



**FR1ENDS** of the  
**CH1LDREN**  
Portland

### **GRAPPLE-A-THON 3: FUN AND PHILANTHROPY** **September 21<sup>st</sup>, 2019**

Five Rings Jiu Jitsu is proud to announce its 4<sup>th</sup> annual Grapple-A-Thon for a great cause. Our mission is to inspire health, wellness, and growth in our members and our community through grappling, fitness, and service. We were truly amazed at the outpouring of support we received for our 3<sup>rd</sup> annual event last fall, but we know we can do even more this year... with your help!

**On September 21<sup>st</sup>, 2019, grapplers and their supporters will gather at our main academy to raise money for our fantastic charity partner – *Friends of the Children - Portland*.**

*Friends* commits to standing alongside our community's youth as they work to overcome barriers to their success. Each child receives one-on-one support and guidance from a salaried, professional mentor, from kindergarten through high school graduation – **12 and a half years, no matter what**. Youth in the *Friends* program face considerable challenges, including placement in the foster care system, under-resourced neighborhood schools, homelessness, hunger, and disparities in access to and quality of health care. Despite these barriers, program youth enter adulthood with strong foundations for continuing achievement: 83% graduate high school or earn a GED, 93% avoid the juvenile justice system, and 98% avoid teen parenting. From 2015 to 2018, *Friends* was voted the #1 most admired non-profit in Oregon in the Portland Business Journal's survey of Oregon CEOs.

**This event is your chance to contribute to the success of their children.**

The first year of our jiu jitsu program at FotC was nothing short of spectacular – over 50 youth participated in fundamental martial art and self-defense training, as well as a week long summer camp! If you want to help us keep this program going, please click on [HERE](#) or go to this address:

<http://friendspdx.org/get-involved/grapple-a-thon>



Photo: Friend of the Children Program Launch 2017

Would you consider donating to this year's event? We are seeking cash donations and employer matching funds. All event proceeds will be used to support future *Friends of the Children* programming. For more information or to become a sponsor, please contact Coach Dan at [dvd@5rjj.com](mailto:dvd@5rjj.com) or call 503-327-8265.