



## Miyo Strong

PROGRAM DIRECTOR, SMART DEFENSE

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.