



**MUAY THAI
FOR WARRIORS**



**SPONSORSHIP PROGRAM
2021**

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 and Law Enforcement Officers, 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 and Law Enforcement Officers training together in the art of Muay Thai to enhance our mental and physical fitness, 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 and Law Enforcement Officers 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

14255 Beach Blvd. Ste. I
Jacksonville, FL 32250
904.746.1140
info@muaythaiforwarriors.com

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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:*





WHO WE ARE

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

Muay Thai is a powerful, effective martial art filled with history and tradition. As Veterans and Law Enforcement, 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 empower, transform and thank our Veteran and Law Enforcement heroes.

We enable our Warriors to significantly impact themselves, their families and their communities in the course of practicing this martial art.

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

Thai boxers emphasize a total commitment of mind, body and soul.

still evident in the stadiums of Thailand today.

Muay Thai became a ring sport as unified rules were adopted in the early 20th century. Boxing gloves replaced the rope bindings on

the fighters’ hands, and the first stadiums were built.

In recent years Muay Thai has swept across the world. It is recognized as the most effective and entertaining striking art in the ring, as well as being a highly effective form of self-defense and fitness for both nak muay and nak muay ying (male and female Thai boxers).



An early Thai Boxer wearing traditional rope hand wraps.

THE PROBLEM

Law Enforcement agencies are facing unprecedented challenges in today's world: billions of dollars lost in riot damage; officer suicides and line-of-duty deaths on the rise; decreased funding in agencies around the country while calls for more police training grow louder.

Military Veterans are also increasingly strained on personal and professional levels. The suicide rate for Veterans is at

an all-time high, VA funding for mental and physical health services is falling, and the COVID-19 pandemic is putting rising pressure on service members and their families.

Those who risk their lives to serve and protect us at home and abroad are facing obstacles to their health and well-being like never before. The numbers tell a story that must be addressed at all levels and on all fronts.



264

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.



He is one of 20 combat veterans taking their lives each day.

— Fox News

\$1 BILLION+

riot damage is most expensive in insurance history



The protests that took place in 140 U.S. cities [last] spring were mostly peaceful, but the arson, vandalism and looting that did occur will result in at least \$1 billion to \$2 billion of paid insurance claims.

A company called Property Claim Services has tracked insurance claims related to civil disorder since 1950. It reports that the unrest from May 26 to June 8 will cost the insurance industry far more than any prior one.

—axios.com

541

U.S. service members died by suicide in 2018

according to a 2019 Department of Defense report concerning service members across the military's active and reserve components.

—Soldier of Fortune Magazine

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. That research showed an increase from a study done by The Ruderman Family Foundation released in 2018. That study showed that in 2017, while 129 officers died in the line of duty, 140 died by suicide.

—WSAW News (Wausau, WI)



An unexpected outgrowth of the COVID-19 pandemic is that **mental health resources** for former combat troops, active-duty troops and their families **have been a casualty of quarantine.**

—Fox News

FINDING SOLUTIONS

How do we address the mental and physical problems within individuals that result from—and contribute to—the turmoil in society at large? How do we break the cycle that perpetuates these ongoing crises? How do we start small, making a difference for just one person, and turn that impact into meaningful change for many?



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

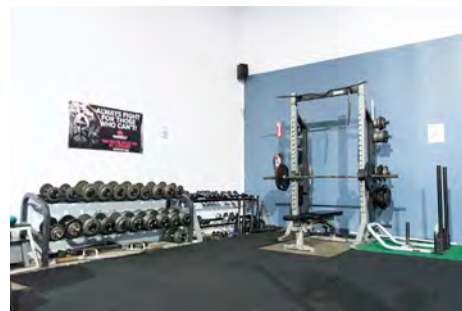
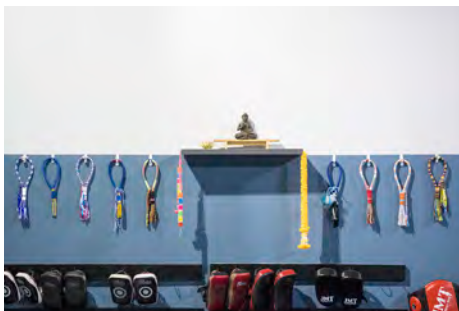
Jacksonville Muay Thai | 14255 Beach Blvd. | Jacksonville, FL 32250

HOW YOU CAN HELP

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

TEAM SPONSORSHIP LEVELS	PLATINUM \$1500	GOLD \$1250	SILVER \$1000	COPPER \$750	BRONZE \$500
Company logo on website for one year	●				
Monthly social media promo for one year	●	●			
Banner hung in gym for one year	●	●	●		
Banner hung in gym for special events	●	●	●	●	
Company logo on event promotional materials	●	●	●	●	●

II. BE A SUPPORTER Individual donations directly support members through gear purchases and specialty training:



FIGHTER SUPPORT LEVELS	
\$10	buys 1 pair handwraps
\$25	buys 1 training T-shirt
\$40	buys 1 pair Muay Thai shorts
\$45	buys 1 pair boxing gloves
\$50	buys 1 pair shin guards
\$75	buys 1-1 training session
\$250	supports seminars
\$270	buys complete gear set, 1-1 training session
\$350	buys five 1-1 training sessions
\$600	buys ten 1-1 training sessions

WAYS TO GIVE BACK

We offer a variety of ways to give back to our Veterans and Law Enforcement. 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.

AMAZON SMILE

smile.amazon.com

0.5% of eligible purchases donated at NO COST TO YOU or to us! You must shop at smile.amazon.com to ensure the donation supports us.



1. Sign in to your regular Amazon account at smile.amazon.com.
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!



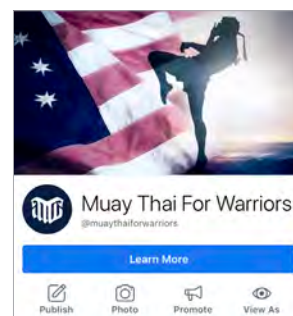
Did you know that certain companies have programs that allow them to match employee donations to nonprofit organizations?

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. 1, JACKSONVILLE, FL 32250

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
\$1500

Gold
\$1250

Silver
\$1000

Copper
\$750

Bronze
\$500

Please return the Sponsorship Form and make check payable to:

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

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.