



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 and respectful behavior that is engrained into all those that train at OFC from child to adult level.

The Mullins truly value family and believe in creating the safest environment. All instructors must pass an extensive background check and maintain a clean record of being upstanding citizens.

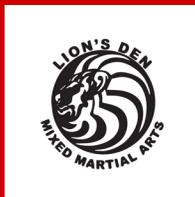
#### Classes Available for kids:

**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.**



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**Did you know that Brazilian Jiu-Jitsu is a non-striking Martial Art most useful in self-defense?**



**Learn how Brazilian Jiu-Jitsu can also enhance your child's physical fitness while teaching respect for authority, building self-confidence, fine tuning attention skills, and rechanneling aggressive behavior in a positive way.**

## Why should you choose BJJ over other Martial Arts?



## Why should you choose Martial Arts for your child?



BJJ is a non-striking Martial Art that uses body leverage to overcome your opponent. When a child is faced at school with needing to defend themselves, the techniques they learn will help them to overpower larger bullies while not breaking the rules of hitting or kicking their aggressor. They also learn techniques of how to grapple out of submission moves used by aggressors to better defend themselves.

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.

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.



OFC has a phenomenal competitive BJJ kid's program! In last year's North American Grappling Association (NAGA), the world's largest grappling tournament, all students placed at least 3rd place and above.

