Having self-discipline is traditional!
Name: Darrel William Garcia
Tribe: Shoshone/Paiute, Ridgecrest, CA
Age: 10
Passion: Mastering AICITMA (America's Indigenous Children in the Martial Arts)
Favorite sports: Basketball and soccer
Favorite music: Rap, rock, Native
Health habit: Avoids fast foods and limits TV to 30 minutes a day
Greatest accomplishment: Knowing his Native culture, language and dances
Life goal: "To be physically, mentally and spiritually healthy for myself and my family."
Darrel William Garcia