

# LOCK AND LOAD™

est.

2025



## BOXING BATTALION

### Lock and Load Boxing Battalion Veteran's Workshop

**WHAT THIS IS:** This is a workshop for veterans to improve mental health by building confidence and learning perseverance through the sport of boxing.

### **WHAT THIS IS NOT:**

This is **NOT**

- a cardio boxing class
- a retreat
- a fight club
- an opportunity for ANYONE to abuse someone else in the boxing ring. You will be removed from the ring INSTANTLY and sent home from the workshop, no refund included. You will also be excluded from future workshops with Lock and Load Boxing Battalion.

### **WHAT OUR DAYS WILL LOOK LIKE:**

- Early morning yoga on beach w/ Karisa Kloscak
- Breakfast/socialization time
- Boxing Workout
- Lunch
- Equine Therapy w/ Karisa Kloscak
- Coping Skills Class w/Karisa Kloscak
- Local Outing together IE: Going to the beach; Visiting the USS Midway ETC.
- Dinner
- Free time/socialization time

**SAFETY IS FIRST:** Boxing is a contact sport, but we can still participate and improve in a safe manner. Safety of the veteran is the number one priority. Sparring is required at this workshop. If you do not feel comfortable participating in sparring, please DO NOT sign up and take someone else's spot.

### **WHAT IS EXPECTED OF YOU:**

- Respect of the coaches and staff
- Respect of the other veterans embarking on this journey
- Embracing the change this workshop is meant for
- Fitness capabilities IE: Being able to run, hike, perform physical fitness for a duration of time.

### **WHAT IS NOT EXPECTED OF YOU:**

- Boxing experience
- Perfection while training
- Sharing vulnerable moments/past trauma

### **EQUIPMENT REUIRED:**

- Boxing Gloves (16 oz)
- Mouth Piece (please mold before coming to workshop)
- Hand Wraps (180")
- Head Gear (will be gifted! don't need to bring)
- Running Shoes
- Boxing Shoes
- Yoga Mat (will be gifted! don't need to bring)
- Comfortable/appropriate workout attire (nothing that incites violence IE: anything that refers to killing someone/saying that someone needs to be killed)

### **PRICING: \$2,500 PER PERSON**

### **WHAT THIS INCLUDES:**

- Hotel Room
- All Meals (breakfast, lunch, dinner and snacks)
- Ranch accommodations (utilization of ranch/horses, Karisa Kloscak group coaching time)
- Boxing Gym accommodations (utilization of gym and any coaches needed other than Arianne. PLEASE check the gear list for what you need to bring. Gloves CAN be rented at the gym, however, bringing your own is highly recommended. Especially if you are a germaphobe)
- Rental Vehicle for transportation of veterans
- Gifts of head gear and yoga mat covered (will already be in hotel room waiting for you!)
- Transportation from airport if needed (flight is not covered if you are flying in. If you do fly in, please fly into San Diego. We will create a meet up

spot/time and I will pick everyone up from there.)

- Any group activities IE: Touring the USS Midway.

**IN CONCLUSION:** This workshop prioritizes safety over all. You will be pushed to limits, however, at no point will you be

- screamed at by a coach (unless you're being hyped up!)
- put down verbally by anyone participating
- physically abused

Also keep in mind that boundaries as the coach are necessary, and if you cannot respect the position of the coach, (IE: being told to stop in sparring/get out of the ring) you will be asked to leave. This is also a safety requirement.

If you have any further questions or concerns, please feel free to contact Arianne Arnold at [arianne@canelacrew.com](mailto:arianne@canelacrew.com).