



## **Eligibility Requirements:**

- ❖ Scholarships available for youths, teens, and adults who have never trained in Jiu Jitsu.
- ❖ Adult candidates and parents/guardians of minors must be able to provide documentation of higher causality risk factors for suicide (depression, active/recent safety plan, recent attempt, prior trauma(s), family history, etc).
- ❖ Adult candidates and parents/guardians of minor's commitment to train a minimum of 2 times a week for a minimum of 3 months.
- ❖ Other eligibility requirements may be required on a case-by-case basis for unique or complex circumstances.

## **Program Details**

- 3-to-12-month scholarship to train at an approved Grapple; 4 Life academy. Length of sponsorship will be on a case-by-case basis.
- If available or eligible, private lesson plans.
- Regular follow ups by Grapple; 4 Life board members/volunteers.
- Access to resources, in-person, or virtual trainings, and/or in-person or virtual loss and healing programs.
- Grapple; 4 Life patches, stickers, and/or other items.





**Application:**

Name:

Date:

Email:

Phone:

Full Address:

Social Media handles:

Do you have a higher risk factor for suicide?  
If yes, please explain:

Can you provide documentation from a professional medical/mental health provider supporting your risk factor(s)?  
If no, please explain:

Have you been convicted of a crime?  
If yes, please detail the circumstances:

How did you hear about this program?

Additional information/considerations you would like us to consider?



Grapple;  
4 Life

