



Warrior Spirit Toole - Combat Sports Program

Facilitated by Professor Elizabeth A. Archuleta
Made possible by University Capstone Funding



Why this Program is needed?

- The project is important/needed because data on Missing and murdered indigenous women puts Salt Lake on the top ten list of cities where American Indian women experience sexual violence.
- Unfortunately, Tribes are unable to protect their own women due to a number of factors.

Distance

- There aren't too many job opportunities on most reservations (though many tribal governments have been working hard to fix that) which leads to folks moving to the cities for work
- The city they move to can be miles and miles and miles away from their tribal government.

Jurisdiction

- When it comes to non native on native crime jurisdiction can be tricky. Non white perpetrators know this and will use this to their advantage.
- Before Vawa was reauthorized, with a special provision to help protect native women, non native (predominantly white) predators could assault native women with near impunity.

Historical Trauma

- The aftershocks of Utahn Settler Colonial practices combined with poor government policies have had a detrimental effect on the wellbeing of native folks here in Utah.
- This historical based trauma can be debilitating, and increases the vulnerability of Native women.

How will this project help?

- A combat sports program can help women regain their confidence
- It can help them look past their scars so that they can see their body is powerful and capable of incredible athletic feats.

Limitations

- A combat sports program isn't a magic bullet
- It can't turn back time, or give someone the ability to defeat three attackers then magically disarm someone with a gun.

Who will it Serve?

- This Project is meant to benefit the Women at the Warrior spirit recovery center.
- It will also benefit the men, who will receive their own classes at the site.

Who is in Charge?

- This Project is facilitated by Professor Archuleta, and controlled by the Warrior Spirit Recovery Center In Tooele.
- Women's Workshops Fall under the purview of Talented Female Martial artists, Women who have years of MMA experience, and Female Health Professionals that Volunteer.

What is the Goal of these Workshops?

- It should be noted, however, that the ultimate goal of this Program is to train the trainers.
- To identify individuals who have an interest in combat sports and work with them till they can teach classes on their own.
- We want people to come back after they've left the clinic, and teach classes. That way the program will eventually become self sufficient and sustainable.

What will be taught at these Workshops?

- Patients who choose to participate would receive classes on Striking, grappling, strength training, and conditioning.
- They would learn how to defend themselves and develop a rugged education on the true power of the human body.
- They will become faster, stronger, and gain confidence as they perform feats of athleticism.

Where will they receive their Training?

- At facilities Provided by The Warrior Spirit Recovery Center in Tooele!

What is the Warrior Spirit Recovery Center?

- The Warrior Spirit Recovery Center in Tooele is a Drug Recovery Center in Tooele supported by the Skull Valley Band of Goshutes
- The Recovery center Provides quality 24 hour support, and rehabilitative services, for approximately 25 Clients.



WARRIOR
SPIRIT
RECOVERY COMMUNITY



Warrior Spirit site in Tooele

Who do they Serve?

- They Mainly serve Native Folks who are struggling with addiction
- They Currently have More Male Clients than Female Clients, However they plan to increase their capacity to take in and serve Women in their community.

Leadership at the Recovery Center

- Sheila Urias-Bear, who is also Band Secretary of the Skull Valley Band of Goshutes, is Largely responsible for the Women's Program.
- Drew Redd is Largely responsible for the Men's program.

The Wellbriety Recovery Model

- Recovery method pioneered by the Native American/Alaskan Native non-profit White Bison, inc.
- Approach that goes beyond just sobriety and recovery, and focuses on committing to a life of wellness while healing every day.

Culturally Based Methods of Healing

- Recovery is Augmented, and Facilitated by the use of traditional Healing Practices.
- Sweat Lodges are utilized at the Site, the Women's group will use it one week and the Men's group will use the other.

Services Offered to Clients

- In addition to the high quality treatment they offer, which is facilitated by Culturally Based Methods of Healing, The Warrior Recovery Center Also provides their Clients with a Membership to a nearby VASA Fitness Gym
- Warrior Spirit is Currently working with the University of Utah to develop more Services to help their Clients Heal

Warrior Spirit Partnership With Professor Archuleta

- Professor Elizabeth Ann Archuleta, through her American Indian Women's Class, tasks students with creating projects that can help the Native American Women.
- This Project was Born from Professor Archuleta's Class, and her ambition to assist other Native American Woman.

How was the Capstone Funding Spent?

- Personal Equipment: 10 Tri Deer 14 oz boxing gloves were purchased for the Female Clients at Warrior spirit
- High Durability Training Equipment: One 10 x 10 Dollamur wrestling Matt, and two Muay Thai Heavy Bags were also purchased.

Tri Deer 14 ounce Gloves

14 ounce gloves are meant for individuals who may more than 84 kilograms. These gloves usually have a smaller hand compartment than 16 ounce, and thus fit women better than most 16 ounce gloves

Protect your wrist joint



Outslayer Muay Thai Heavy Bags

Made from Durable Leather. If Properly cared for, these bags can easily last half a decade.



Dollamur Wrestling Matt 10 x 10

Durable high Quality wrestling
Mat. Can Easily Last a decade if
properly cleaned and cared for



How Will This equipment Help?

- The 14 ounce Boxing Gloves, and two Muay Thai Heavy bags, let the Women safely practice their punches.
- The Dollamur 10 x 10 wrestling Mat Lets Women safely practice their grappling.

Additional Equipment Purchased by Warrior Spirit

- Using Their own funding, the Warrior Spirit Recovery Center purchased a used heavy bag, and two Heavy bag mounts to hang heavy bags.
- They also purchased a few Boxing gloves for their Male Clients

Additional Donations from University Students

- 25 pairs of 180 inch hand wraps, estimated value (200\$)
- One pair used Male 16 ounce gloves, one used Taekwondo chest protector, and a used boxing Head Guard

180 inch hand wraps

Reduce the chance of hand injuries and Provide wrist support.



Equipment Purchased Using (DoD) Funding

- A small donation of 1000\$ can be credited to a Federal employee.
- This was used to Purchase: 10 womens Hybrid MMA gloves, 10 Mens MMA gloves, and 5 Pairs of Muay Thai Pads.

Hybrid Gloves

Hybrid Gloves, or MMA Sparring gloves, combine the extra knuckle padding of boxing gloves, with the grappling capabilities of conventional MMA gloves



MMA Gloves

Facilitate Sparring and Grappling

Usually, you order a size up so you can wear hand wraps underneath.

However, some brands Stretch



Muay Thai Pads

Muay Thai Pads Facilitate Kicking and punching. Curved Muay Pads are generally safer to kick.

However, in the interest of keeping costs down, straight Muay Thai pads (pictured to the right) were purchased



What are Combat Sports?

- Combat Sports: Judo, Wrestling, Boxing, Jiu-Jitsu, Muay Thai, etc.
- Combat sports are scored competitions that involve one on one combat.

Combat Sports



Why train Combat Sports?

- Improve's the Athletes Mind-Body Connection, techniques demand that an athlete listens to their body.
- Improves Confidence. Helps the Athlete understand that their body is a powerful wonderful thing.

Combat Sports Training vs Self Defense Training

- Combat Sports Training teaches offensive and defensive Technique. Emphasis is on Conditioning, Repetition to Build Muscle Memory, and Competition
- Self Defense Training teaches defense and Evasion. Emphasis on De-Escalation, Avoiding threats, and Escape

Advantages of a Combat Sports Program

- Offense and Defense are taught. Athletes can challenge each other, and be paired with a training partner of similar ability .
- Competition encourages Repetition, Athletes continuously test themselves. Skills consolidated into Muscle Memory

Advantages of Self Defense Training Pt. 1

- Teach Situational awareness, to look for escape routes.
- Teach De-escalation, and tips on how avoid dangerous situations.

Advantages of Self Defense Training Pt 2

- Self Defense Training prepares the Student for Multiple or armed Assailants.
- Self Defense Techniques rarely relies on the physical strength or athletic ability of a Student.

Why this program isn't a Self Defense Program

- Self Defense Programs are not, by their very nature, self sustaining.
- Self Defense Programs rely on a Teacher - Student Model that doesn't foster group Learning, or Inter group Mentorship

Why this Program is a Combat Sports Program

- Professor Archuleta believes that a Combat Sports Program, with the inherent stability of its Fighters training fighters approach, has a better chance of being sustainable.

But What About Self Defense Training?

- Self Defense Classes are often 1 to 12 hours long. And are often provided by commercial instructors or well meaning members of the community
- Such courses are helpful, however the techniques taught in these course are more effective if the participants all ready have some level of training in hand to hand combat.

Combat Sports Training Amplifies Self Defense

- Warrior Spirit Clients who take part in this program will boast improved timing, higher levels of physicality, and have combat tested techniques to fall back on.
- A Client can always take a Self Defense Class after they get out of the Combat Sports Program. And thereby learn all those neat tricks like Evasion and De escalation.

Combat Sports as a Base

- This Program is No Panacea. It won't be anything and everything that a Client at warrior spirit may want or need.
- However, this project will be sustainable. And it will provide clients with a core set of simple skills to lean on when more advanced strategies fail.