

A photograph of a traditional pow-wow. In the foreground, two drummers are performing, wearing elaborate feathered headdresses and traditional beaded clothing. One drummer is holding a large, colorful beaded shield. In the background, several other people are seated on the grass, some under umbrellas, watching the performance. The sky is clear and blue.

POW-WOW Drumming and Dancing Workshop

penaho ne naniha lauren
nabahe ne kwinawetün
newe diné mono, ne
noompai nyet de san dykne
sun aka aeshuN

Hello, My name is Lauren
Nabahe. I am Paiute-
Shoshone
Navajo and Mono. I come
from Owens Valley Lone
Pine California.



Aaniin! Mikinaak Wajiw
Anishinaabekwe dago
Nakoda indoonjii Waabi-
Makwa. Maya
indizhinikaaz

Hello! I am Turtle
Mountain Ojibwe and
Nakota of White Bear
First Nation. My name is
Maya Rodriguez Peltier.



Powwow: a celebration of Native Culture in which people from diverse indigenous nations gather for the purpose of dancing, singing, and honoring the traditions of their ancestors.

The term *powwow*, derives from Pau Wau meaning **Medicine man** in Narrtick. A language from the Algonquian Nation in Massachusetts.



English settlers began misusing the word Pow-Wow to refer to the meetings of Indigenous medicine men, and later to any kind of American Indian gathering.

Native Americans have since reclaimed the term.



The modern-day Powwow evolved from the Grass Dance Societies that formed in the early 19th Century.

The Grass Dance Societies were an opportunity for the warriors to re-enact deeds for all the members of the Tribe to witness.



Many Native
ceremonies
and customs
were outlawed
until the
American
Indian
Religious
Freedom Act
of 1978



Common Main components of a modern day Pow-Wow

- ❖ MC (Master of Ceremonies)
- ❖ Arena Director
- ❖ Host drum
- ❖ Grand Entry
- ❖ Flag song
- ❖ Victory song
- ❖ Prayer or Invocation
- ❖ Introductions
- ❖ Intertribals



Common Main components of a modern day Pow-Wow

- ❖ Specials
- ❖ Royalty
- ❖ Flag Bearers
- ❖ Head Dancers
- ❖ Giveaways
- ❖ Competition



Common Main components of a modern day Pow-Wow

❖ Dance Categories

- Men's Fancy
- Men's Grass
- Men's Traditional
- Women's Jingle
- Women's Fancy
- Women's Traditional

❖ Dance age groups

- Tiny tots
- Jr boys & Girls
- Teen boys & Girls
- Adult Men & Women
- Golden age Men & Women



Pow-Wow Etiquette

- ❖ Stand for Grand Entry
- ❖ Stand for Golden Age
- ❖ Stand for Honor Songs
- ❖ Stand for Prayer of Invocation
 - ❖ Stand for Veteran's
- ❖ Hats off for Invocations and Flag song



Pow-Wow Etiquette

- ❖ Ask permission to take pictures
- ❖ You can decide if you want pics taken of you
- ❖ Please never touch anyone else's regalia
- ❖ When in doubt, politely ask or follow the nearest elder



Pow-Wow Etiquette – For Dancers

- ❖ Be on time!
- ❖ Secure your Regalia
- ❖ Take Good care of your Regalia
- ❖ Shake hands after dancing
- ❖ Wait to be excused for Grand entries



Pow-Wow Etiquette – For Dancers.

- ❖ Dance out the flags
- ❖ Traditionally you remain in your Regalia from start to finish
- ❖ Shake Hands with Host Drum



The BEST
thing
about
Pow-Wow
is the
community

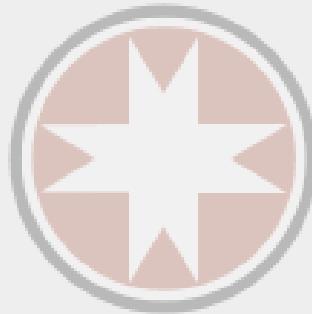


BREAK

WE WILL COME
BACK TOGETHER

IN 5 MINS ☺

<https://www.youtube.com/live/3EphAb2oYpY?si=xmcP8Vg8OcjO0UIF>



UNITED INDIANS
OF ALL TRIBES FOUNDATION

GAME TIME

Two teams, first to hit the button gets to answer first.

Must wait for Lauren to read the entire question and **say go** before you can push the button.

If a team gets the answer wrong the question goes to the other team.



A photograph of two Indigenous men in traditional regalia dancing on a grassy field. They are wearing colorful, patterned blankets and large, multi-colored feathered headdresses. The man on the left is in a crouched position, and the man on the right is in a more upright, dynamic pose. In the background, there are other people, some in traditional dress, and a clear blue sky. The image serves as a backdrop for the text.

What does an ARENA
DIRECTOR do?

A group of Indigenous people in traditional Golden age dancer attire are performing a dance in a grassy field. They are wearing elaborate feathered headdresses and colorful, patterned robes. The background shows a clear blue sky and some spectators sitting on the grass. The text "When Golden age dancers are dancing, what should you be doing?" is overlaid on the image in large, white, serif font.

When Golden age
dancers are dancing,
what should you be
doing?

A photograph of two Native American men in traditional regalia dancing on a grassy field. They are wearing colorful, patterned blankets and large feathered headdresses. The man on the left is in a crouching position, and the man on the right is in a more upright, dynamic pose. In the background, there are other people, some in traditional dress, and a line of trees under a clear blue sky.

Can anyone dance during
Intertribals?

A photograph of two young boys in traditional Native American powwow regalia dancing on a grassy field. They are wearing large, colorful feathered headdresses and beaded vests. The boy on the left is wearing a yellow vest with a large black feather, and the boy on the right is wearing a blue vest with a large yellow feather. They are both holding traditional sticks with colorful feathered ends. In the background, there are other people in regalia and spectators sitting on hay bales under a clear blue sky.

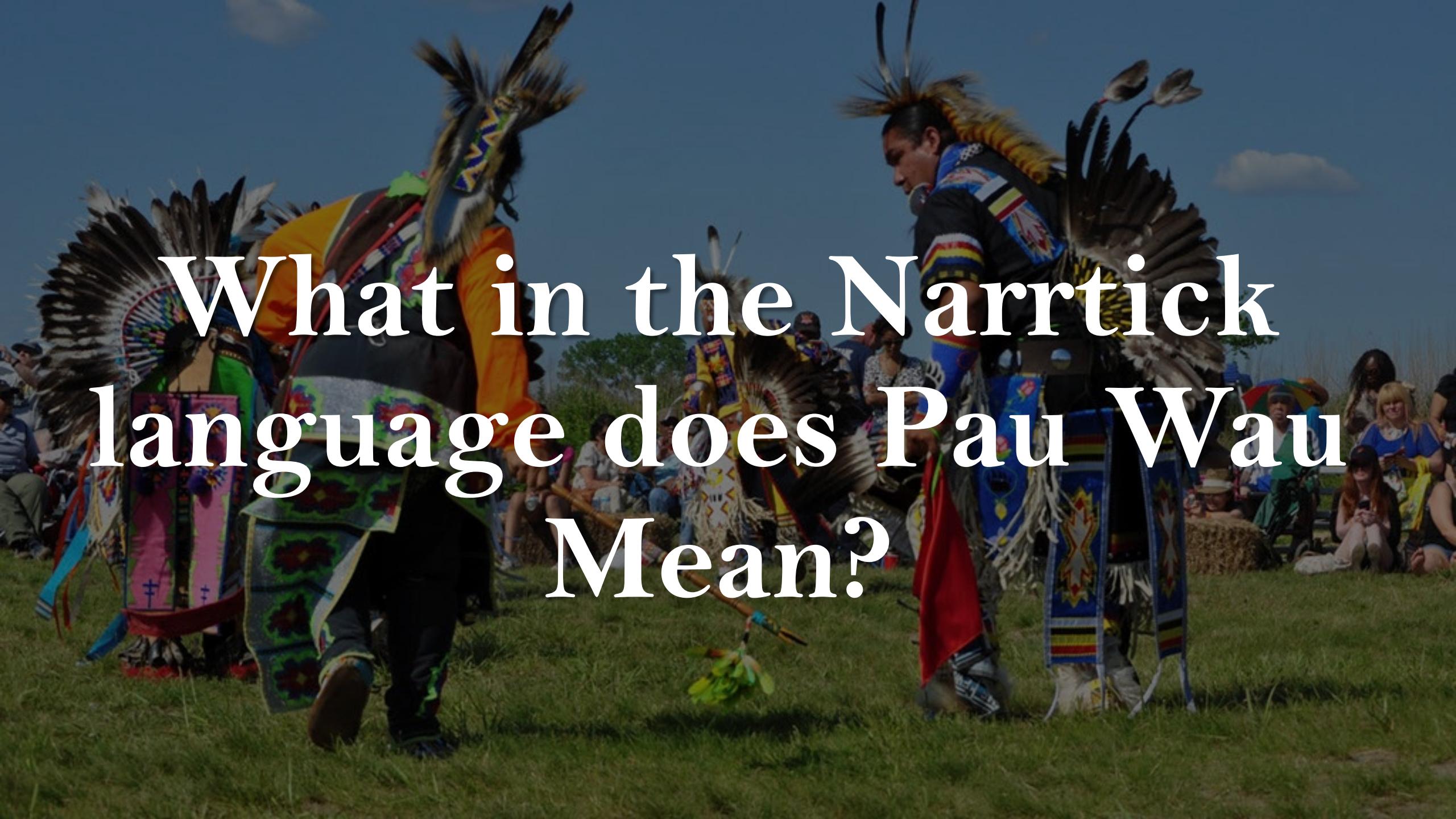
What is Tiny Tots?

A photograph of two Native American men in traditional powwow regalia dancing on a grassy field. They are wearing colorful, patterned blankets and large, feathered headdresses. The man on the left is in a crouched position, and the man on the right is in a more upright, dynamic pose. In the background, there are other people, some in traditional dress, and a clear blue sky.

Is anyone welcome to
attend a Pow-Wow?

A photograph of two Native American men in traditional regalia dancing on a grassy field. They are wearing colorful, patterned blankets and large feathered headdresses. The man on the left is in a crouching position, and the man on the right is in a more upright, dynamic pose. In the background, there are other people, some in traditional dress, and a clear blue sky.

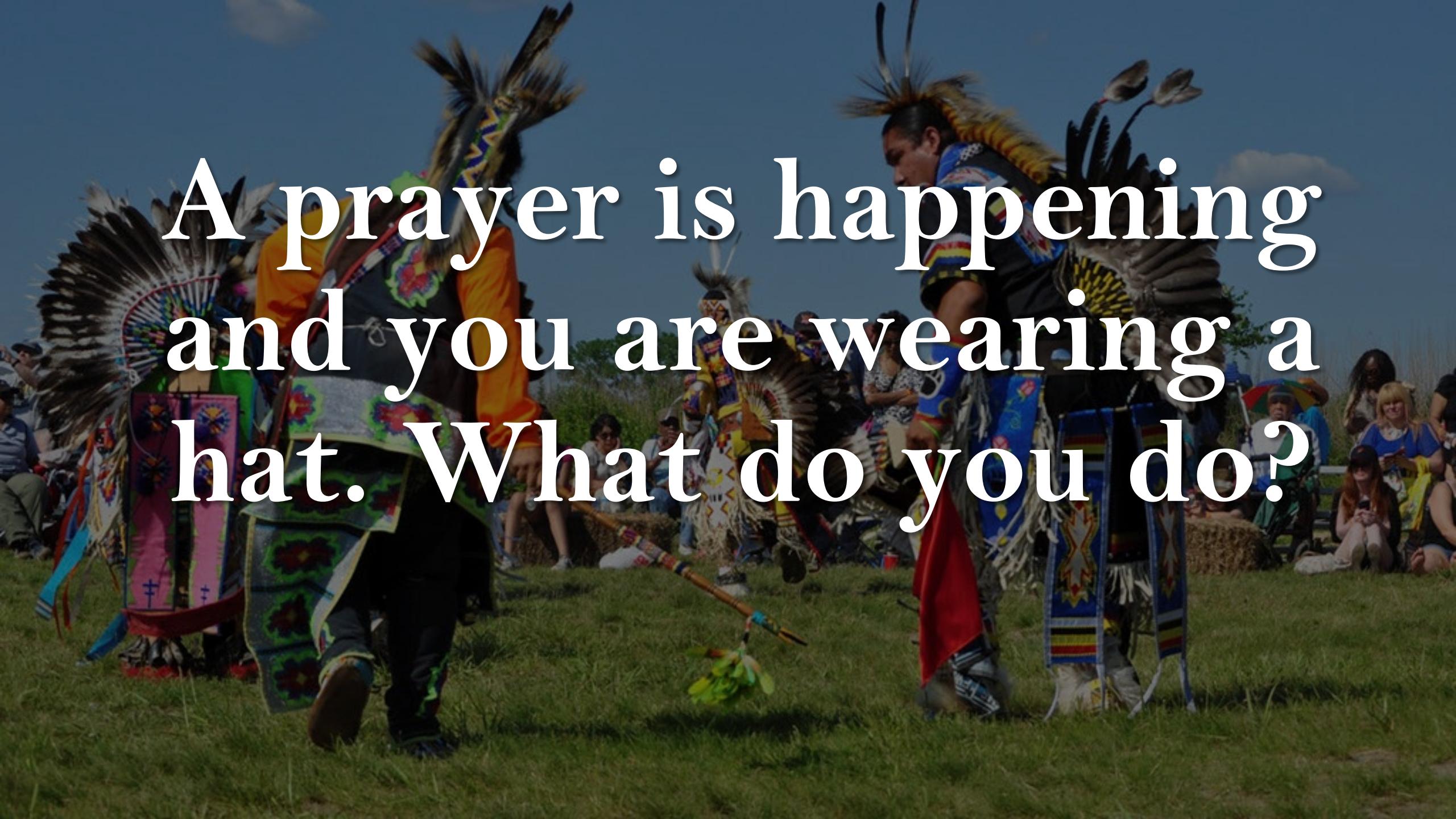
What does the MC do?

A photograph of two Indigenous men in traditional regalia dancing on a grassy field. They are wearing large, colorful feathered headdresses and beaded vests. The man on the left is in a crouching position, and the man on the right is in a more upright, dynamic pose. In the background, there are other people, some in regalia, and a clear blue sky. The image serves as a visual backdrop for the text.

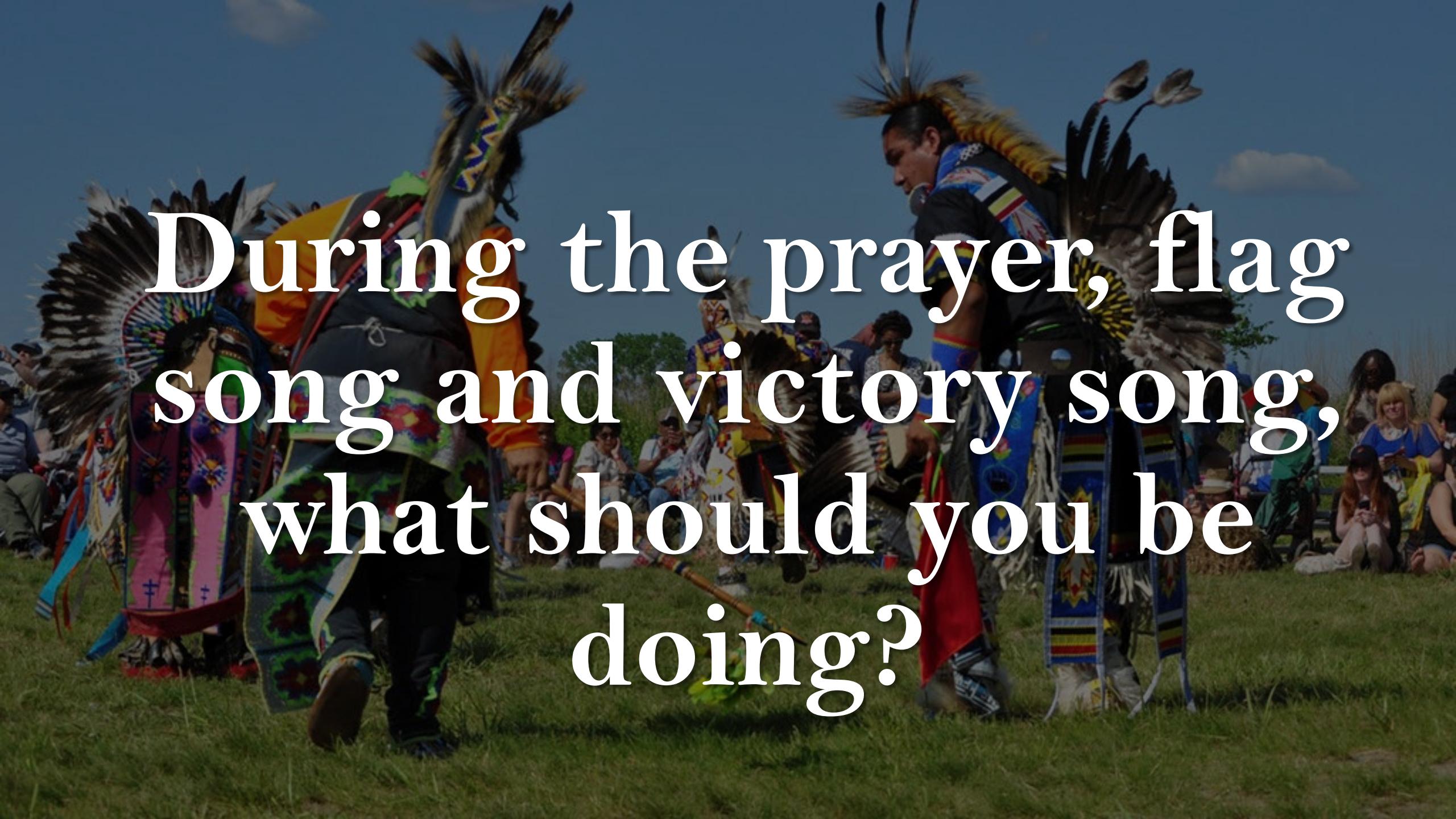
What in the Narrtick
language does Pau Wau
Mean?

A photograph of two Native American men performing a Grand Entry dance. They are wearing traditional regalia, including large feathered headdresses and colorful, patterned blankets. The man on the left is in a crouching position, holding a staff with a colorful feathered end. The man on the right is standing. In the background, other people are seated on hay bales, watching the performance. The sky is clear and blue.

What is Grand Entry?

A photograph of a traditional Indigenous dance performance. Several men are dancing in a grassy field under a clear blue sky. They are wearing elaborate traditional regalia, including large, colorful feathered headdresses and patterned blankets. One dancer in the foreground is holding a long staff with a colorful feathered end. The background shows a line of spectators, mostly women, sitting on the grass. The overall atmosphere is one of a cultural event or powwow.

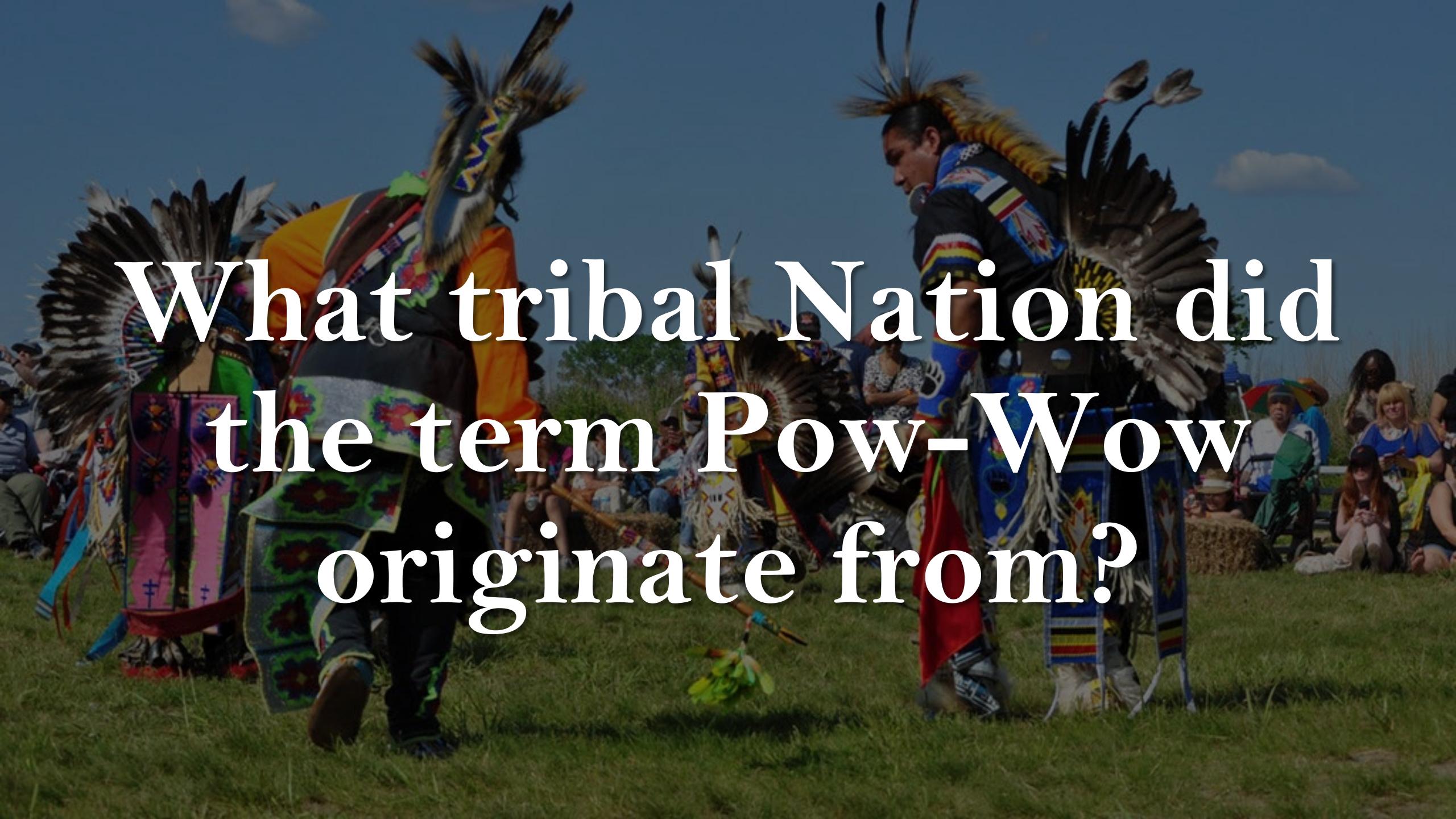
A prayer is happening
and you are wearing a
hat. What do you do?

A photograph of a traditional Indigenous dance performance. Several men in full ceremonial regalia are dancing on a grassy field under a clear blue sky. The men are wearing intricate beaded vests, colorful feathered headdresses, and long, flowing skirts. They are in various stages of a dynamic dance, some with their bodies arched. In the background, a line of spectators, mostly women, sits on the grass, watching the performance. The scene is filled with the vibrant colors of the costumes and the natural green of the grass.

During the prayer, flag
song and victory song,
what should you be
doing?

A photograph of two Native American men in traditional powwow regalia dancing in a grassy field. They are wearing colorful, patterned blankets (blanket dances) and tall feathered headdresses. The man on the left is in a crouched position, and the man on the right is in a more upright, dynamic pose. In the background, there are other people, some in regalia, and a line of trees under a clear blue sky.

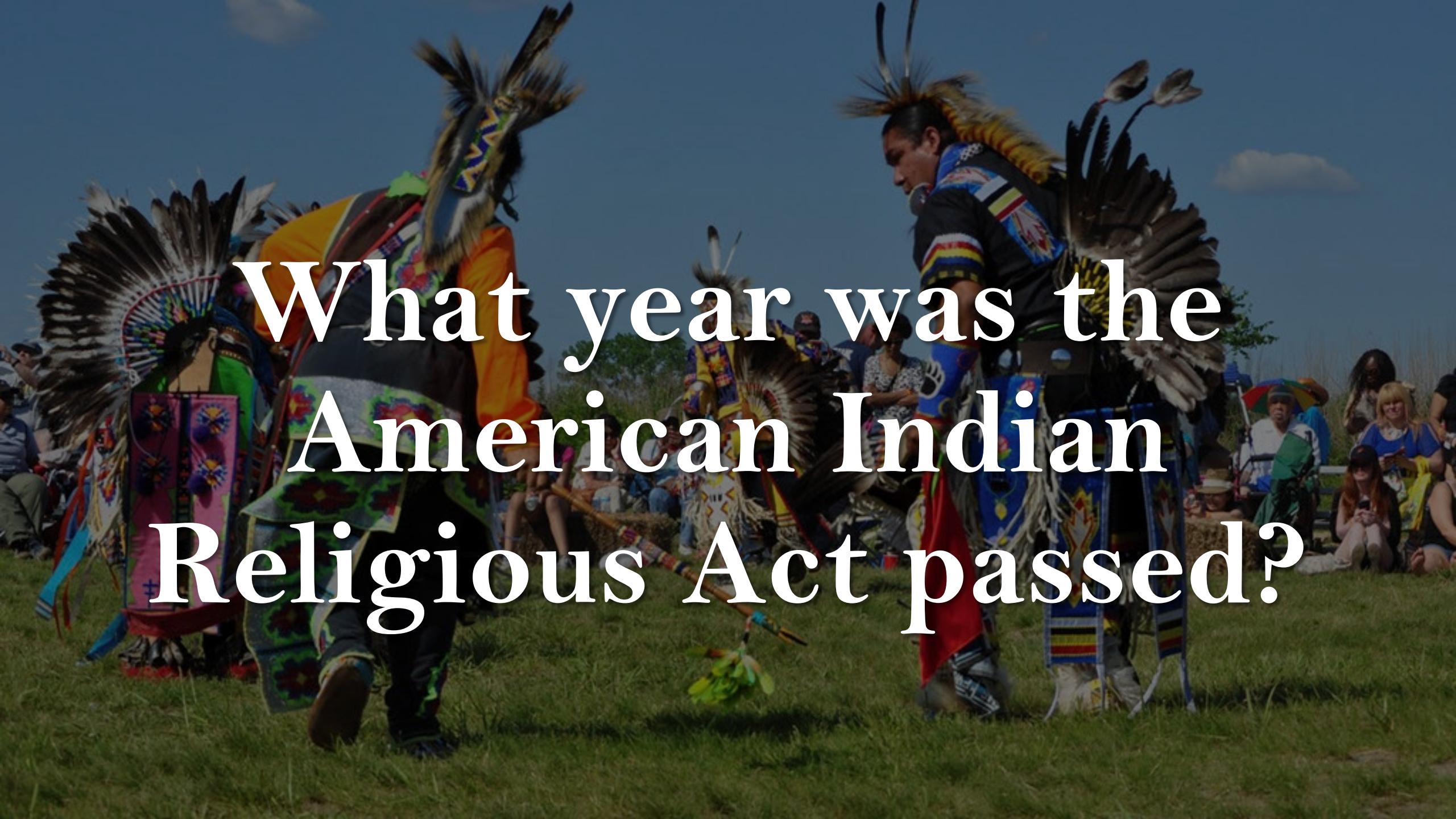
What is a Pow-Wow?

A vibrant outdoor powwow scene. In the foreground, two male dancers are performing. The dancer on the left is wearing a large, colorful headdress with yellow, blue, and white feathers, and a matching vest over a patterned shirt. The dancer on the right is wearing a similar headdress with yellow, black, and white feathers, and a dark vest with colorful stripes. Both are wearing traditional skirts and beaded moccasins. In the background, there are more people, some in traditional dress, and a line of trees under a clear blue sky.

What tribal Nation did
the term Pow-Wow
originate from?

A photograph of several Indigenous men performing a traditional dance outdoors. They are wearing elaborate, colorful feathered headdresses and traditional beaded and patterned clothing. The men are in various stages of a dance, some facing forward and others slightly to the side. The background shows a grassy field and a line of trees under a clear blue sky. In the foreground, the text 'What does Inter-Tribal mean?' is overlaid in a large, white, serif font.

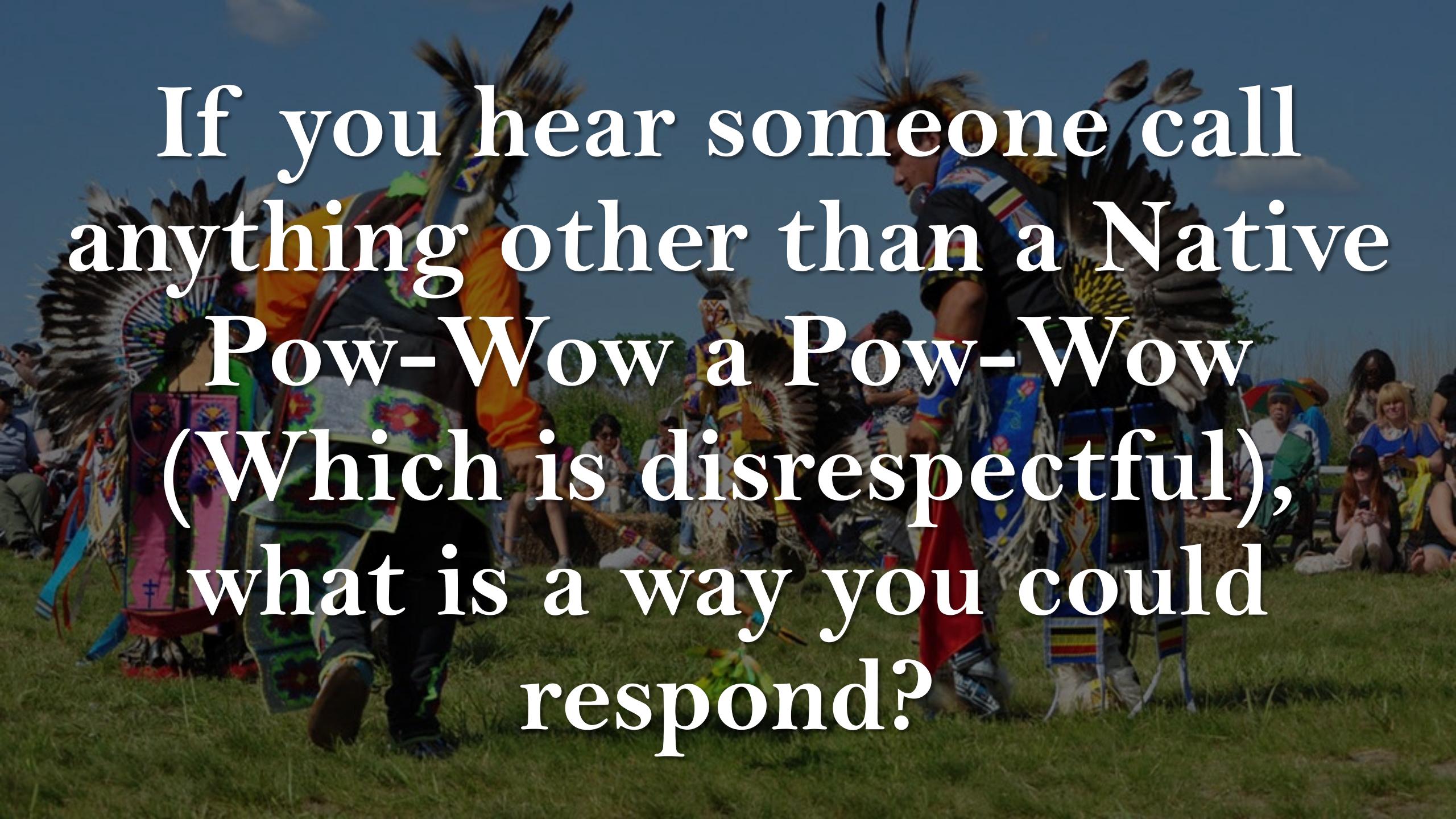
What does Inter-Tribal
mean?



What year was the
American Indian
Religious Act passed?

A photograph of two Native American men in traditional regalia dancing in a grassy field. They are wearing colorful, patterned blankets and large feathered headdresses. The man on the left is facing away from the camera, while the man on the right is facing slightly to the left. In the background, there are other people sitting on the grass, and a blue sky with some clouds. The image is slightly blurred, suggesting movement.

What does the American
Indian Religious Act of
1978 protect?

A vibrant scene of a Native American powwow. In the foreground, several performers are seen in traditional regalia, including large feathered headdresses and colorful, patterned blankets. One performer on the left is captured in mid-dance, while others are seated or standing in the background. The background shows a grassy field with spectators, some sitting on the grass and others in chairs, watching the event. The overall atmosphere is one of a traditional cultural gathering.

If you hear someone call
anything other than a Native
Pow-Wow a Pow-Wow
(Which is disrespectful),
what is a way you could
respond?



Grass Dance
-
A Dance of
Ceremony



Grass Dance

—

Straight and Crow Hop



Jingle Dress Dance

—
A Dance of
Healing



Originated from
the Ojibwe
Tribe

—
Straight and
Sidestep



Fancy Bustle

—

Honoring the Warriors



Fancy Bustle

—

Straight, Trick and Crow hop



Fancy Shawl

A dance of
renewal and
celebration of
change. The
Butterfly dance



Fancy Shawl

—

Straight and Crow Hop



Men's Traditional

—

Honoring the Ancestors and Telling our Stories



Men's Traditional - Straight and Crow Hop



Women's Traditional

-

Honoring the ancestors



Women's Traditional - Straight and Crow Hop

UIATF Pow-Wow Workshop Info

This Workshop is designed to providing a space to support Native people in learning the fundamentals of Pow-wow dancing centered on the three main styles of Pow-Wow dances which include:

Men's Grass, Men's Fancy and Men's Traditional

Women's Jingle, Women's Fancy Shawl and Women's Traditional

Over the course of 23 weeks, we will guide the workshop to explore Pow-wow Music, The meaning behind Pow-Wow/dances, the symbolism, the history, the significance, the music, main aspects of Pow-Wow protocol, as well as the basic Step, styles of dancing within the categories and more.

The goal is to support those participating to be able to have built a strong enough foundation to then be a part of a Coming Out Ceremony. This Ceremony will be hosted in their honor during the 2025 Seafair Pow-Wow July 18 -20th to bring them out by the people officially into the Pow-Wow circle, in a good way.



UNITED INDIANS
OF ALL TRIBES FOUNDATION

Pow-Wow Workshop Calendar