



**MUAY THAI
FOR WARRIORS**



SPONSORSHIP PROGRAM

2023

A MESSAGE FROM OUR FOUNDER

Dear Friends,

Midway through the tumultuous summer of 2020, I read a news article about a highly combat-decorated U.S. Army soldier who became the 30th member of his battalion to take his own life. He was a husband, a father of three, and was about to begin a prestigious job at the Pentagon. The article reported that an average of 20 Military Veterans commit suicide every day.

At the same time Master Sgt. Marckesano's tragedy hit the news, cities nationwide were experiencing riots against police officers. I was struck by the way the men and women who risk their own lives, health and safety to protect ours not only do not receive the recognition they deserve, but are not provided with enough resources to manage the strain on their own lives and families.

It was in this moment that I, along with the owner of Jacksonville Muay Thai, Giles Wiley, chose to take action. Our mission: to provide a mental and physical outlet for our Veterans, Law Enforcement Officers, and Firefighters right here in our Muay Thai gym.

As a combat Veteran myself, I have found that the art of Muay Thai significantly improves my mental clarity. This historical martial art contains similar traditions, sense of purpose and esprit de corps that I valued so much in the military. Inspired by these qualities, Kru (Coach) Giles and I assembled a team of gym members to bring our vision to life and launched Muay Thai For Warriors, a registered 501(c)(3) nonprofit, on Veterans Day 2020.

Muay Thai for Warriors is a team of Veterans, Law Enforcement, and Firefighters training together in the art of Muay Thai to improve mental health, and to strengthen our shared camaraderie.

Since the inception of the Warriors program, the response from our Veterans and Officers has been both humbling and inspiring. One of our Corrections Officers told me that she has never felt more at home than at our classes. One of our Police Officers confided that he has not had any training since the academy—15 years removed—and that our training is something every Law Enforcement Officer should obtain. A Marine Corps Veteran expressed his gratitude, saying that our curriculum is better than any other physical fitness routine or therapy session he has ever done.

You can help us bring this life-changing experience to many more Veterans, Law Enforcement Officers, and Firefighters through our sponsorship program. Muay Thai for Warriors would be thrilled to have your support for these men and women who have given so much. Your sponsorship will display your dedication to those who have served through a range of benefits that give your business a presence in our community and online. Reach out today to learn how you can become a significant member of our patriotic team!

Semper Fi,

MICHAEL GUMB
President



MICHAEL GUMB

Contact Us

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Us

Give Back

Muay Thai for Warriors is a registered 501(c)(3) nonprofit. Donations are tax deductible. Tax ID / EIN: 85-2717726.
muaythaiforwarriors.com/donate

*Many thanks to our
dedicated supporters:*



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WHO WE ARE

Muay Thai For Warriors is a registered 501(c)(3) nonprofit organization offering free Muay Thai training to Military Veterans, Law Enforcement Officers, and Firefighters.

Muay Thai is a powerful, effective martial art filled with history and tradition. We have found discipline, esprit de corps and fitness in the sport and want to bring that experience to others who have served.

We launched Muay Thai for Warriors at Jacksonville Muay Thai on Veterans Day 2020. In just a few short months, we have grown into a solid squad who consistently attend class from week to week. We have gathered supporters throughout the East Coast and all the way to Texas.

Read on to learn about our mission, our goals and how you can help us give back to those who have given so much.

MISSION STATEMENT

Through the art of Muay Thai, we create a structured experience for mind and body to thank and improve mental health for our Veterans, Law Enforcement Officers, and Firefighters.

WHAT IS MUAY THAI?

Muay Thai is a martial art known as "The Art of Eight Limbs" from the use of hands, elbows, knees and kicks. It has been a part of Thai history and heritage for many centuries.

Originally developed for use on the battlefield, it quickly became a favorite form of entertainment during peacetime, as fighters from different villages challenged each other.

From the sport's earliest times, Thai boxers emphasized a total commitment of mind, body and soul. This indomitable will to win is still evident in the stadiums of Thailand today.

In an article published from University of California Berkeley, concluded with empirical research that Muay Thai training can contribute to psychological well-being. This is supported through finding meaning or purpose in life; social relationships; and personal accomplishments.



An early Thai Boxer wearing traditional rope hand wraps.

THE PROBLEM

Imagine being 17 years old, leaving all your family, friends, and everything you know to go join the *Military* unsure about the possibility of going to war and the memories after returning home.

Imagine being a *Law Enforcement Officer* and most of the calls to respond to involve a negative outcome, such as a DUI, domestic abuse, theft, or violence.

Imagine being a *Firefighter* and being called to respond to a house with a deceased body in it for days; or a deadly car crash with teenagers involved.

Our *Veterans, Law Enforcement, and Firefighters* selflessly defend and respond within our communities. Often, a career of filled with these images and responses can take an emotional shift in their mental health.

 **669**

line-of-duty officer deaths in 2020, including those from COVID-19

–Officer Down Memorial Page odmp.com

Master Sgt. Andrew ‘Andy’ Christian Marckesano was the **30th SUICIDE** from his battalion.

Army’s “Captain America” dies by suicide after nearly a dozen combat tours: Master Sgt. Marckesano served six full tours in Afghanistan with the 82nd Airborne and the Ranger Regiment. He died by suicide in front of his wife two days after the Fourth of July 2020. He had three small children and was still on active duty.



– Fox News

6,146

Veterans died by suicide in 2020

In 2020, there were 6,146 Veteran suicides. This was on average 16.8 per day. In each year from 2001 through 2020, age- and sex-adjusted suicide rates of Veterans exceeded those of nonVeteran U.S. adults.

US Department of Veteran Affairs

89

Firefighter died by suicide in 2021

As with heart disease and cancer, suicide is a problem that follows firefighters after their careers end, whether in retirement or some other form of separation from the fire service.

-FNPA.org

228

American police officers died by suicide in 2019

Numbers released by Blue H.E.L.P. in January 2020 showed that 228 American police officers died by suicide in 2019.

–WSAW News (Wausau, WI)

30,177

Military & Veteran Suicides

In 2021, research found that 30,177 active duty personnel and veterans who served in the military after 9/11 have died by suicide - compared to the 7,057 service members killed in combat in those same 20 years.

–USO.org

Solutions to Improve Mental Health !



Exercise

Exercise is considered vital for maintaining mental fitness, and it can reduce stress. Studies show that it is very effective at reducing fatigue, improving alertness and concentration, and at enhancing overall cognitive function. This can be especially helpful when stress has depleted your energy or ability to concentrate.

—Anxiety & Depression Association of America (ADAA)

Physical fitness is a physiological tool that adjusts the brain to function in a more relaxed, stress-reduced, and focused way.



Community

By belonging to a group, we feel as if we are a part of something bigger and more important than ourselves. In Abraham Maslow's hierarchy of needs, belongingness is part of one of his major needs that motivate human behavior.

—verywellmind.com

The importance of community, camaraderie and a common-minded group participating in activities together lies at the foundation of our basic wants in life.



Purpose

A study of the impact of a sense of meaning and purpose upon one's mental health found a strong connection between the two. This research, published in the Journal of Social Service Research, found that people who create a sense of purpose and meaning in their lives, and seek to find and experience their "true self," experience fewer symptoms of depression and anxiety.

—psychologytoday.com

Purpose drives us all, and it can be found in many ways. Find someone or something that provides purpose, and life becomes more meaningful.



HOW WE ACCOMPLISH OUR MISSION

The art of Muay Thai offers a unique set of benefits that combine mental and physical wellness. Far from simply being a combat sport, the practice of Muay Thai prioritizes respect and team support over competitiveness. Participants find within it the drive to improve their own skills as well as those of their fellow students.

Our curriculum allow students to progress at their own pace, modifying exercises as needed while encouraging them to push past their individual limits. Warriors classes balance rigorous exercise, mastery of technique and post-workout recovery. And best of all, we celebrate the camaraderie that results from lifting each other as a team.

PHYSICAL FITNESS



- Overall strength
- Cardio fitness
- Balance
- Hand-eye coordination
- Agility
- Speed
- Muscular endurance
- Core strength
- Gross motor movement
- Flexibility
- Improved neuroplasticity in brain

MENTAL HEALTH



- Increase in positive brain chemicals
- Decrease in stress hormones
- Self-control
- Discipline
- Mindfulness
- Stress management
- Cognitive improvements
- Improved memory
- Danger recognition
- Composure under pressure in combative situations

CLASS SCHEDULE

Mondays, Fridays, Saturdays
0830-0930

Jacksonville Muay Thai | 14255 Beach Blvd. | Jacksonville, FL 32250

HOW YOU CAN HELP

BECOME A SPONSOR The following benefits are included with our sponsorship levels as listed:

Sponsorship Levels	Platinum \$5,000	Gold \$2,500	Silver \$1,000
Company logo on website for one year	✓		
Monthly social media promo for one year	✓	✓	
Company logo on event promo materials for one year	✓	✓	✓



SPONSOR FORM

Please use the following form to indicate your level of support for our Warriors.

Contact Name: _____

Contact Title: _____

Company Name: _____

Address: _____

City, State and Zip: _____

Phone: _____

Email: _____

Who should be acknowledged for the contribution? _____

Sponsorship Level: _____

(please indicate one)

Platinum
\$5000

Gold
\$2500

Silver
\$1000

Please return the Sponsorship Form and make check payable to:

Muay Thai For Warriors Inc.
14255 Beach Blvd. Suite I
Jacksonville, FL 32250

Or you can make an **Online** donation at www.muaythaiforwarriors.com/donate under '**DONATE**' and email this form back to info@muaythaiforwarriors.com

Muay Thai For Warriors Inc. is a non-profit 501(c)(3) organization. All contributions made are tax deductible. Our tax I.D. number is 85-2717726.

WAYS TO GIVE BACK

We offer a variety of ways to give back to our Veterans, Law Enforcement, and Firefighters. Direct donations are tax-deductible, while shopping through smile.amazon.com sends a percentage of your purchases to our nonprofit at no cost to you or to us. Perhaps you'd like to provide specific amounts to pay for training gear, or you're active on social media and would like

to host an online fundraiser. Your company may even match your donation, so check with your **HR department**. You can support our heroes in any way that fits you and your budget, and know that you are making a difference in the physical and mental health of these Warriors who have given so much. We are infinitely grateful for your interest and support!

OUR WEBSITE

muaythaiforwarriors.com/donate

Contribution

100% of every donation goes directly to programming. We deeply appreciate your support!

- \$10.00 (Handwraps)
- \$25.00 (Training T-shirt)
- \$40.00 (Muay Thai Shorts)
- \$45.00 (Boxing Gloves)
- \$50.00 (Shin Guards)
- \$75.00 (1-on-1 Training Session with Coach)
- \$250.00 (Supports Seminars and Curriculum Testing)
- \$270.00 (Complete Gear Set + 1-on-1 Training Session with Coach)
- \$350.00 (Five 1-on-1 Training Sessions with Coach)
- \$600.00 (Ten 1-on-1 Training Sessions with Coach)
- Other Amount

You can easily set up automatic recurring donations monthly, quarterly or yearly.

Or choose single donations at amounts that specifically pay for Muay Thai gear and training sessions.

You can also give the amount of your choice, knowing that all donations are tax-deductible for you. It's a fast and simple way to make a difference.

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smile.amazon.com

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2. Search for Muay Thai For Warriors Inc and tap Select.
3. Check **YES** to shop at smile.amazon.com. You must always shop at Smile in order to support us when shopping Amazon.



EMPLOYEE DONATION MATCH

Double your contribution!



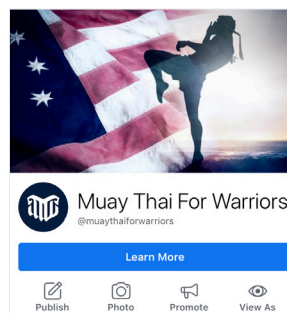
Did you know that certain companies have programs that allow them to match employee donations to nonprofit organizations?

Check with your HR department to learn how to maximize your contribution. You'll need to fill out your company's documentation with our tax ID number 85-2717726 so they can contribute to our registered 501(c)(3) organization.

SOCIAL MEDIA

Donate through our Facebook page or set up your own fundraiser.

If you're active on social media, it's easy to contribute through our Facebook page. Or set up your own individual fundraiser that sends donations directly to our nonprofit.



Follow us to find out our latest news and upcoming events; to learn fascinating facts about Veteran and Law Enforcement history; to learn more about the sport of Muay Thai; and most of all to get to know the individual Warriors you are supporting.

If you would prefer to donate by check, fill out the form on the previous page and mail with your check to:
MUAY THAI FOR WARRIORS, 14255 BEACH BLVD. STE. I, JACKSONVILLE, FL 32250