



DALLAS

PHENOMENAL COMPETITIVE BJJ KID'S PROGRAM



CLASSES AVAILABLE FOR KIDS:

Beginning BJJ: (ages 4-6 years) emphasizes coordination training with an introduction to Jiu-Jitsu. Meets Tuesdays and Thursdays from 4:30-5:00 p.m.

Intermediate BJJ: (ages 7-13 years) introduces your child to the basics of Jiu-Jitsu, and more challenging techniques which gives students a chance to push themselves in their grappling as well as reiterating the fundamental skills of BJJ. Meets Tuesdays and Thursdays from 5:00-5:45 p.m.

Kid's Competitive Team: teaches more advanced techniques and allows the students more grappling time. The competition team also gives the students the opportunity to compete at regional and national tournaments. Meets Mondays and Wednesdays from 5:00-5:45 p.m.

*All classes at OFC are designed to give your child the tools and opportunities to excel physically, while instilling discipline, honor, self-esteem, and respect at all times.

113 N. Main St.
Broken Arrow, OK 74012

Contact:

Email: mail@ofcju-jitsu.com

Website: <http://ofcju-jitsu.com/main.html>

918-615-6962



**DID YOU KNOW THAT BRAZILIAN
JIU-JITSU IS A NON-STRIKING
MARTIAL ART BEST USED FOR
SELF-DEFENSE?**

Brazilian Jiu-Jitsu will also enhance your child's physical fitness, teach respect for authority, build self-confidence, fine tune attention skills, and positively channel aggressive behavior.



In last year's North American Grappling Association (NAGA), the world's largest grappling tournament, all students placed at least 3rd place and above.



FAMILY FRIENDLY



OFC provides a safe environment for all family members to participate in training. Our recently renovated facility has a supervised surveillance system and offers an area for children under the age of 3 to safely play while other family members train.



Owners, Mark Wayne and Kristy Mullin, emphasize a family-friendly environment by establishing guidelines of clean language, respect for others, and safety of students. All instructors must pass an extensive background check and maintain a clean record of being upstanding citizens.



WHY?

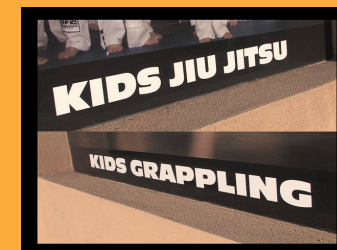
Why should you choose Martial Arts for your child?

Martial Arts is designed to give your child the tools and opportunities to excel physically, while instilling discipline, honor, self-esteem, and respect at all times



Why should you choose BJJ over other Martial Arts?

BJJ is a non-striking Martial Art that uses body leverage to overcome your opponent. When children at school need to defend themselves in a fight, the techniques they learn will help them to overpower larger bullies while not breaking school rules of hitting or kicking their aggressor. They also learn grappling techniques of how to escape from being pinned down in a fight.



Why should you choose OFC over other Martial Arts facilities that offer BJJ?

OFC's success in kid's tournaments reflects the quality training they receive from the instructors. OFC's family values provide a catalyst for your child to model upstanding citizen behavior that entail respect for others, self-control, self-confidence, and honor.

The Ragamuffin Gospel

Brennan Manning

Most of us believe in God's grace — in theory. But somehow we can't seem to apply it in our daily lives. We continue to see Him as a small-minded bookkeeper, tallying our failures and successes on a score sheet. Yet God gives us His grace, willingly, no matter what we've done. We come to Him as ragmuffins — dirty, bedraggled, and beat-up. And when we sit at His feet, He smiles upon us, the chosen objects of His "furious love." Brennan Manning's now-classic meditation on grace and what it takes to access it — simple honesty — has changed thousands of lives. It will change yours, too.

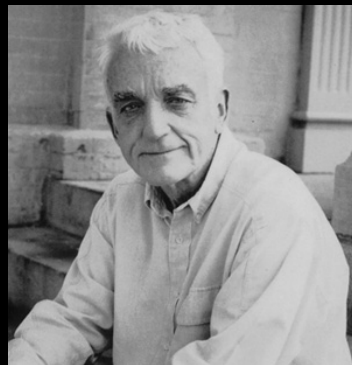
"Brennan does a masterful job of blowing the dust off of shop-worn theology..."

— Max Lucado

Cover design used with permission of Chelsea Roth

Brennan Manning

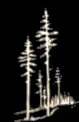
Brennan Manning has spent the past forty years helping others experience the reality of God's love and grace. It's at the heart of everything he's written and done. A recovering alcoholic and former Franciscan priest, his spiritual journey has taken him down a variety of paths.



Thorndike Press

THE RAGAMUFFIN GOSPEL

BRENNAN MANNING



THE RAGAMUFFIN GOSPEL

BRENNAN MANNING

FOREWORD by MICHAEL W. SMITH
TESTIMONY by RICH MULLINS

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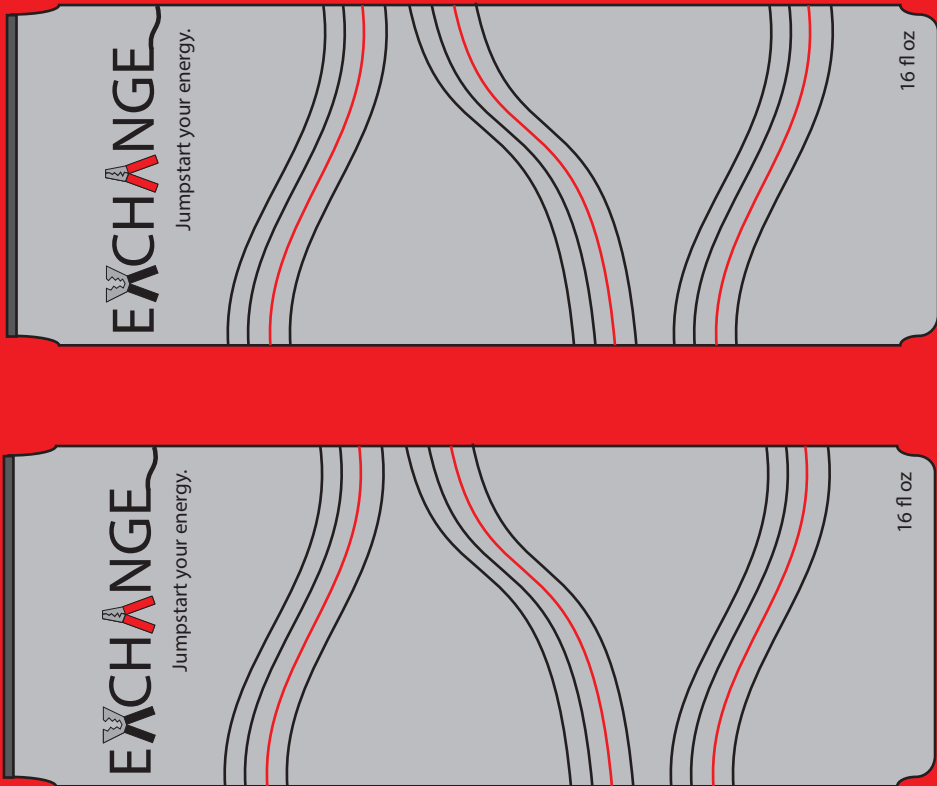


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Chelsea Roth
Media Director
croth@exchangeenergy.com

Bottom

Top



4 PACK

4 - 16 fl oz (473 mL) cans

Supplement Facts

Serving Size 8.0 fl. oz. (240 mL)
Servings Per Container: 2

Amount Per Serving	%Daily Value
Calories	10
Total Carb	3g 1%*
Sugars	3g †
Vitamin B2	1.7mg 100%
Vitamin B3	20mg 100%
Vitamin B6	2mg 100%
Vitamin B12	6mcg 100%
Sodium	180mg 8%
Taurine	1000mg †
Panax Ginseng	200mg †
Energy Blend	2500mg †
L-Carnitine, Glucose, Caffeine, Guarana, Inositol, Glucuronolactone, Maltodextrin	
*Percent Daily Values are based on a 2000 calorie diet. †Daily Value not established.	

INGREDIENTS: CARBONATED WATER, GLUCOSE, CITRIC ACID, NATURAL FLAVORS, TAURINE, SODIUM CITRATE, COLOR ADDED, PANAX GINSENG ROOT EXTRACT, CAFFEINE, SORBIC ACID, SUCRALOSE, BENZOIC ACID, L-CARNITINE, NIACIN, ACESULFAME POTASSIUM, SODIUM CHLORIDE, GLUCURONOLACTONE, INOSITOL, GUARANA SEED EXTRACT, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, MALTODEXTRIN, CYANOCOBALAMIN.

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CONSUME RESPONSIBLY: LIMIT 3 CANS PER DAY. NOT RECOMMENDED FOR CHILDREN, PREGNANT WOMEN OR PEOPLE SENSITIVE TO CAFFEINE.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



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4 PACK

Improves performance, especially during times of stress or strain.
Increases concentration and improves reaction speed.
Stimulates metabolism.

Jumpstart your energy

EXCHANGE

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S T U V W X Y Z 0 1 2 3 4 5 6 7 8 9

C H E L S E A
R O T H

CHORUS FOR A CAUSE

DATE: Oct. 3, 2013

TIME: 6-8 p.m.

WHERE: The Tumbleweed

For more information,
visit taylorsgift.org.

Concert benefiting
Taylor's Gift featuring:

The Black Keys,
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