

SUU
SOUTHERN UTAH
UNIVERSITY



**SMART
DEFENSE**



About Smart Defense™

Southern Utah University (SUU) is the first college to implement Smart Defense™ into their on-campus curriculum. Smart Defense™ is a self-defense training program led by the Elizabeth Smart Foundation and the Malouf Foundation™. After being sexually assaulted on an airplane in the summer of 2019, kidnapping survivor and advocate Elizabeth Smart decided to help individuals everywhere learn how to defend themselves. According to the Rape, Abuse and Incest National Network (RAINN), a person is sexually assaulted every 68 seconds.

The Smart Defense™ curriculum was designed with experts by hand-picking self-defense techniques and skills from a number of martial arts styles including Krav Maga, Brazilian Jiu-Jitsu and Muay Thai. Each technique was selected with the objective of giving participants the best chance or advantage to stop a potential threat or escape an attacker. Smart Defense™ not only addresses physical defense, but it also educates individuals on red flags and unsafe situations, as well as consent and healthy relationships.

For more information, visit:

elizabethsmartfoundation.org/smart-defense.



Course Specifics

Smart Defense™ is a one-credit elective course offered during the fall and spring semesters at SUU. Each course is divided into two cohorts of 20 students, accommodating a total of 40 people per semester. Both groups complete a five-week training block under the direction of two Smart Defense™ instructors. Throughout the course, students learn about situational awareness, consent, and defense techniques, such as break falls, grip breaks, clinch entries and mount escapes. Smart Defense™ is included under SUU's Department of Kinesiology and Outdoor Recreation.

Smart Defense™ Trainers



Miyo Strong – program director

Women's empowerment, self-defense, and giving back to the community are top priorities for Miyo Strong. Before joining the Elizabeth Smart Foundation, Miyo taught self-defense for Temple MMA and Empower Self-Defense for over three years, donating proceeds of all seminars to organizations, such as the Utah Coalition Against Sexual Abuse, The Rape Recovery Center, and Seek Haven Shelter.

After chasing down her photography goals and earning her master's and craftsman degrees from Professional Photographers of America, Miyo decided to pursue Jiu Jitsu full time as a competitor and coach in 2016. A Brown Belt under Johnny Carlquist, Miyo also holds certification as a strength and conditioning coach for the prestigious Gym Jones.

Miyo is the current Jiu Jitsu World Master Champion in both Gi and No Gi and the mother of two incredible daughters.



Carl Sims – certified instructor

Carl Sims is a certified self-defense instructor at Smart Defense™. Carl started training in Brazilian Jiu Jitsu in 2008 and has taught in northern Utah for over a decade.

Carl is an active competitor. He won the IBJJF No Gi World Championships in 2015 as a Purple Belt and again as a Brown Belt in 2019. In 2020, he received his Pedro Sauer Association Black Belt in Jiu Jitsu from Professors Johnny Carlquist and James Gardner, head instructors at Unified Brazilian Jiu Jitsu. In 2021, Carl won the IBJJF Master Worlds in the Black Belt division. In 2022, Carl also received his No Gi Jiu Jitsu Black Belt under Justin Ellison and Corey Terkelson, both Black Belts under Walt Bayless.

As the brother to four sisters and the father of two daughters, Carl has always been an advocate for women's rights, and sharing self-defense is his way of giving back to the community. His goal in teaching Jiu Jitsu and self-defense is to help people gain confidence and give them the tools to protect themselves and their loved ones if the situation arises.