



On Mission Spiritual Fitness Service Project Handbook

OMMA students working toward intermediate ranks and above are asked to consider the character of a Christ-Warrior. As we read in The Servant Warrior “we must strive to become loving, joyful, humble warriors that fight our self-centered, lazy, distracted and undisciplined selves, to represent the love of God in Christ to a world around us that desperately needs it.” The Lord gave Marco a vision to start a Martial Arts Ministry that would honor God above all else.

OMMA's Mission Statement:

“To create, grow and multiply local Christian martial arts communities that purpose to develop men, women and children to become well-rounded servant warriors through integrated training programs consisting of various physical and spiritual disciplines as well as an emphasis on intentionally, boldly and resolutely serving others through words and deeds in our neighborhoods, cities and country and, in turn, the world, for the glory of God.”

Our prayer at OMMA is for you to grow in the character of a Christ-Warrior and that serving others will become a natural overflow from your heart to everyone you meet. Although the service point requirements might seem a large amount to some and to others a very small amount, we pray that the thought of helping someone else will be your first motive. Don't limit yourself to only the requirements but instead be an instrument of our Lord to bless others. You will find your own heart rejoicing as you share the love of the Lord through words and actions.

We “take it out of the Dojo,” a few times a year by offering OMMA Group Service Projects for our community to engage in together. Along with those, we are asking you to complete some on your own. The following pages have different levels of service ideas. As you progress in your martial arts training we want you to progress, by the power of the Holy Spirit, in becoming more like Christ as you become more of a “Servant Warrior”.

Service Points Requirements:

(points are cumulative)

<u>Young Warrior:</u>	<u>TOTAL PTS</u>
Orange Belt	2 pts
Purple Belt	12 pts
Blue Belt	20 pts
Green Belt	35 pts
Camo Belt	50 pts
<u>Adult:</u>	
Orange Belt	2 pts
Purple Belt	12 pts
Blue Belt	20 pts
Blue/Green Stripe Belt	30 pts
Green Belt	40 pts
Green/Brown Stripe Belt	50 pts
Brown Belt 3rd degree (Sankyu)	65 pts
Brown Belt 2nd degree (Nikyu)	80 pts
Brown Belt 1st degree (Ikkyu)	100 pts
Black Belt 1st degree (Shodan)	125 pts

For Purple Belt OMSF you are given a Service Journal. Please complete the journal as you complete your service requirements. An OMMA Leader will be checking the journal when you turn in your binder. **OMSF requirements for each belt need to be completed before you can test for your next belt.**

“Therefore, be alert and of sober mind so that you may pray. ⁸ Above all, love each other deeply, because love covers over a multitude of sins. ⁹ Offer hospitality to one another without grumbling. ¹⁰ Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms. ¹¹ If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.” 1 Peter 4:8-11

Service Ideas worth 2 points

Developing the servant heart of the Christ-Warrior is an ongoing process. These are a few simple ways you can serve others. As much as we want you to serve others as a habit, we ask that you count each of these ideas only once for points.

Maximum points earned for total belt requirements from the 2 points list: **20 pts**

OMMA's Service Handbook is an ongoing list. So if you have other suggestions we welcome your input.

- Read and answer "The Servant Warrior" (Required for Orange)
- Tell a joke/make someone laugh
- Feed the birds
- Compliment a friend
- Plant something
- Bury treasure at the playground
- Leave bubbles on someone's doorstep
- Tell someone why they are special to you
- Pass out stickers to kids waiting in line
- Talk to someone new at school
- Bring flowers to your teacher
- Call a friend you haven't seen in a while to say hello
- Tell someone how much you love them
- Tell the principal how great your teacher is
- Make a get well card for someone
- Share a special toy with a friend
- Give a candy bar to the bus driver
- Reuse paper when you are drawing
- Hold the door open for someone
- Turn off the water while brushing your teeth
- Let someone go ahead of you in line
- Invite someone to play on the playground
- Clean up your toys without being asked
- Set the table for dinner
- Clean out your closet and donate items to a charity
- Return someone's cart at the store
- Make someone else's bed
- Bring your neighbors' garbage cans up for them
- _____
- _____

Service Ideas worth 5 points

Here are a few other ways you can serve others. As much as we want you to continue to serve others we ask that you count each of these ideas only once for points. Maximum points earned for belt requirements from the 5 points list: **25 pts**

- Donate a toy to Toys for Tots
- Fill a kindness jar with candy for another family
- Help make dinner
- Clean up your room without being asked
- Donate a book to a doctor's office waiting room
- Donate coloring books and crayons to the children's hospital
- Do someone else's chore without being asked
- Call your grandparents and ask them about their childhood
- Dry the slides at the park with a towel after it rains
- _____
- _____

Adult ideas (or child does these with help):

- Put a small bin in your car to collect recycling
- Check in on an elderly neighbor
- Tell a manager how good your service was
- Say thank you when you see service members (military, police...)
- Buy extra school supplies for a teacher
- Pay for someone's toll
- Help someone unload groceries at the store
- Write a thank you note for someone who serves you (teacher, librarian, coach, mailman, garbage man, Kempo instructor...)

Service Ideas worth 10 points:

Here are some more ways you can serve others. As much as we want you to serve others as a habit we ask that you count each of these ideas only once for points. Maximum points earned for belt requirements from the 10 points list: **60 pts**

- Wash someone's car
- Walk dog for a friend/neighbor
- Make an activity bag for a family with young children (coloring books, crayons, stickers... be creative)
- Set up a lemonade stand and donate the profits
- Make a homemade gift for someone
- Collect books to donate

Adult ideas (or child does these with help):

- 1st OMMA Service Project** (2nd OMMA Service Project - 5pts, 3rd – 2pts)
- Buy a coffee for a stranger
- Bring cookies to someone to say "thank you" or "just because"
- Bring cookies to someone new in your neighborhood/church
- Take care of someone's pet while they're away
- Send dessert to another family at a restaurant
- Pay for someone's groceries
- Collect money or items for your favorite charity and deliver them
- Watch someone else's kids for a day
- Volunteer in kid's classroom or Sunday School Class
- Take a meal to someone who is sick or had surgery
- Visit residents in a nursing home: read, sing songs, draw a picture, talk
- Take an hour walk with the family picking up trash
- Take treats and cards to fire/police station to thank first responders

Service Ideas worth 15 points:

Here are some bigger ways you can serve others. **You are required to complete at least one 15-point service for Brown Belt.** Maximum points earned for belt requirements from the 15 points list: **45 pts**

- Take a meal to someone who is sick or had surgery
- Volunteer at a soup kitchen
- After school tutoring / Other
- Have a family over for dinner you don't know very well
- Volunteer at OMMA Summer Camp 3 days (doesn't have to be consecutive).
- Help with your Church/School's Service Day
- Help set up for OMMA Service Project before the event (min 2 hours)
- Participate in a Run or Walk-a-thon for a good cause – raise money for this
- Participate in a 30 Hour Famine – raise money &/or awareness for this
- Make your own Homeless packets and distribute at least 20.
- Help someone complete a project; giving a few hours to them expecting nothing in return.
- Help feed and interact with the Homeless: Thanksgiving dinner, Breakfast in the park, at a shelter...
- _____
- _____

Service Ideas worth 25 points:

You are required to complete one 25-point service for Black Belt.

Maximum points earned for belt requirements from the 25 pts list: **25 pts**

- Mission Trip: at least 2 days (does not need to be in a different country)
 - Write a letter asking for prayer support (and possibly financial support)
 - Take pictures
 - Write a recap on what you did, how God used you and the impact the trip had on you and the lives of those you ministered to
- Volunteer on an ongoing basis for a ministry (at least 4x / 1 month)
 - What is your role and who is your audience
 - Write about how you are serving others and the Lord
 - Write how is has changed your life and perspective
- Partner with an inner-city ministry to help marginalized or homeless people
 - Write about how you are serving others and the Lord
 - Write how is has changed your life and perspective
- Participate in an Evangelism Outreach (an all-day or multiple day event)
 - Write about a specific encounter with someone
 - Write how is has changed your life and perspective
- Sunday School Teacher for at least a semester
 - Write about what God is teaching you through this experience
- Prison ministry
 - Write about what God is teaching you through this experience
- Be in charge of a fundraiser for OMMA
 - Plan it with an OMMA leader's consent
 - Organize the event: Time, date, people, flyers, specific needs
 - Follow up as needed after the event
- Create your own Black Belt Service Project
 - Get it approved by OMMA Leaders
 - Write a report on how it went and what you learned

Frequently Asked Questions:

- 1) **When do I turn in my binder?** You will receive an email requesting you have your OMSF requirements turned in by a specific date in order to be invited to your next belt test.
- 2) **Can I come up with my own service projects?** YES, but anything over 5 points needs to be approved by an OMMA leader and we will need to assign it the appropriate amount of service points, if approved.
- 3) **Can my parents help with my OMSF requirements?** Yes, we love parent involvement and families serving together. All hand written work should be done by the student, if possible.
- 4) **When can the service projects be completed?** Journal all your service points but we ask that they be current and completed along with your belt progress. Becoming a Servant Warrior is a process so continue to serve as you progress. Our desire is to cultivate a servant's heart not to check the boxes and say I'm done. 125 is just the minimum points required.

Even the world does service projects. How much more, as Christians, should we be sharing His Light in the dark world, through our words and deeds. Teens, if you are working towards Bright Future hours they will count for OMMA Service Points as well. Remember they need to be Volunteer hours (no compensation). We will be happy to sign your service hour log.

This is the list from the Orange County School District for Suggested Categories for Service to complete the required Community Service Hours for Bright Futures:

- SERVICE TO YOUTH: Provide leadership, guidance, and activities for the youth in your community. Ex: collect toys for holidays, volunteer at hospitals.
- QUALITY OF LIFE: Work towards improving the standard of living for the residents of your community. Ex: food collection drives, Humane Society dog wash, animal food collection.
- SERVICE TO SENIOR CITIZENS: Provide opportunities for senior citizens to enhance independent living or assist with promoting a quality life. Ex: assist with reading and writing letters, provide entertainment like BINGO games, food collection, grocery shopping.
- HEALTH/SAFETY: Volunteer services to promote the health, welfare and safety of the residents of your community. Ex: Relay for Life, March of Dimes, and disaster relief.
- DEVELOPMENTALLY DISABLED AND/OR PHYSICALLY DISABLED: Volunteer your services in an effort to improve and enrich the lives of the mentally and physically disabled. Ex: Special Olympics, assist in group homes, collect toys, art supplies.
- ENVIRONMENT/HISTORICAL PRESERVATION: Volunteer your services to promote and encourage the preservation of the environment and/or the protection of historical sites. Ex: community beautification projects, beach clean-up, museums, historical research.
- ARTS/CULTURE: Volunteer your services to encourage the growth of the arts in your community. Ex: help with gallery exhibitions, auctions, creative art camp, usher at fundraising performances.