



10 Reasons to Study with On Mission Martial Arts

- 1) A **distinctly Christian** martial arts/self-defense program: our program is Christ-centered and exists to bring glory to God. Anything in any way related to an eastern religious worldview or humanistic philosophy has absolutely no place in the OMMA system. Our goal is personal development in order to more fully serve Jesus and others.
- 2) **Spiritual fitness** to go along with the physical and mental fitness – this program will complement your church and family by encouraging training in spiritual disciplines like Bible reading, study, memorization, etc.
- 3) Relative **affordability**: - Due to the nature of On Mission Martial Arts, Inc. as a nonprofit ministry, our tuition rates are substantially discounted. The generous ministry partners who support this ministry with their contributions help us keep rates low, yet still operate the ministry with excellence. Scholarships may be available to students who strongly desire to participate in this program, yet are in a place of financial hardship.
- 4) A system emphasizing **adaptability** – there is a very intentional and systematic curriculum designed to help students be progressively challenged mind, body and spirit. That said, each student is unique in their physical, mental and spiritual levels of fitness and so our program has flexibility to adapt to the unique needs and desires of each student. Whether you are very out of shape or an elite athlete, whether you are in full-time ministry or a new Christian, the OMMA program can and will flex to help you progress from where you are.
- 5) **Self-defense focus**...not sport – the art of Kempo-Karate we learn is designed primarily to enable us to protect ourselves, loved ones and other innocents from being victimized. We do not participate in competitions our tournaments but focus all of our training on particular situations we may face in real life. In a sport the goal is “WIN”. In our program we train to “SURVIVE”.
- 6) Emphasis on **safety** – we are very careful to balance a realistic training approach with a commitment to safety. Although any endeavor like this carries some risk, we take every precaution to keep our students injury-free. In the long run this creates a superior martial artist who hasn’t had to constantly take time off to mend.
- 7) Break through comfort zones - the combination of physical, mental and spiritual training will help students, over time, **overcome** fears & complacency that may be holding them back from being all that the Lord has for them. Confidence and courage and a warrior spirit will begin to grow and fear and complacency will begin to disappear.
- 8) Accomplish **multiple purposes** with one program – experience physical strength training, flexibility, coordination & cardiovascular training, overall wellness focus, improved concentration, stress relief, practical self-defense skills, spiritual fitness, opportunities to serve others according to Christ’s direction and have fun – all in one place!
- 9) Community/Family – instead of a highly competitive atmosphere, we are a **community of Christians** who work together “as iron sharpens iron,” to help each other all grow and develop as Christian martial artists.
- 10) OMMA martial art system is **well-rounded** with training in all four ranges of self-defense (kicking, striking, trapping, grappling) as well as a program that includes training in the character of a Christian warrior – perseverance, discipline, self-control, loyalty, compassion, calm in the storm, peacemaker – to complement and balance out the physical skills developed.