs, 1956-2014

Access Restrictions:

Access note. This sub-series contains fragile audiovisual formats that may need to be reformatted before use. Contact Research Services for access.

Scope and Contents

The Training Programs sub-series includes martial arts manuals created for SafeSkills Dojo. It also contains videocassettes related to the activities of the dojo, including training camps, open house demonstrations, children classes, demonstrations in festivals, Empowerment Course demos, SafeSkills summer camps, special events demonstrations, public demonstrations, graduations, tests, classes sessions, and self-defense seminars.

Terrorism in America, Cuong Nhu Oriental
Martial Arts, 1979 Box 5

ARNIS, approximately 1980s Box 5

Funk, Sandy, Special Fight, 1984 Box 5

Self-Defense Books 1 and 2, approximately
1990s Box 5

Self-Defense Books 5 and 6, approximately
1990s Box 5

| | |
|---|--------|
| Self-Defense Books 7 and 8, approximately 1990s | Box 5 |
| Self-Defense Books 9 and 10, approximately 1990s | Box 5 |
| Self-Defense Book 11, approximately 1990s | Box 5 |
| Teaching Ideas, approximately 1990s | Box 5 |
| Rank and Tests, Kata, approximately 1990s | Box 5 |
| Martial Arts Articles, Physical Issues, approximately 1990s | Box 5 |
| On the Path, Thoughts for the Budoka, approximately 1990s | Box 5 |
| General Martial Arts, approximately 1990s | Box 5 |
| Basics, 1994 | Box 5 |
| Weapons, approximately 1994 Physical Description: 2 folders | Box 5 |
| Sparring, Walking the Body, approximately 1990s-2000s | Box 5 |
| Self-Defense Binder, 1983-1991 Physical Description: 2 folders | Box 15 |
| SafeSkills Binder Sexual Harassment, 1994 Physical Description: 3 folders | Box 5 |
| Empowerment Padded Mock Atacker Program, 1993 Scope and Contents Posters, Newsletters, Articles | Box 18 |
| Layout Boards for SafeSkills Inc., 2006 Scope and Contents "Self-Defense for Women" Workshop Handout (Final Version) | Box 18 |
| Margaret A. "Peg" Strain Materials, 1956-2014 | Box 18 |

Program poster boards, approximately
1980s-1990s

Box 19

Scope and Contents

Three posterboard with information, clippings, and photographs about three of the dojo's training programs: Karate Kids, Personal Safety Skills Training, and Options (Issues in Rape Awareness and Prevention).

Keynote Sandra Fish, Geneva NY, TC/ST, 1988

Box 6 > Video-cassette
RL11387-Bmax-0005

Australian Women's M.A. Camp (1st Camp),
1987

Box 6 > Video-cassette
RL11387-VHS-0003

SafeSkills Girl's Summer Camp, 1996

Box 6 > Video-cassette
RL11387-VHS-0004,
RL11387-VHS-0005

Physical Description: 2 videocassettes

The Corning Professional Women's Forum,
Self-Defense Program, Corning HQ
Auditorium, Corning, NY, 1995 November 03

Box 6 > Video-cassette
RL11387-VHS-0007

South Square Mall, SafeSkills/TWMA, Karate,
Self-Defense, ARNIS Demonstration, 1993
June 12

Box 6 > Video-cassette
RL11387-VHS-0010

Self-Defense UNC Demonstration, 1993
November 2

Box 6 > Video-cassette
RL11387-VHS-0011

Trust Your Instincts!, Owned by SafeSkills
Associates, Rape Prevention, 18 minutes,
approximately 1990s

Box 7 > Video-cassette
RL11387-VHS-0023

Self-Defense Women Teaching Women, PTS. 1
and 2 Tied, 1990 August 29

Box 7 > Video-cassette
RL11387-VHS-0024

| | |
|---|--|
| Empowerment Training, approximately 1990s | Box 7 > Video-cassette RL11387-VHS-0028 - RL11387-VHS-0030 |
| Physical Description: 3 videocassettes | |
| Empowerment Refresher, 1995 May 13 | Box 7 > Video-cassette RL11387-VHS-0036 |
| Not Me! A Ladies Guide to Rape Intervention Techniques, Martial Arts/Mainstream, 1991 | Box 7 > Video-cassette RL11387-VHS-0037 |
| Empowerment Refresher Course, 1994 July 9 | Box 7 > Video-cassette RL11387-VHS-0038 |
| SafeSkills Shannon Plaza Dojo, Kata: Heian Shodan with Kid's Karate Class, 1996 November 6 | Box 7 > Video-cassette RL11387-VHS-0039 |
| SafeSkills Shannon Plaza Dojo, Adult Karate Class, Dojo-To View Training, approximately 1990s | Box 7 > Video-cassette RL11387-VHS-0042 |
| SafeSkills Self-Defense Workshop Tape 1, 1995 | Box 7 > Video-cassette RL11387-VHS-0043 |
| Crimes of Opportunity, General Crime, Prevention Focus, approximately 1990s | Box 8 > Video-cassette RL11387-VHS-0046 |
| TV Programs, Specials on Crime Prevention Assault, approximately 1990s | Box 8 > Video-cassette RL11387-VHS-0047 |
| Various Self-Defense Videos, approximately 1990s | Box 8 > Video-cassette RL11387-VHS-0048 |
| Self-Defense Seminar, approximately 1990s | Box 8 > Video-cassette RL11387-VHS-0050 |
| Scenarios in Self-Defense, approximately 1990s | Box 8 > Video-cassette RL11387-VHS-0051 |

Girls SafeSkills Camp, Original Master, 1996
July

Box 8 > Video-cassette
RL11387-VHS-0070

SafeSkills Empowerment Program, 1994

Box 20 > Video-cassette
RL11387-VHS-0094
Digital-materials
RL11387-SET-0012 >
Video-file RL11387-
VHS-0094_ffv1.mkv;
RL11387-VHS-0094.mp4

Physical Description: 0:31:07

SafeSkills Padded Attacker, 1993 January 05

Box 20 > Video-cassette
RL11387-VHS-0095
Digital-materials
RL11387-SET-0013 >
Video-file RL11387-
VHS-0095_ffv1.mkv;
RL11387-VHS-0095.mp4

Physical Description: 1:03:51

Australian Women's Martial Arts Camp , circa
1980s

Box 20 > Video-cassette
RL11387-Bmax-0021
Digital-materials
RL11387-SET-0009 >
Video-file RL11387-
Bmax-0021_ffv1.mkv;
RL11387-Bmax-0021.mp4

Physical Description: 0:52:59

Kiai! Women in Self-Defense, Lydia Dean
Pilcher, dir., Sound, color, 28 minutes, 16 mm,
1983

Box 9 > Reel RL11387-
Reel-0001

Resources about Other Martial Arts Organizations, 1970s-2007

Scope and Contents

The Resources about Other Martial Arts Organizations sub-series includes materials related to martial arts activities within the United States and across the world.

| | |
|--|--------|
| Women's Martial Arts Union Meeting Notes, NY, 1970s | Box 12 |
| Women's Martial Arts Union Copies of Photos, NY, 1970s | Box 12 |
| Women's Martial Arts Union, NY, 1972-1975 | Box 12 |
| Various Women Instructors/Schools, 1974-2004 | Box 12 |
| Pacific Association of Women Martial Arts, 1996 | Box 12 |
| Pacific Association of Women Martial Arts, 1988-1996 | Box 12 |
| Feminist Karate Union, Seattle WA, 1976 | Box 12 |
| Feminist Karate Union, Student Manual, 1981 | Box 12 |
| Feminist Karate Union, Bobbi Snyder, 1979-1987 | Box 12 |
| Thousand Waves Martial Arts and Self-Defense Center, 2002-2007 | Box 12 |
| Thousand Waves Martial Arts and Self-Defense Center, 1991-2004 | Box 12 |
| Southern Women's Martial Arts Weekend, 1982 October 15-17 | Box 12 |
| Other Women's Martial Arts Schools, 1984-1994 | Box 12 |
| Laura Stone, Tai Chi Chuan, Indiana, 1990s | Box 12 |
| International, 1980s-1990s | Box 12 |
| Massachusetts, Valley Women's Martial Arts School, 1978-2007 | Box 12 |

| | |
|--|--------|
| California, Various Schools/Instructor, 1981-1993 | Box 12 |
| California, Hand to Hand, 1987-1990 | Box 12 |
| Massachusetts, Flying Tiger Martial Arts, 1989-1991 | Box 12 |
| California, Karate Women, 1995 | Box 12 |
| Michigan, Info Jaye Spiro, Mejishi Dojo, 1977-1988 | Box 12 |
| Michigan, Information Joan Nelson, Movement Arts Dojo, 1993 | Box 12 |
| New York, Roberta Schine, 1970s | Box 12 |
| New York, Women Warriors, Sue Ribner, 1981-1987 | Box 12 |
| New York, NYU Li Tao, Marcia Klein, Kenpo- San, 1976-1979 | Box 12 |
| New York, Brooklyn Women's Martial Arts, 1983-2004 | Box 12 |
| Ohio, Pam Wren, Okinawan Karate, 1987 | Box 12 |
| D.C., Self-Defense Karate Association, 1989-1996 | Box 12 |
| Atlanta Georgia, Karate for Women, Marianna Kaufman, 1970s | Box 12 |
| Chicago, Seido, 1990 | Box 12 |
| Washington State, Seven Star Women's Kung Fu, 1990s | Box 12 |

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National Women's Martial Arts Federation (NWMAF), 1970s-2014

Access Restrictions:

Access note. This series contains fragile audiovisual formats that may need to be reformatted before use. Contact Research Services for access.

Scope and Contents

Series includes materials related to the National Women's Martial Arts Federation (NWMAF). It includes administrative materials such as the National Women's Martial Arts Federation Newsletter, steering committee notes, brochures, guidelines, events, and correspondence. Special Training Camps materials include programs, information, and videocassettes related to special training camps conducted by the NWMAF across the country.

Administrative Materials, 1970s-2014

| | |
|---|--------|
| National Women's Martial Arts Federation Newsletter, 1982-2014 | Box 10 |
|---|--------|

Physical Description: 12 folders

| | |
|--|--------|
| Newsletter Covers, Inside Graphics, approximately 1980s-1990s | Box 10 |
|--|--------|

| | |
|-------------------------------------|--------|
| Steering Committee Notes, 1981-1988 | Box 10 |
|-------------------------------------|--------|

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| Steering Committee Notes, 1988-2005 | Box 10 |
|-------------------------------------|--------|

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|---|--------|
| Guidelines for Events, approximately 1985-1990 | Box 10 |
|---|--------|

| | |
|--|--------|
| Brochures, Membership Card, approximately 1980s-2000s | Box 10 |
|--|--------|

| | |
|--|--------|
| Herstory of National Women's Martial Arts Federation Archives, approximately 1980s-1990s | Box 10 |
|--|--------|

| | |
|---------------------------|--------|
| Correspondence, 1992-1993 | Box 10 |
|---------------------------|--------|

| | |
|--------------------------------------|--------|
| Logo Designed by Kathy Hopwood, 1988 | Box 10 |
|--------------------------------------|--------|

| | |
|--|--------|
| National Women's Martial Arts Federation Patches, approximately 1990s | Box 17 |
|--|--------|

Scope and Contents

Four patches.

| | |
|---|--------|
| National Women's Martial Arts Federation Poster Boards, approximately 1970s-1988 | Box 19 |
|---|--------|

Scope and Contents

Three poster boards with photos and information about National Women's Martial Arts Federation

National Women's Martial Arts Federation Seminar, Arlene Limas, Ilsa Cordero, 1992 April 4

Box 8 > Video-cassette
RL11387-VHS-0073

National Women's Martial Arts Federation: 15 Years, approximately 1990s

Box 8 > Video-cassette
RL11387-VHS-0063

Special Training Camps Materials, 1976-2010

Access Restrictions:

Access note. This sub-series contains fragile audiovisual formats that may need to be reformatted before use. Contact Research Services for access.

Various Handouts for Various Instructors, 1976-1991

Box 10

Membership Directory, 2004

Box 10

Special Training Camps proposals, 1989-1992

Box 10

Special Training Camps Letters, Forms, 1980s-1990s

Box 10

Special Training Camps Brochures, 1990s-2000s

Box 10

Special Training Camps photographs, 1970s-1990s

Box 10

Physical Description: 4 folders

Special Training Camps, 1976-1998

Box 11

Physical Description: 20 folders

Scope and Contents

Materials about the Special Training Camps for each year, typically including information, programs, and participant lists.

Special Training Camps, 2000-2010

Box 12

Physical Description: 7 folders

Scope and Contents

Materials about the Special Training Camps for each year, typically including information, programs, and participant lists.

Special Training, Chicago, 1991 July 17-21 Box 8 > Video-cassette
RL11387-VHS-0069

Special Training, Roberta Schine Trainer
Demonstration, 1988 Box 8 > Video-cassette
RL11387-VHS-0045

Special Training Camp, NWMAF, Taped by
Kathy Hopwood, 1993 Box 8 > Video-cassette
RL11387-VHS-0064

Special Training Camp, National Women's
Martial Arts Federation, Advanced Seido,
Nancy Lanove, Thousand Waves Dojo, 1998 Box 8 > Video-cassette
RL11387-VHS-0065

Special Training Camp, NWMAF, Coleen
Gragen Instructor, "The Knife", Hand to Hand
Dojo, 1998 Box 8 > Video-cassette
RL11387-VHS-0066

Special Training Camp, NWMAF, Coleen
Gragen Instructor, Gun Self-Defense, Hand to
Hand Dojo, 1998 Box 8 > Video-cassette
RL11387-VHS-0067

Special Training, National Women's Martial
Arts Federation, Oberlin Ohio, Mastering
Beginners Mind, 2003 July Box 8 > Video-cassette
RL11387-VHS-0072

Training Camp, Group Workout, Cassandra
George, NY, 1986 Box 9 > Video-cassette
RL11387-VHS-0078

Training Camp, Martial Arts Dance, Coleen
Gragen, Kathy Hopwood, Geneva, NY, 1986 Box 9 > Video-cassette
RL11387-VHS-0083

Training Camp, Keynote Speaker Sandra Fish,
Geneva, NY, Orientation, 1988 Box 9 > Video-cassette
RL11387-VHS-0085

Special Training Camp, NWMAF, Geneva NY,
Bo Staff, Orientation Tacher's Conference,
Coleen Gragen Story, 1986

Box 9 > Video-cassette
RL11387-VHS-0075

Special Training Camp, NWMAF, Coleen
Gragen, Instructor of "Better Sparrer", 1988

Box 9 > Video-cassette
RL11387-VHS-0079

Training Camp, National Women's Martial Arts
Federation, Jaye Spiro, Teaching Blind People,
Geneva NY, Video by Kathy Hopwood, 1986

Box 9 > Video-cassette
RL11387-VHS-0080

Jaye Spiro, Teaching Blind People, Teaching
Senior Citizens, 1983

Box 9 > Video-cassette
RL11387-VHS-0084

Teaching the Blind, Jaye Spiro Teacher's
Conference, Geneva NY, 1986

Box 20 > Video-cassette
RL11387-Bmax-0013
Digital-materials
RL11387-SET-0001 >
Video-file RL11387-
Bmax-0013_ffv1.mkv;
RL11387-Bmax-0013.mp4

Physical Description: 1:01:42

Teachers's Conference Geneva NY,
Orientation, Group Workout, MA Dance, Wrap
Up, 1986

Box 20 > Video-cassette
RL11387-Bmax-0014
Digital-materials
RL11387-SET-0002 >
Video-file RL11387-
Bmax-0014_ffv1.mkv;
RL11387-Bmax-0014.mp4

Physical Description: 1:56:11

Special Training Demonstration, Yale
University, New Haven, CT , 1986 June 14

Box 20 > Video-cassette
RL11387-Bmax-0015
Digital-materials
RL11387-SET-0003 >
Video-file RL11387-

Bmax-0015_ffv1.mkv;
RL11387-Bmax-0015.mp4

Physical Description: 2:02:25

Special Training, NWMAF Membership,
Meeting Geneva, NY, 1988

Box 9 > Video-cassette
RL11387-VHS-0081

Special Training, NWMAF, Kent Ohio, Kathy
Hopwood, 1987

Box 9 > Video-cassette
RL11387-VHS-0086

Special Training, Loyola University, Nancy
Lanove, Chicago, Taped bt E.A. Roman, 1991

Box 9 > Video-cassette
RL11387-VHS-0087

Special Training, Training Demonstration,
Mosaic of Women Power, 1992 June 13

Box 9 > Video-cassette
RL11387-VHS-0088

Special Training Demonstration, Yale
University, New Haven, CT, 1986 June 14

Box 9 > Video-cassette
RL11387-VHS-0077

Women in the Martial Arts (Out Takes from
Budo-ST) , circa 1980s

Box 20 > Video-cassette
RL11387-Bmax-0016
Digital-materials
RL11387-SET-0004 >
Video-file RL11387-
Bmax-0016_ffv1.mkv;
RL11387-Bmax-0016.mp4

Physical Description: 0:23:17

NWMAF Instructor Demonstrations, 1988 July
07

Box 20 > Video-cassette
RL11387-Bmax-0017
Digital-materials
RL11387-SET-0005 >
Video-file RL11387-
Bmax-0017_ffv1.mkv;
RL11387-Bmax-0017.mp4

Physical Description: 1:24:30

Objectives/Sparring ST88 Bones, 1988 July

Box 20 > Video-cassette
RL11387-Bmax-0018

Digital-materials
 RL11387-SET-0006 >
 Video-file RL11387-
 Bmax-0018_ffv1.mkv;
 RL11387-Bmax-0018.mp4

Physical Description: 1:40:34

NWMAF Special Training, Kent University,
 Kent Ohio, 1987

Box 20 > Video-cassette
 RL11387-Bmax-0020
 Digital-materials
 RL11387-SET-0008 >
 Video-file RL11387-
 Bmax-0020_ffv1.mkv;
 RL11387-Bmax-0020.mp4

Physical Description: 1:01:44

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Publications and Printed Materials, 1970s-2000s

Scope and Contents

Series contains assorted printed materials related to rape and sexual assault prevention. This series is organized into three sub-series: Women's Martial Arts and Self-Defense Resources, Rape and Sexual Assault Resources, and Child and Teenagers Assault Prevention. The sub-series Women's Martial Arts and Self-Defense Resources includes materials related to women self-defense groups, instructors, and agencies supported by government. This sub-series also includes also includes the magazines Fighting Woman News and Black Belt Woman. The sub-series Rape and Sexual Assault Resources includes a selection of articles and books about martial arts, self-defense, rape prevention, mainstream (male-dominated self-defense), the feminist self-defense movement, model mugging, confrontation, and assertiveness. The sub-series Child and Teenagers Assault Prevention includes short stories and pamphlets about this topic.

Women's Martial Arts and Self-Defense Resources, approximately 1970s-2000s

Grassroots Women Self-Defense Groups, Classes, Schools, etc., approximately 1970s-2000s

| | |
|----------------------|--------|
| Chimera, 1980s-1990s | Box 13 |
| Canada, 1980s-1990s | Box 13 |

| | |
|--|--------|
| Ohio, approximately 1970s | Box 13 |
| Instructors, 1980s-2000s | Box 13 |
| Non-Profits or Agencies Supported by State/Government with Feminist Leadership, 1990s | |
| The Los Angeles Commission on Assaults Against Women, 1990 | Box 13 |
| Coalition Against Sexual Assault, 1990s | Box 13 |
| Alternatives, 1990s | Box 13 |
| Feminists in Self-Defense Training, 1990s | Box 13 |
| Women Self-Defense Instructors Taught with Male Instructors, 1990s | |
| Aware, 1990s | Box 13 |
| American Women's Self-Defense Association, 1990s | Box 13 |
| Various Self-Protection Materials, 1970s-2000s | |
| Acquaintance, approximately 1990s | Box 13 |
| Myths, Facts, 1990s-2003 | Box 13 |
| Gay and Lesbian Self-Defense Issues, 1990s | Box 13 |
| Disabled Self-Defense, 1985 | Box 13 |
| Disabled Self-Defense, 1986 | Box 13 |
| Older Adults, 1992 | Box 13 |
| Gang Rapes, 1986 | Box 13 |
| Men Rape Issues, 2000s | Box 13 |
| Harassment, 1990s | Box 13 |
| Survivors, 1990s-2000s | Box 13 |

Physical Description: 2 folders

| | |
|---|--------|
| Fighting Woman News Magazine, 1975-1996 | Box 15 |
| Physical Description: 7 folders | |
| Fighting Woman News Correspondence, Promo, and How it Began, 1970s-1990s | Box 15 |
| Fighting Woman News Single Pages and Flyers, 1976-1986 | Box 15 |
| Black Belt Woman Magazine, 1975-1976 | Box 15 |
| Physical Description: 3 folders | |
| Black Belt Woman Magazine Promo Materials, 1978-1979 | Box 15 |
| Women of Power Magazine, 1986 | Box 15 |
| Women's Sport and Fitness Magazine, 1992 | Box 15 |
| Magazine on Ending Violence Against Women, 1980-1983 | Box 16 |
| Magazine on Ending Violence Against Women, 1984-1986 | Box 16 |
| The Monthly Newsmagazine of Crime, 1992 | Box 18 |
| Copy of Women in the Martial Arts by Linda Atkinson, 1984 | Box 16 |
| Self-Defense Resources, 1942-1980 | Box 16 |
| Self-Defense Resources, 1988 | Box 16 |
| Victimology: An International Journal, 1982 | Box 17 |
| Physical Description: 3 copies | |
| Fight Back: Feminist Resistance to Male Violence, 1981 | Box 17 |
| Scope and Contents | |
| Book edited by Frederique Delacoste and Felice Newman | |
| ACMA Instructor Certification Manual by John Corcoran and John Graden, 1998 | Box 17 |

Scope and Contents

Book

Stopping Rape by Pauline Bart and Patricia O' Brien, 1985 Box 17

Scope and Contents

Book

Bo: Karate Weapon of Self-Defense by Fumio Demura, 1976 Box 17

Scope and Contents

Book

Against Rape by Andra Medea and Kathleen Thompson, 1974 Box 17

Scope and Contents

Book

The Martial Arts by Susan Ribner and Dr. Richard Chin, 1978 Box 17

Scope and Contents

Book

Rape and Sexual Assault Resources, 1970s-2000s

Women's Martial Arts Self-Defense History, 1970s Box 13

Self-Defense Empowerment News, 1990-1996 Box 13

Proceedings of the National Conference on Rape Prevention, 1978 November 17-19 Box 13

Awareness and Escape Program, Instructor Candidate Course, 2008 Box 13

Personal and Safety Skills, approximately 1990s Box 13

Self-Defense Women's Manual, approximately 1990s Box 13

| | |
|--|--------|
| Women's Self-Defense, approximately 1990s | Box 13 |
| Violence Against Women, Rape, approximately 1990s | Box 13 |
| Teaching, approximately 1990s | Box 13 |
| Self-Defense Teacher's Guide, 1983 | Box 13 |
| Stop Rape, 1984-1987 | Box 13 |
| Sexual Assault Intervention Handbook, approximately 1988 | Box 13 |
| Rebecca Moon Materials, 1970 | Box 14 |
| No More Fun and Games, 1970s | Box 14 |
| Articles Male Martial Arts, 1970s-1980s | Box 14 |
| Women's Martial Arts Book Reviews, 1970s-1990s | Box 14 |
| Diana Press Publications, 1972-1974 | Box 14 |
| Directories, 1976-1991 | Box 14 |
| Ja Shin Do, 1977-2007 | Box 14 |
| Rape and Assault Prevention Booklets, 1978-1985 | Box 14 |
| Calendars, 1979-1990 | Box 14 |
| Rape and Violence Against Women Resources, 1979-1994 | Box 14 |
| Verbal Confrontations Assertiveness, approximately 1980s | Box 14 |
| Newsletters and Brochures, 1980s | Box 14 |
| Research Self-Defense Articles, 1980s-1990s | Box 14 |
| Rape Prevention Workshops: A Group Leader's Guide, 1980 | Box 14 |

| | |
|--|--------|
| Leader's Guide Rape Prevention, Ohio, 1980 | Box 14 |
| Rape Crisis Center Manual, Orange County, 1983 | Box 14 |
| Choices, 1985 | Box 14 |
| Aquaintance Rape and Sexual Assault Prevention, 1988 | Box 14 |
| Duke Dare Handbook, 1989 | Box 14 |
| Below the Belt, 1990 | Box 14 |
| Article Women's Martial Arts, 1991-1992 | Box 14 |
| National Media, 1980s-1990s | Box 14 |
| Physical Description: 2 folders | |
| Model Mugging Impact Information, 1980s-1990s | Box 14 |
| Physical Description: 2 folders | |
| Rape and Sexual Assault Prevention, 1995 | Box 14 |
| Reports, 1996 | Box 14 |
| Booklets, 1979-1991 | Box 14 |
| The "Stop" Chant, approximately 1990s-2000s | Box 18 |

Child and Teenagers Assault Prevention, 1980s-1990s

| | |
|--|--------|
| Children Assault Prevention, Booklets and Brochures, 1980s-1990s | Box 15 |
| Children Assault Prevention, Parenting Press Booklets, 1982-1984 | Box 15 |
| Children Assault Prevention, Booklets, 1984-1992 | Box 15 |
| Children's Self-Defense Binder, 1986-1992 | Box 15 |
| Physical Description: 2 folders | |
| Children Assault Prevention, Parenting Press Booklets, 1986-1987 | Box 15 |

| | |
|---|--------|
| Children's Self-Defense, 1988-1992 | Box 15 |
| Triangle Women Martial Association Self-Defense Packet, 1990-1994 | Box 15 |
| Children Assault Prevention, Kid Power Project, 1991 | Box 15 |
| Children Assault Prevention, Publications, 1992-1993 | Box 15 |
| Children Assault Prevention, The Safe Children Program, approximately 1980s | Box 16 |
| Children Assault Prevention, Strategies for Free Children, 1983 | Box 16 |

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Personal Materials, 1980s-2015 September

Scope and Contents

Series includes Kathy Hopwood's articles, writings, artwork, some correspondence and writings by others, and karate uniforms and belts.

| | |
|---|--------|
| Articles by Kathy Hopwood, 1980s-1990s | Box 16 |
| Kathy Hopwood Writings, 1980s-1990s | Box 16 |
| Kathy Hopwood Self-Defense Writings, 1980s | Box 16 |
| Kathy Hopwood Martial Arts Teaching Writings, 1980s | Box 16 |
| Kathy Hopwood Fiction Writings, 1980s | Box 16 |
| Letter Drafts, 1985 | Box 16 |
| Incidents, 1986 | Box 16 |
| Kathy Hopwood Self-Defense and Martial Arts Writings, 1990s | Box 16 |
| National Coalition Against Sexual Assault (NCASA), 1992 | Box 16 |

| | |
|--|--------|
| Article and Research Report by Masha Bray Krzyzewski, 1994 | Box 16 |
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|---|--------|
| Correspondence and Tae Kwon Do Times Magazine, 1997 | Box 16 |
|---|--------|

| | |
|-----------------------------------|--------|
| Where My Feet Have Taken Me, 2005 | Box 16 |
|-----------------------------------|--------|

| | |
|--|--------|
| Art by Kathy Hopwood, Two Women, 1986 | Box 16 |
| Scope and Contents | |
| Two Women. Black and white faces abstract. Intended for publication in lesbian/feminist publications. Not submitted. | |

| | |
|--|--------|
| Art by Kathy Hopwood, Owl with Stars-Moons, 1986 | Box 16 |
| Scope and Contents | |
| Speculation artwork not published. | |

| | |
|---|--------|
| Art by Kathy Hopwood, People Linking Arms Around the World, 1987-1990 | Box 16 |
| Scope and Contents | |
| Submitted for publication. Not used for speculation artwork. | |

| | |
|--|--------|
| Art by Kathy Hopwood, People Communicating, 1987 | Box 16 |
| Scope and Contents | |
| Speculation artwork not published. | |

| | |
|---|--------|
| Art by Kathy Hopwood, Women Group Running, 1986 | Box 16 |
| Scope and Contents | |
| Speculation artwork not published. | |

| | |
|---|--------|
| Art by Kathy Hopwood, Justice, Woman Bound, 1987 | Box 16 |
| Scope and Contents | |
| Speculation artwork not submitted, not published. | |

| | |
|---|--------|
| Art by Kathy Hopwood, Various Types, 1986 | Box 16 |
|---|--------|

| | |
|---|--------|
| Book Proposal First Draft, 1980s-1990s | Box 16 |
| Everyday in Everyway, 1980s-1990s | Box 16 |
| Articles Written by Women Who Took a Self-Defense Class by SafeSkills, 1993-1998 | Box 16 |
| Art of Logo for Gaijin Designs, 1986-1990 | Box 16 |
| Cover Art by Kathy Hopwood, 1988 | Box 16 |
| Art by Kathy Hopwood, Various Sizes and Styles, 1987 | Box 16 |
| Art by Kathy Hopwood, Used for Various Forms, 1986-1990 | Box 16 |
| Art by Kathy Hopwood, Various Sizes and Styles Used in Diana Press Publications, 1986 | Box 16 |
| Cover Art by Kathy Hopwood Used for National Women Martial Arts Federation Newsletter, 1986 | Box 16 |
| Art by Kathy Hopwood, Used for T-Shirts, 1986 | Box 16 |
| Cover Art by Kathy Hopwood, Copies in Various Sizes, 1985 | Box 16 |
| Cover Art by Kathy Hopwood, Original and Copies of Artwork, 1982 | Box 16 |
| Art by Kathy Hopwood, Copies of Artwork, 1984 | Box 16 |
| Gratitude, Thank You Cards, 2015 September | Box 16 |
| Short Story and Poems, approximately 1990s | Box 16 |

Scope and Contents

This folder contains artwork by Katy Hopwood.

| | |
|---------------------------------------|--------|
| Country Woman and Feminary, 1976-1980 | Box 16 |
|---------------------------------------|--------|

Scope and Contents

This folder contains the text "I teach disobedience" by Kathy Hopwood.

| | |
|---|--------|
| Letter and Note, 1989 | Box 16 |
| Karate Belts, approximately 1990s | Box 16 |
| Scope and Contents | |
| Six Karate Belts. There are notes accompanying each belt that explain the significance. | |
| Bobbi's Dojo Stamp, approximately 1990s | Box 17 |
| American Tae Kwon Do Association Patches, approximately 1990s | Box 17 |
| Scope and Contents | |
| Two patches. | |
| Karate Uniforms, 1980-2000 | Box 17 |
| Scope and Contents | |
| Two Karate uniforms used by Kathy Hopwood from 1980-2000. There are notes in a separate folder that explain the significance of each uniform. | |
| Karate Uniform Notes, 1980-2000 | Box 17 |
| Scope and Contents | |
| Notes explaining the significance of each karate uniform. | |
| Artwork by Kathy Hopwood, approximately 1990s-2000s | Box 18 |

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