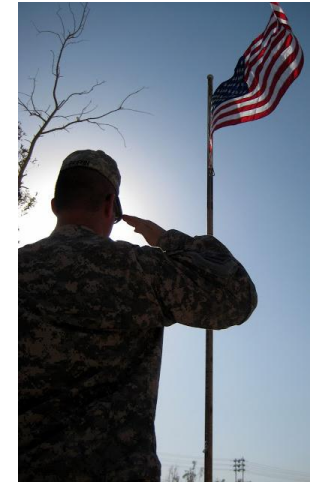




DAV Nat. Ambassador, former UFC Champ, Rich Franklin



MOH Recipient Ron Rosser receives Lifetime Achievement Award from Arnold Schwarzenegger as part of the 25<sup>th</sup> Anniversary of the Arnold Classic and inaugural Operation Let's Roll.



# “Our Turn to Serve”

Program Proposal (May 5, 2014)

Supporting those who answered America's call to duty past, present, future and their family members.

[www.operationletsroll.com](http://www.operationletsroll.com)



**SUPPORTING AND APPRECIATING THOSE WHO ANSWERED AMERICA'S CALL TO DUTY & THEIR FAMILIES.**



**Military Combatives, Sport of Submission Grappling**

**PROMOTING**

- HEALTH
- MENTAL WELLNESS
- RESILIENCY
- PTSD AWARENESS
- VETERAN OUTREACH



**Jiu Jitsu**



**Wrestling**



**Judo**



**Sambo**

**ASSISTING**

Warriors and their families with making the seamless transition back to civilian life.



## OPERATION LET'S ROLL: BACKGROUND

The sport of submission grappling (Jiu Jitsu, Military Combatives, Wrestling, Judo, Pankration, Shooto, and Sambo) plays a crucial role in the make-up of the armed forces culture. There are a lot of correlations between the sport and the core military values of L.D.R.S.H.I.P. (loyalty, duty, respect, selfless-service, Honor, Integrity and Personal Courage).

From our professional and personal experiences we know for many warriors and their families making the transition back to civilian life (reintegration) can be a difficult challenge. This journey becomes even more complicated if one is dealing with a service-connected injury, coping with combat stress, Post Traumatic Stress Disorder (PTSD) resulting from combat or Military Sexual Trauma (MST), depression, suicidal ideations, isolation, self-medication or combat stress.

On the other hand, challenges can come in the form of the inability to access benefits and services earned resulting from their service to country to seeking gainful employment.



### Key Statistics: Veterans Population as of September 2012

- Total population = 23,976,991

Male – 22,485,000

Female – 1,731,125

- Ohio is the 4<sup>th</sup> largest state with a veterans population (1,012,466)

- Male – 949,211(Ohio)

- Female – 63,256 (Ohio)

*\* According to the Department of Veterans Affairs*

**Fact: Military can cause additional stress for spouses and their children; especially during deployment.**

### WARRIOR ETHOS

ALWAYS PLACE THE MISSION FIRST

NEVER ACCEPT DEFEAT

NEVER QUIT

NEVER LEAVE A FALLEN COMRADE



## OPERATION LET'S ROLL: BACKGROUND

**Mission objective:** Leverage the sport of submission grappling as a means to reach out to armed forces members, veterans, and their families to accomplish the following:

- Opportunity to say thank you to our warriors and their families for answering America's call to duty.
- Share our warrior wisdom and lessons learned from our returning home.
- Take the occasion to educate our warriors and their families (past, present, and future) about valuable services, benefits, programs, career and educational opportunities etc.
- Provide an opportunity for warriors to reconnect with their cohorts and connect them with subject matter experts who can assist them with making the seamless transition back home and/or further assist them with coping with the "invisible wounds of war."
- Connect organizations who share in our vision to care for those who borne the battle, their widow, and orphans with our military members and their families past, present, and future.

**Factoid: There are over 250 military installations and communities worldwide.**



# AMATEUR SUBMISSION GRAPPLING UNION (ASGU) RULES

## Winner is declared by:

- Submission
- Points
- Referee Decision

### Possible match-ups

- **Military Combatives vs. Jiu Jitsu**
  - **Judo vs. Sambo**
  - **Wrestling vs. Pankration**
- **\*Other mixed match-ups are possible**

## Competition Time Limits:

Qualifying Rounds = 5 minute round (by submission only)/ 5 minute round pointse  
5 minute overtime if needed when there is a draw or no advantage.

## Legal Techniques:

- Any kind of choke (except for using the hand to close the wind pipe).
- No use of T-Shirt and no holding the shorts allowed
- Any arm bar, shoulder lock, or wrist lock
- Any Leg Lock or Ankle Lock
- Slamming can be used only in order to prevent a submission. Otherwise it is an illegal technique.

**Submission grappling is deeply rooted in Army Combatives**

**Source: U.S. Army Combatives F.M. (Field Manual) 3.25.150.**

## Illegal Techniques:

- Full Nelson" and "Crucifix
- **No striking of any kind.**
- No eye gouging or fish hooking.
- No grabbing the ears.
- No hair pulling.
- No finger or toe holds.
- No thumbing.
- No scratching and pinching.
- **No kicking.**
- No biting.
- No touching groin area,
- **No hands, knees or elbows to the face.**
- No slippery substances allowed on body or clothing.



- When a fighter voluntarily jumps in the guard or goes from standing position to a non-standing position by any means and remains down for 3 seconds or more, he will be punished by a minus point.
- When a fighter disengages from contact and starts backing up and avoids engaging again he will be punished by minus point.
- A passive fighter will be warned twice and then will be punished by minus point. The referee will warn the passive player verbally. Any infraction afterwards will result in point(s) being deducted.
- If a fighter is very passive during the first half of the regular bout when there are no minuses, the referees will still give him/her WARNINGS for passivity and will punish him/her with a negative point when the second half of the bout commences.



## Points (Positive Points):

*Each position must be established for 3 seconds or more being out of any danger of submission in order for points to be awarded.*

- Passing the guard = 3 points
- Knee on stomach = 2 points
- Mount position = 2 points
- Back mount with hooks = 3 points
- Takedown (ends Guard or Half Guard) = 2 points
- Clean Takedown (ends passed the guard) = 4 points
- Sweeps (ends Guard or Half Guard) = 2 points
- Clean Sweep (ends passed the guard) = 4 points





# AMATEUR SUBMISSION GRAPPLING UNION (ASGU) WEIGHT CLASSES

## Male

- Rooster: Up to 122.5
- Super Feather: 122.6 – 135.5
- Feather: 135.6 – 149.0
- Light: 149.1 – 162.0
- Middle: 162.1 – 175.5
- Medium Heavy: 175.6 – 188.5
- Heavy: 188.6 – 202.0
- Super Heavy: 202.1 – 215.0
- Ultra Heavy: Over 215.0



## Female

- Super Feather: Up to 113.50
- Feather: 113.6 – 124.5
- Light: 124.6 – 135.5
- Middle: 135.6 – 147.0
- Medium Heavy: 147.1 – 158.0
- Heavy: Over 158.0

\* Athletes paired by skill level too.



## Juvenile (ages 4-17)

Brackets for competitors aged 4-17 are made using the Madison Bracketing System. There are no preset weight classes for children and teens. At the end of weigh-ins, the children and teens will be sorted by weight. Brackets will then be made by grouping them into sets of 4 or 8. Juveniles will be divided by weight, experience, and age.



**WITH YOUR PATRIOTIC FINANCIAL  
UNDERWRITING SUPPORT MILVETS'  
OPERATION LET'S ROLL  
WILL BE ABLE TO SUPPORT OUR WARRIORS AND  
THEIR FAMILIES BY:**



- Offer free submission grappling , military combatives classes for the military, Veterans and their families as part of Operation Let's Roll.
- National appreciation tour featuring a group of all-star grapplers, sport and entertainment celebrities, and key influencers taking part in Operational Let's Roll events.
- **Conduct free submission grappling, military combatives workshops, seminars, and tournaments locally and across U.S. military installations.**
- Continue to educate and connect our armed forces members, Veterans, and families with organizations who can further assist them with benefits, services, career opportunities etc.
- Continue to provide support and mentorship through free submission grappling, military combatives tournaments.
- Develop and execute future anti-bullying and sexual assault prevention programs.
- Expand Operation Let's Roll to benefit socially-economically disadvantaged youth.

# BENEFITS DERIVED FROM JOINING OUR PATRIOTIC CAUSE



- Outstanding way to show your organization's patriotism.
- Excellent way to say thank you to America's warriors and their families.
- Opportunities to leverage untapped market segment.
- Chance to generate brand awareness with loyal consumer segment.
- Generation of positive publicity.
- Intangible benefits derived from supporting a noble cause.
- Chance for team members (employees) to give back through volunteerism.
- Opportunity to participate in special events, exclusive meet-and-greet with well known athletes, entertainers, and key influencers.

(At left) MILVETS Operation Let's Roll supporter, Medal of Honor Recipient (Korean Conflict) Ron Rosser receives the 25<sup>th</sup> Anniversary Arnold Sports Festival Lifetime Achievement Award (2013).







## Continuing to serve now and into Fiscal Year 2014 and beyond

- Improving morale, welfare and recreation and promoting (L.D.R.S.H.I.P) (Loyalty, Duty, Respect, Selfless-Service, Honor, Integrity, and Personal Courage) through the sport of submission grappling (military combatives) by supporting the following below:



## POINT OF CONTACT INFORMATION

Kristi Bowersock, Director of Operations and Technical Advisor, MILVETS Operation Let's Roll

Phone/Txt: 419.487.3700

Email: [ninjababe2@yahoo.com](mailto:ninjababe2@yahoo.com)



**5th Degree (Karate)**

**1st Degree (Japanese Jiu Jitsu)**

**2nd Degree (Kickboxing)**

**Subject Matter Expert (Close Quarter and Military Combatives).**

**Trained members of the armed forces, law enforcement, Indiana National Guard and ROTC.**

**Conducted rape prevention and self-defense courses for private sector and community organizations.**

**Multi-Time Champion Combative Sports  
Pankration Hall of Fame Inductee (2000)**



10th Mountain Division  
United States Army

<http://www.youtube.com/watch?v=gN1pGKRgmcl>

Broadcast news story about Ops Let's Roll

Al Burzynski, APR, CTA

Phone/Txt: 614.537.5440

[alski1@sprint.blackberry.net](mailto:alski1@sprint.blackberry.net)



**For every warrior on the frontline there are twelve in the rear supporting them. We hope you will consider joining our support team by giving of your organization's time, talent, or resources.**