

A photograph of a Powwow event. In the foreground, two dancers in traditional regalia are performing. The dancer on the left is wearing a large, colorful feathered headdress and a multi-layered skirt with floral patterns. The dancer on the right is wearing a black shirt with colorful bands, a large feathered headdress, and a blue and white patterned skirt. In the background, a large crowd of people is sitting on the grass, watching the event. The sky is blue with a few clouds.

POWOW 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.



Hello, My name is
Skca de wa, my
government name is
Jobey Tom
Williams. I am
enrolled Tulalip
Tribes



A close-up, profile view of a woman wearing a traditional beaded headdress. The headdress features a large, upright feather plume and intricate beadwork in blue, red, and white. A blue ribbon is tied around her head. The background is a soft, out-of-focus mix of green, pink, and blue.

Dancing is a way of life

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 Narrtuck. 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

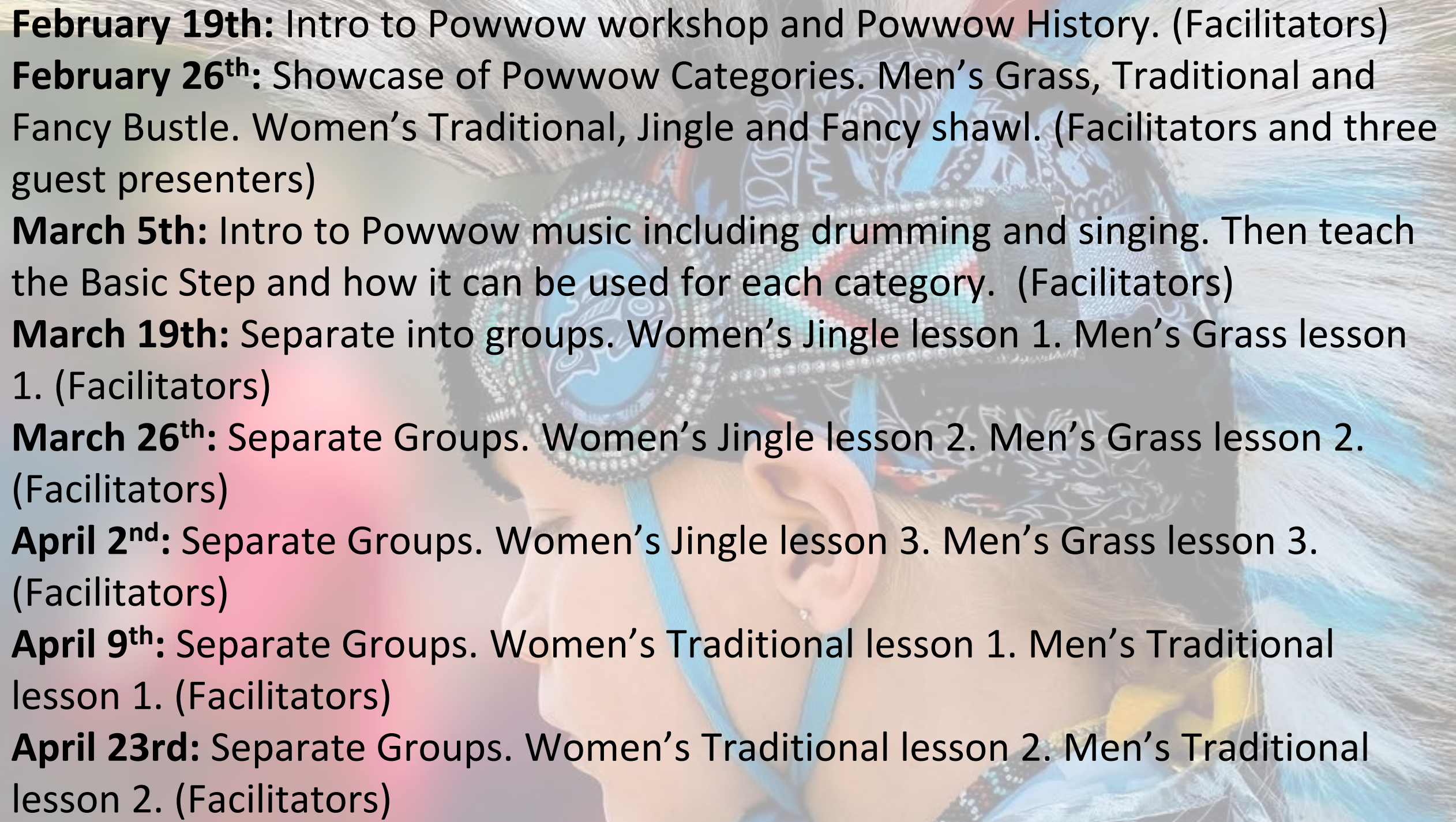


GAME TIME

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.





February 19th: Intro to Powwow workshop and Powwow History. (Facilitators)

February 26th: Showcase of Powwow Categories. Men's Grass, Traditional and Fancy Bustle. Women's Traditional, Jingle and Fancy shawl. (Facilitators and three guest presenters)

March 5th: Intro to Powwow music including drumming and singing. Then teach the Basic Step and how it can be used for each category. (Facilitators)

March 19th: Separate into groups. Women's Jingle lesson 1. Men's Grass lesson 1. (Facilitators)

March 26th: Separate Groups. Women's Jingle lesson 2. Men's Grass lesson 2. (Facilitators)

April 2nd: Separate Groups. Women's Jingle lesson 3. Men's Grass lesson 3. (Facilitators)

April 9th: Separate Groups. Women's Traditional lesson 1. Men's Traditional lesson 1. (Facilitators)

April 23rd: Separate Groups. Women's Traditional lesson 2. Men's Traditional lesson 2. (Facilitators)

A person wearing traditional regalia, including a large feathered headdress and a beaded necklace, is shown in the background. The person is wearing a dark garment with intricate white and blue patterns. The background is a soft, out-of-focus image of the person's face and regalia.

April 30th: Separate Groups. Women's Traditional lesson 3. Men's Traditional lesson 3. (Facilitators)

May 7th: Separate Groups. Women's Fancy Shawl Lesson 1. Men's Fancy Bustle lesson 1. (Facilitators)

May 14th: Separate Groups. Women's Fancy Shawl Lesson 2. Men's Fancy Bustle lesson 2. (Facilitators)

May 21st: Separate Groups. Women's Fancy Shawl Lesson 3. Men's Fancy Bustle lesson 3. (Facilitators)

May 28th: Regalia Presentation (Facilitators)

June 4th: Regalia Workshop 1. (Facilitators and Guest)

June 11th: Regalia Workshop 2. (Facilitators and Guest)

June 18th: Regalia Workshop 3 (Facilitators and Guest)

June 25th: Coming out Ceremony and Gift Workshop

July 2nd: Powwow Dress-Rehearsal

July 10th: Dance Categories Review and Regalia finishing touches.

July 17, 18 and 19, 2026 Seafair Powwow

BREAK

**WE WILL COME
BACK TOGETHER**

IN 5 MINS ☺



What does an ARENA
DIRECTOR do?



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



Can anyone dance during
Intertribals?



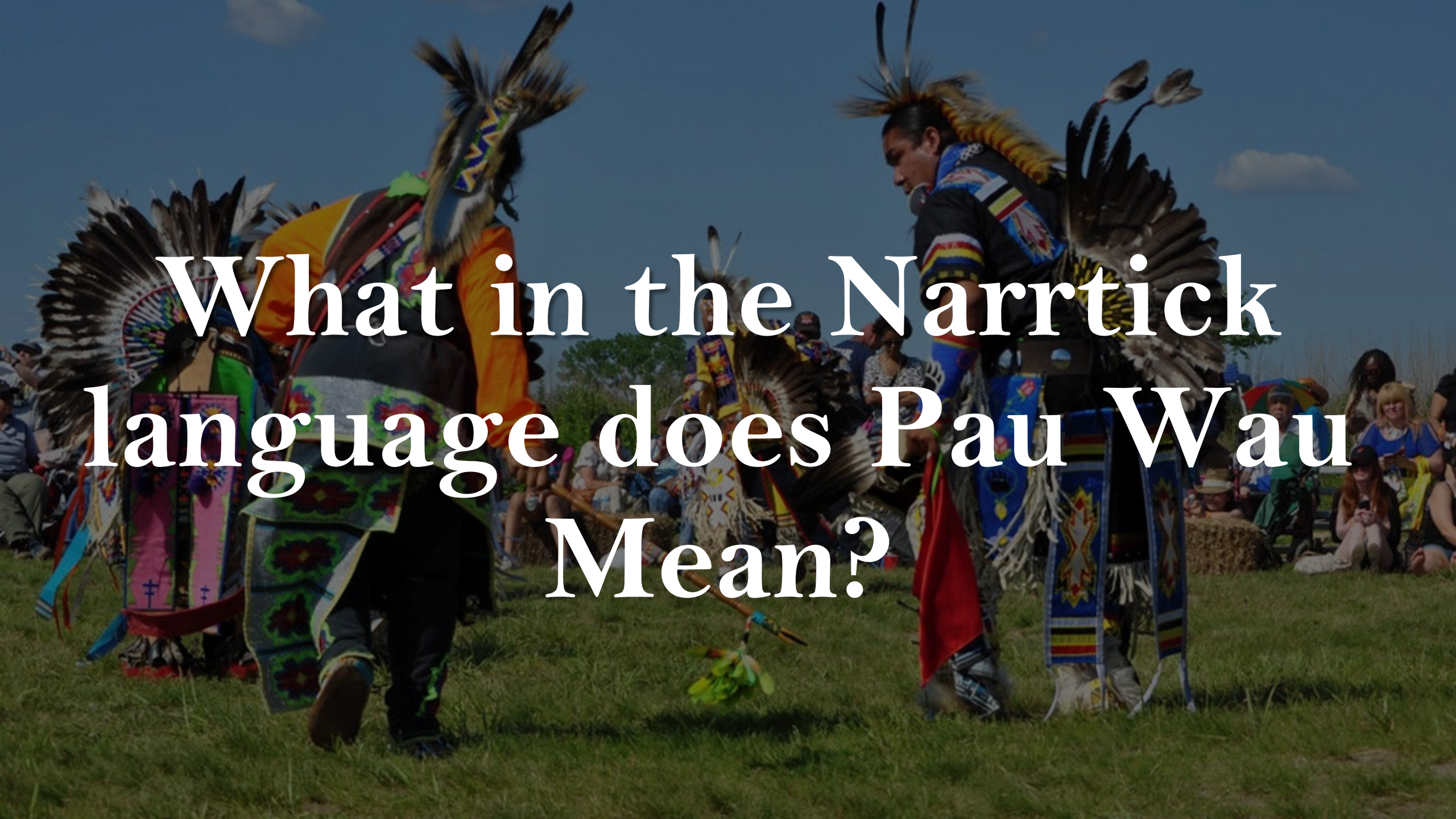
What is Tiny Tots?

A photograph of a Pow-wow ceremony. In the foreground, two dancers are performing. The dancer on the left is wearing a large, colorful feathered headdress and a bright orange and yellow tunic. The dancer on the right is wearing a black tunic with colorful patterns and a large feathered headdress. In the background, other dancers and a crowd of spectators are visible on a grassy field under a clear blue sky.

Is anyone welcome to
attend a Pow-Wow?



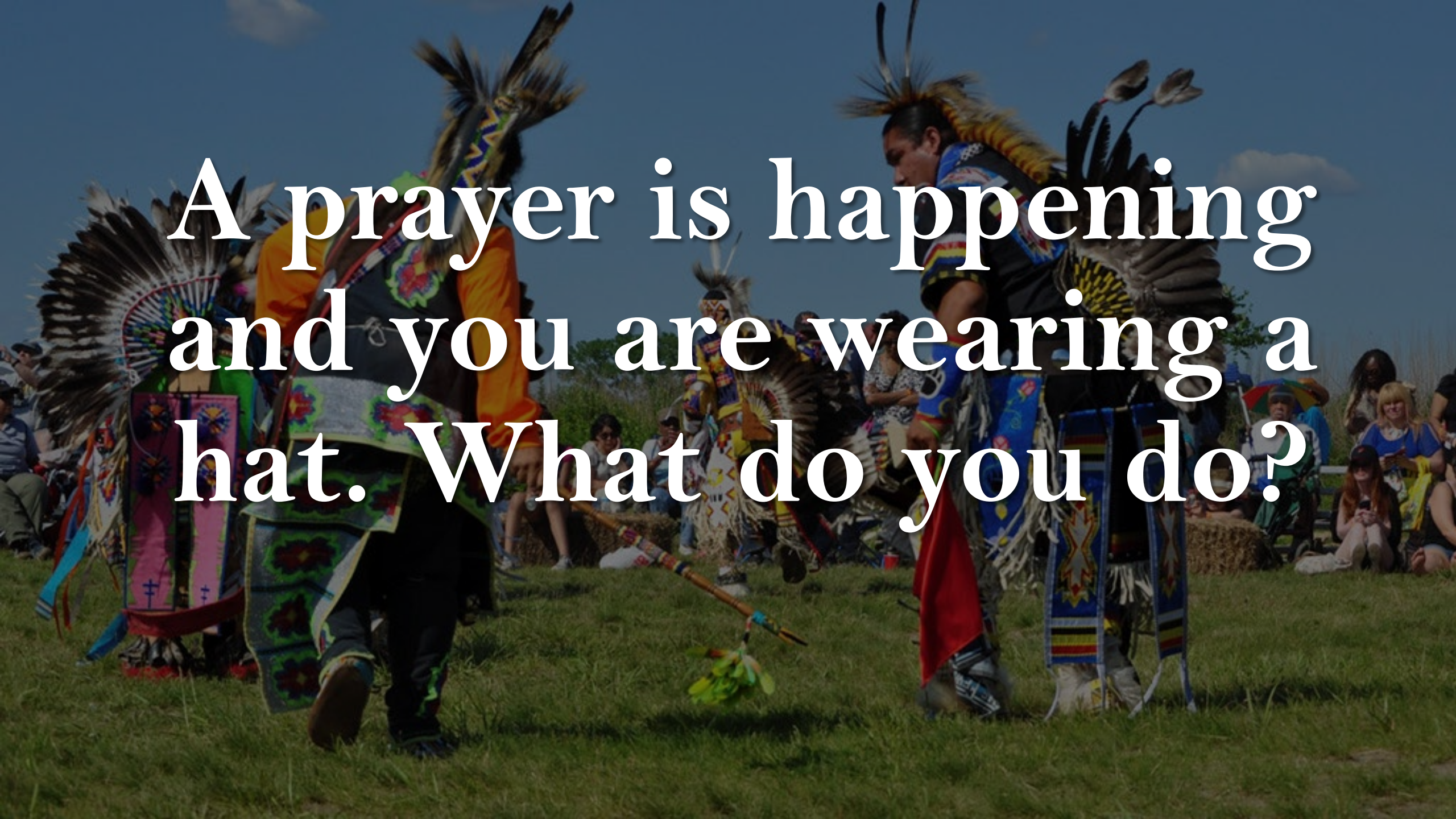
What does the MC do?



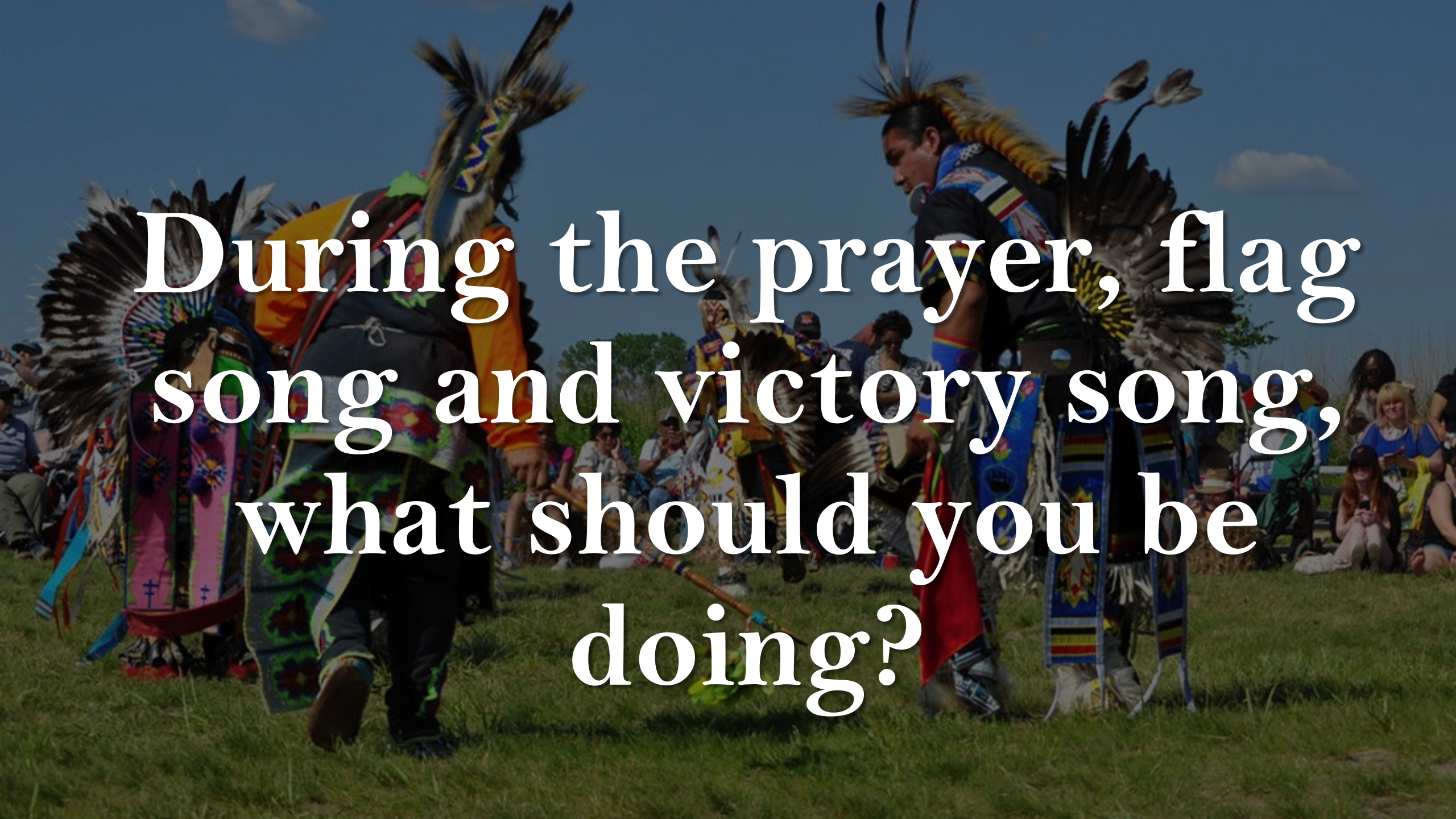
What in the Narrtick
language does Pau Wau
Mean?



What is Grand Entry?



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



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



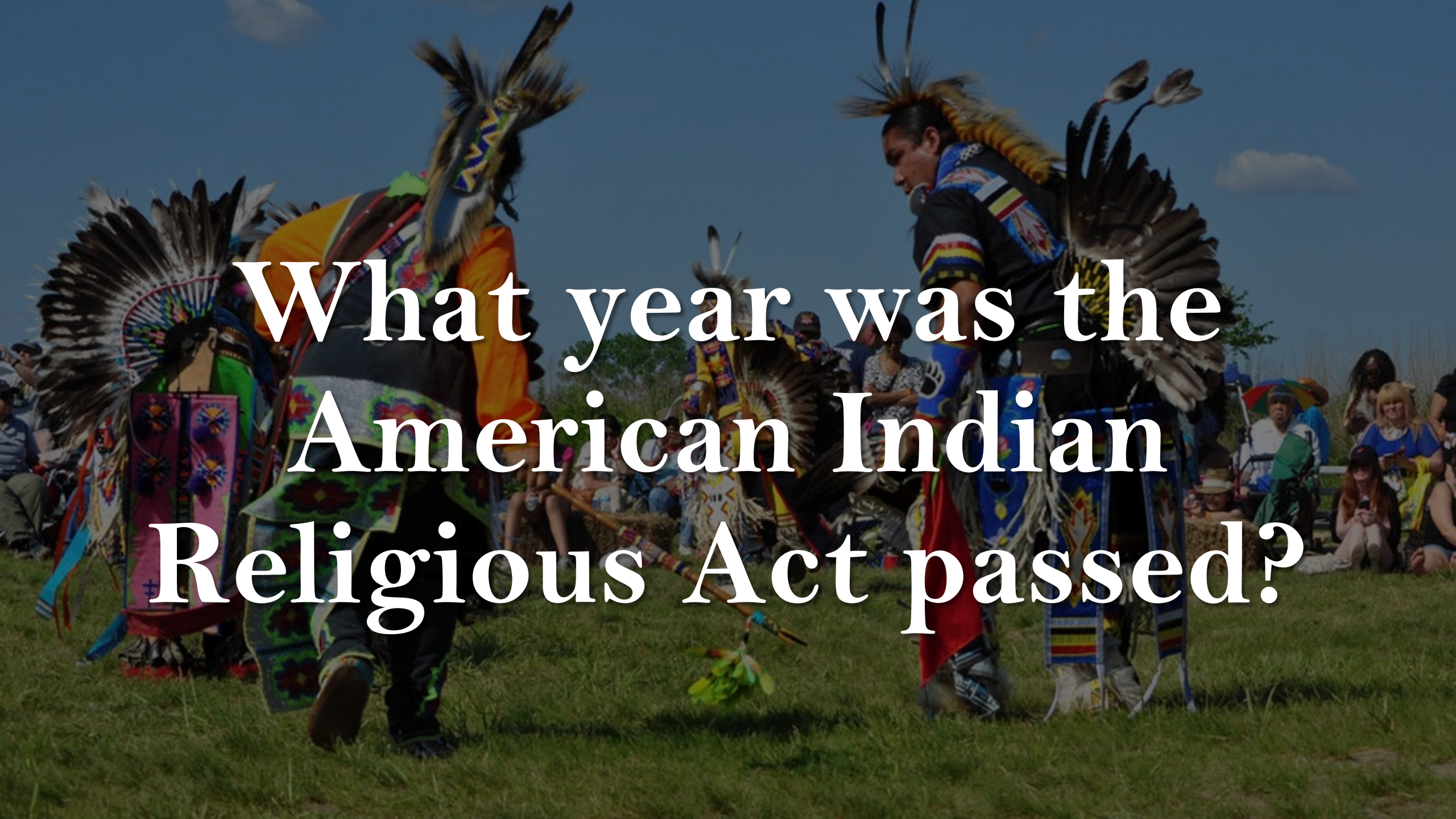
What is a Pow-Wow?

A group of Native American dancers in traditional regalia, including large feathered headdresses and colorful beaded clothing, are performing a Powwow in a grassy field. The dancers are in motion, and a crowd of spectators is visible in the background. The scene is set outdoors under a clear blue sky.

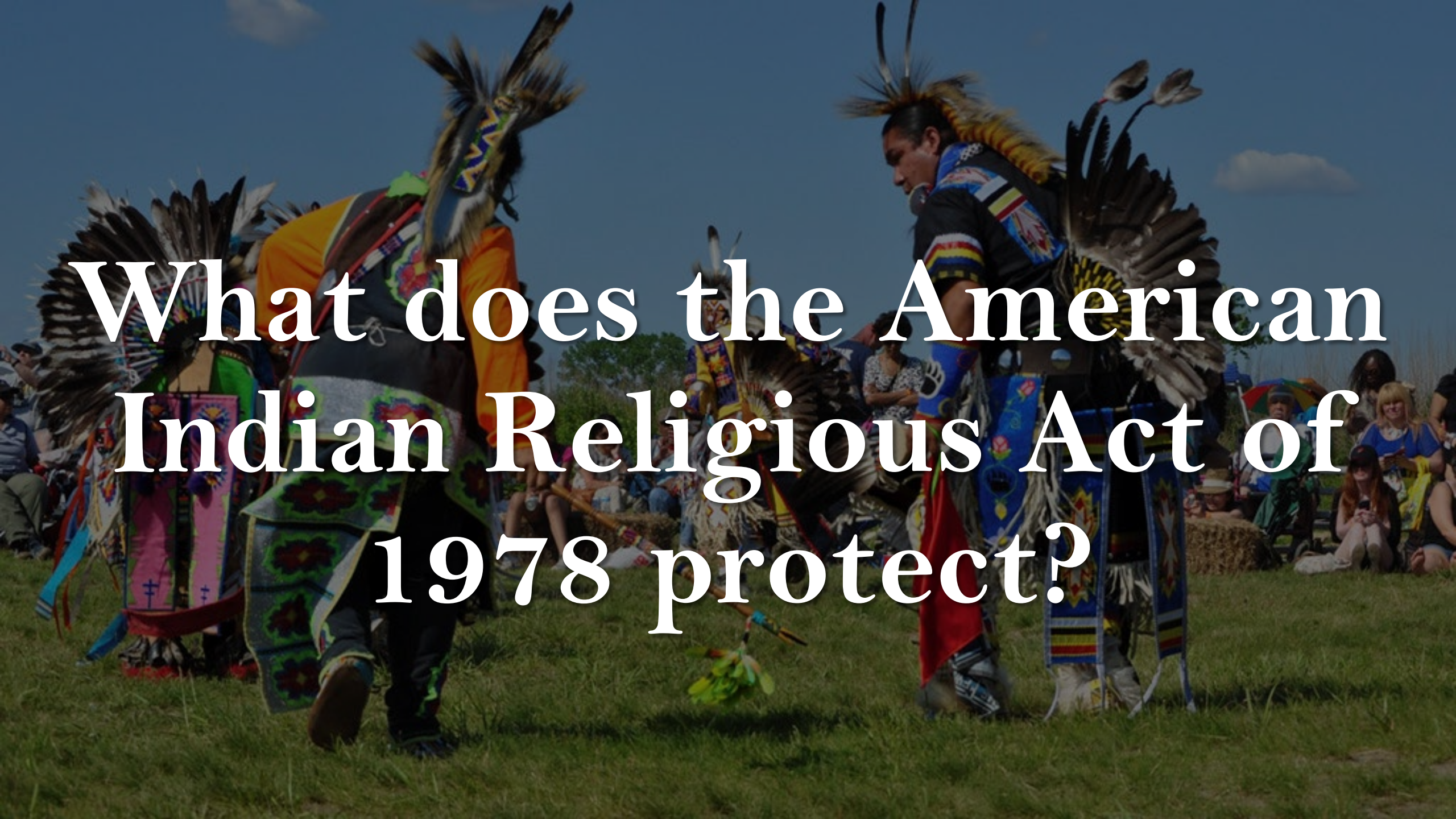
What tribal Nation did
the term Pow-Wow
originate from?



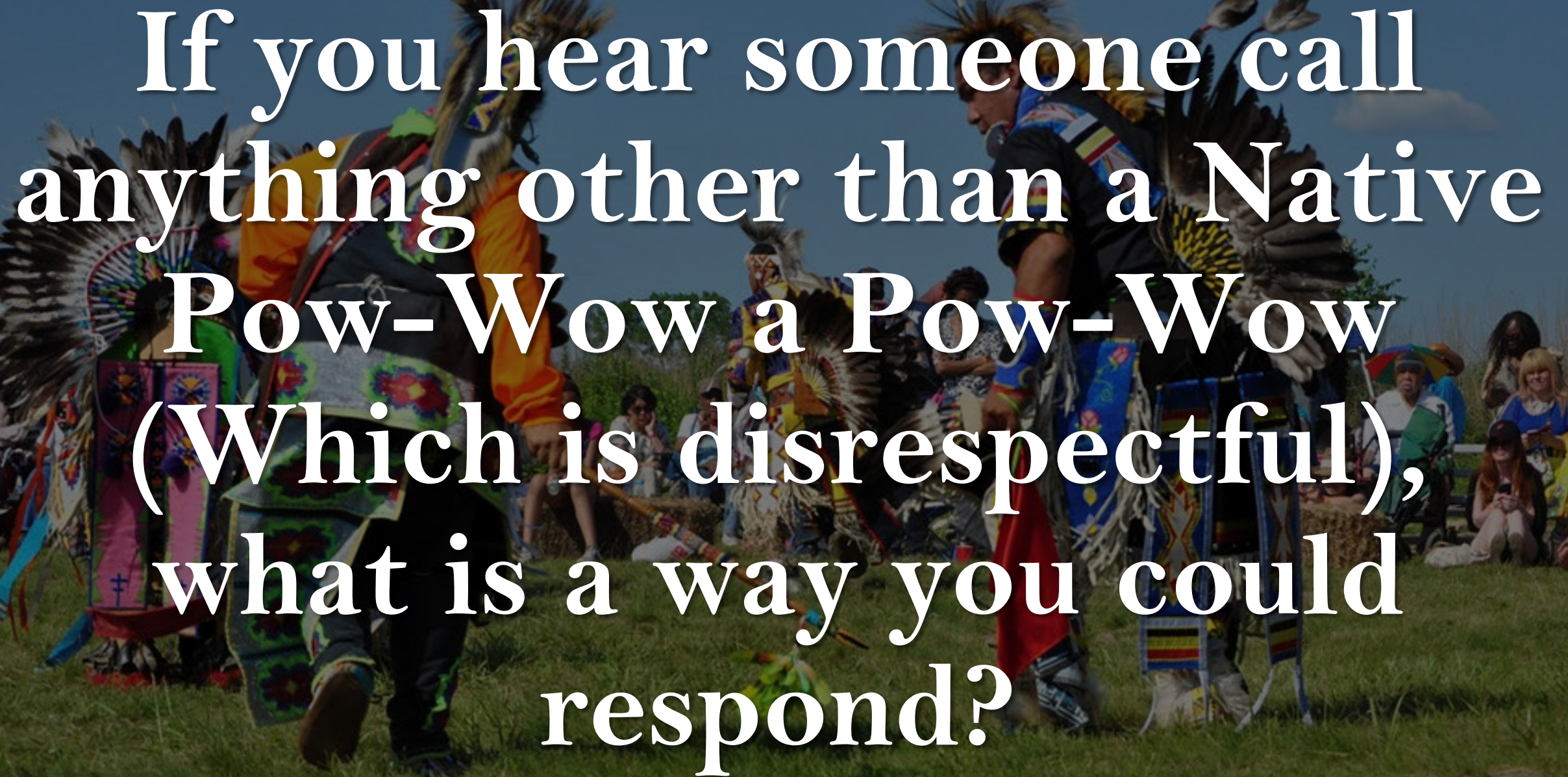
What does Inter-Tribal
mean?



What year was the
American Indian
Religious Act passed?



What does the American Indian Religious Act of 1978 protect?

A photograph of Native Americans in traditional regalia performing a Powwow in a grassy field. The image is overlaid with white text. The text reads: "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?"

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?



Fancy Bustle
-
Honoring the
Warriors



The Drum

Powwow Music, the story of the Drum, the meaning of the songs and different aspects of songs, including

- Framework of Songs
- Traditions Surrounding Songs
- Region/Style
- Category

Drum – Heartbeat of the Earth, Grandfathers

- Spirit of the Drum
- The Sharing of
Spirits when you step
into the Drum Circle
- Drum Keepers





xpáy'uhc wiw'su –
Cedar Youth

Songs – Stories, Prayer, Power

- Song Carriers
- Gifting of Songs

- Origins of Songs
- Purpose of Songs
- Styles from Regions
Northern, Southern, Coastal



Powwow

- Drum Roll Call

- Host Drum

- Grand Entry

- Flag Song

- Victory Song

- Inter-tribals

Types of Songs

- Straight

- Crow-hop

- Double Beat

- Round Dance

- Sneak Up

- Trick Song

- Honor Song

- Intertribal Song

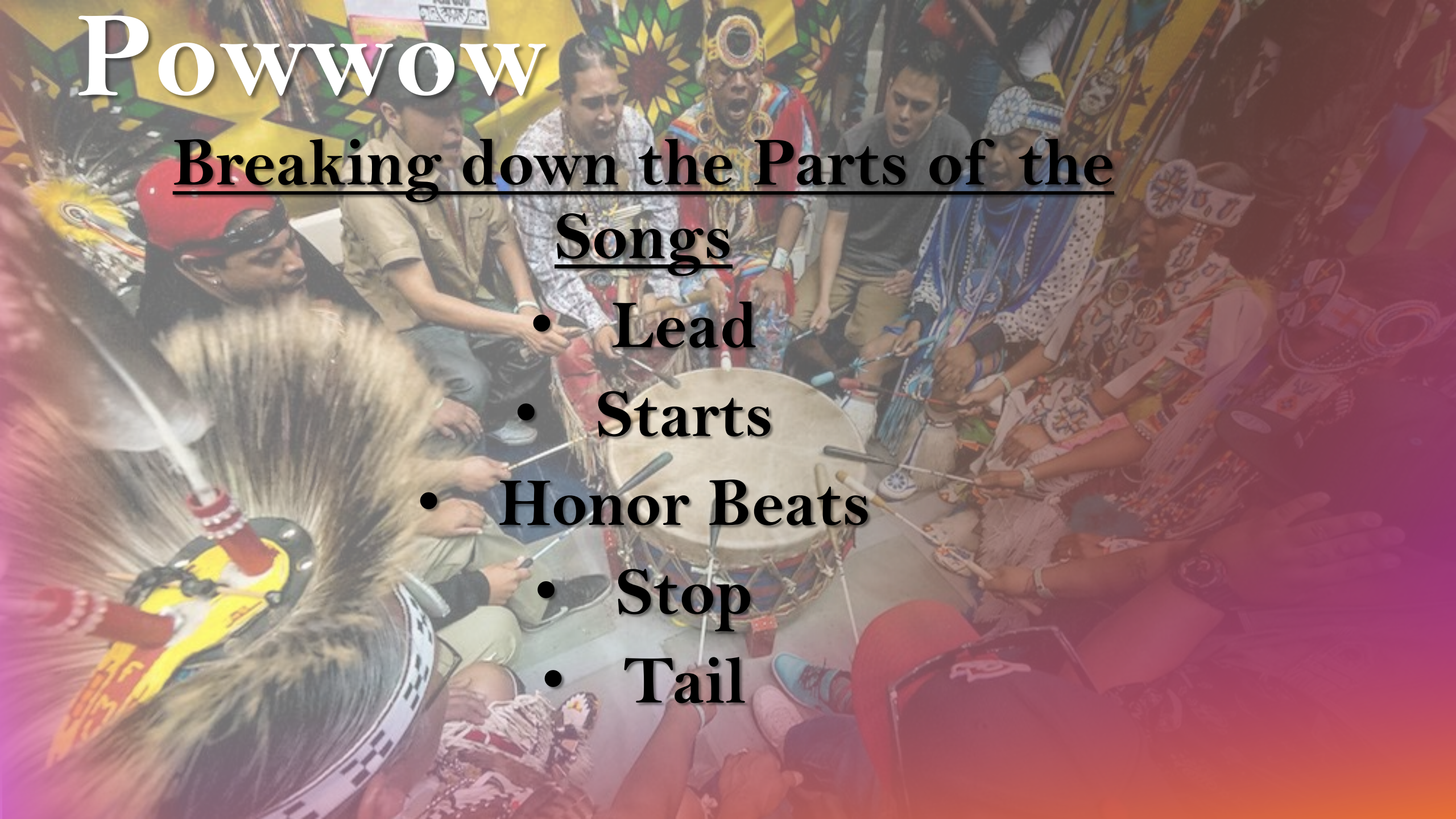
- Side-Step

- Duck and Dive

Powwow

Breaking down the Parts of the Songs

- Lead
- Starts
- Honor Beats
- Stop
- Tail



Listening Practice



What type of Song?

-
- Listen for the Lead
 - The Honor Beats
 - The coming up of the ending
or Stop

A group of people, likely Native American, are gathered around a large drum. They are wearing traditional regalia, including feathered headdresses and patterned clothing. Some are playing the drum with sticks, while others appear to be singing or chanting. The scene is set outdoors, possibly at a festival or ceremony. The background shows more people and structures, suggesting a large gathering.

Honor Beats Game

Close your eyes and
raise your hand when
you hear the Honor
Beats

A group of Native Americans in traditional regalia are gathered around a large drum, playing it with sticks. The scene is set against a background of colorful geometric patterns. The image has a semi-transparent purple and red gradient overlay.

STOP Game

Raise your hand when
you hear the Ending
Coming up



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
-
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



Women's Traditional

-

Northern Buckskin,
Southern
Buckskin,
Cloth, Woodland,
Coastal and More



In many tribes before WWI women did not dance inside the circle alongside the men. They danced around the outside of the circle.

This is due to many tribes having the Dance circle be for the warriors of the people. The Women's Traditional style largely came from the steps and movement that the women did back then.



After WWII, women were invited into the circle as more women stepped up to serve in the military and came home as warriors. This newfound warrior status. movement for Native Rights and the push for more inclusive Pow-Wows led to this change and honor for our women.



This dance style has more variation in its regalia than any other Powwow Dance category.

The steps of Women's Traditional are graceful, modest and elegant. Coming from the tradition of dancing outside of the circle, these subtle steps are only performed a few feet into the dance circle.



Traditionally, the feet must never completely leave the ground to symbolize the connection of Women to Mother Earth.

Some traditions say that this slow style of dancing represents the long times that the women, children, and elders would have to spend waiting when the men went away to hunt or battle.

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.

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



UNITED INDIANS
OF ALL TRIBES FOUNDATION



Regalia

-

Traditional
and/or
Ceremonial
Clothing



It is a story being shared with you. Besides category, it might also tell you

- Tribe
- Land
- Family
- Clan
- Band
- Deeds
- History
- Interests



Jingle – Old Style

-

usually More Simplistic in design

might have 365 cones and more old style cones

hair is typically in one braid or ponytail.

Usually just moccasins and no leggings



Jingle Contemporary

-
Usually More bright colors and materials

New style cones and in different colors

Hair is typically in two braids with a plume or feather and potentially a drop. Also will typically have furs and beaded items tied to their hair.

Usually moccasins with leggings

Typically utilizes some kind of fan

Usually more detailed beadwork.



Grass

- Utilizing some kind of fringe to give honor to the grasses. Can be yarn, ribbon or lacing

A Roach on their head that typically includes some kind of plume or two feathers

Moccasins and bells around the ankles usually accompanied by furs

Prayer circle or other items carried in their hands

Can have extensive Beadwork including hair drops, headband, belt and moccasins



Women's Traditional

- Large pieces of detailed beadwork

Typically more natural tones and natural materials

Fringe, typically leather. Shawls and Belt with knives, awls and a pouch.

Typically some kind of head piece depending on region.

Hair is typically in two braids with a plume or feather and potentially a drop. Also will typically have furs and beaded items tied to their hair.

Can sometimes utilize some kind of fan



Women's Northern Buckskin Traditional

-
Large Beaded top piece

Can have long buckskin fringe or short fringe.

Usually has a long breastplate of bone or horn

Hair is typically in two braids with a plume or feather and potentially a drop. Also will typically have furs and beaded items tied to their hair.

Will usually utilize some kind of fan



Women's Southern Buckskin Traditional

- Typically a Beaded Headpiece or crown

Beaded details but not fully beaded Buckskin dress

Can have long buckskin fringe or short fringe.

Hair is typically in two braids with a plume or feather and potentially a drop. Also will typically have furs and beaded items tied to their hair.



Women's Cloth Traditional

-
A dress of cloth. Might have shell, teeth, bone or other details.

Beadwork is typically just the accessories

Hair is typically in two braids with a plume or feather and potentially a drop. Also will typically have furs and beaded items tied to their hair.

Will typically have a shawl over one arm



Other Women's Traditional

-
as Women's Traditional has the greatest variation in its regalia than any other Powwow Dance Category, there are many styles from different regions.

Some might include

- Coastal
- Woodland
- Eastern



Men's Traditional

Traditional materials and more natural colors

Large Hair pieces

Large Chest plates made of bone, horn or other materials

Beadwork is typically the most colorful part of the regalia

Fan, Weapons or prayer items held in the hands and used in the dancing

One of the most detailed regalia



Men's Traditional

-
There can also be large variations in Men's Traditional depending on region. This can include

- Coastal
- Woodland
- Eastern



Fancy Shawl

—
A fringed shawl with ribbon or string. Typically Bright colors and a myriad of colors. Usually utilizing more modern materials design to catch the eye.

Shorter dress that may be flared to allow movement

Can have a Beaded bib. Beadwork is typically bright colored.

Hair is typically in two braids with a plume or feather and potentially a drop. Also will typically have furs and beaded items tied to their hair.



Fancy Bustle

-
Two Bustles set on the shoulders and around the waist. Can be traditional Feathers or modern materials. Lacing or nylon tape that comes off the bustles for movement

Typically very bright eye catching contemporary materials. Usually a myriad of bright colors.

Roaches are shorter to accommodate the bustle

Will also have arm band detailing and what are called Woolies or larger pieces of fur around the calves with the bells below the knee and then beaded moccasins

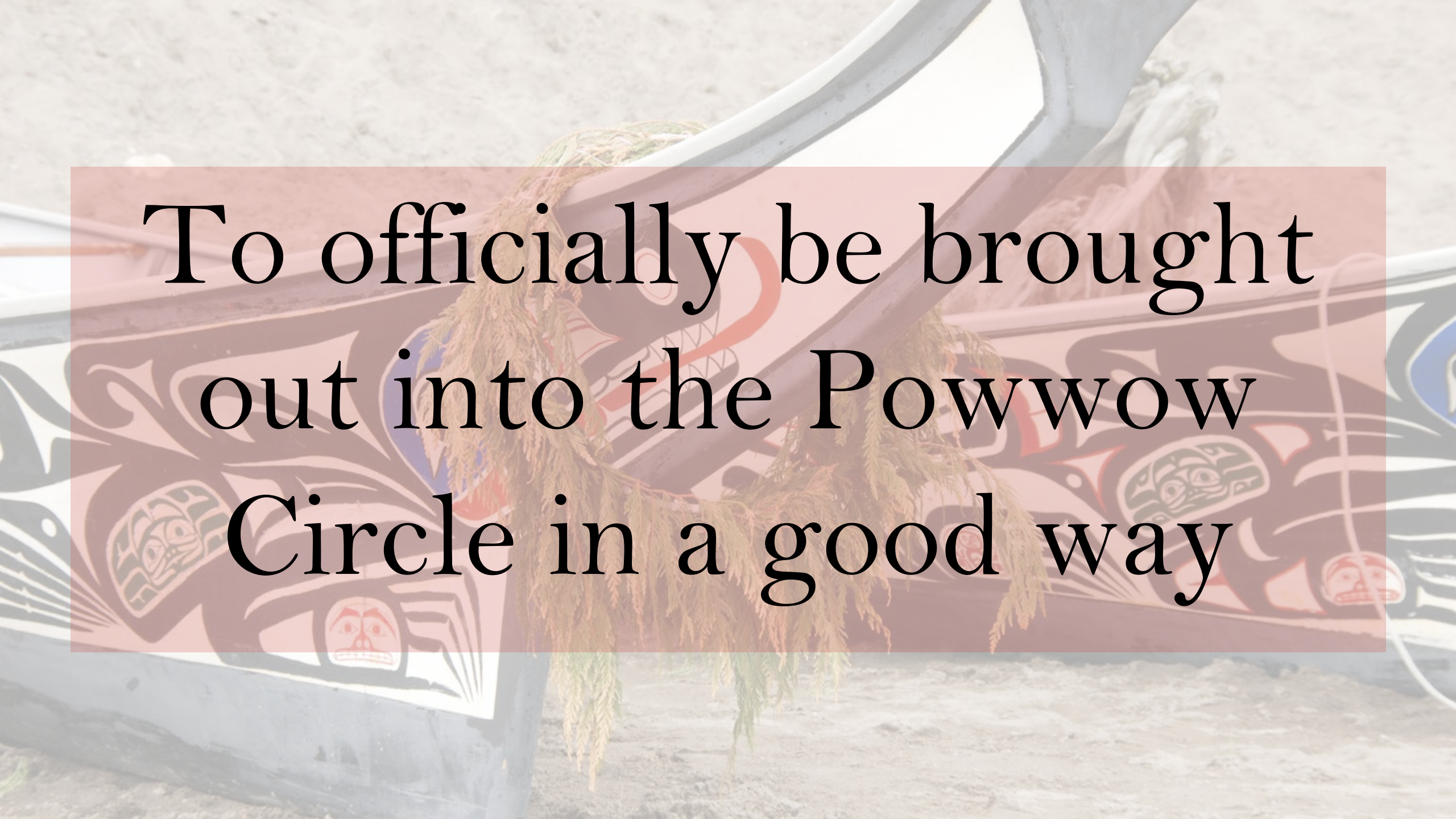
Can have what are called rockers set in the Roaches with two plumes or feathers

Spinners are held in the hand for the dance.

Fringed Bib and Apron that will typically go over a normal shirt and shorts

A traditional wooden canoe, likely from the Pacific Northwest, is shown from a low angle. The canoe's hull is decorated with intricate, stylized carvings in black, red, and white, depicting various figures and symbols. A large, dried cedar branch hangs from the prow of the canoe. The background is a light, sandy or gravelly surface. A semi-transparent red rectangular overlay is centered over the image, containing the text.

Coming Out Ceremony



To officially be brought
out into the Powwow
Circle in a good way

Requirements:

MUST be affiliated with a Tribe. Do not need to be enrolled

**Attend the Coming out Ceremony Friday July 18th at the Seafair
Indian Powwow**

Have participated in the UIATF Powwow Workshop classes

Asks:

Feel that you have a heartfelt understanding of the Dance you are going to Dance out in and can Dance it in a good way
Feel that you have put forth your best effort in participating in the UIATF Powwow workshop classes

Giveaway

Attend the entire Seafair Powwow

Dance the Inter-tribals

Participate in all Grand Entries

Dance out the Prayer Staff and Flags

Lift up others



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Pow-Wow Workshop Calendar