

Grappling for Life Inc, what can I say about it? This non-profit organization has been a lifesaver for my family. About 8 months ago or so, we were looking for something to get my then 5 year old son, Peyton, involved in. He has ADHD and he is also an only child. Needless to say our hands were beyond full. I posted on a facebook group looking for a martial arts class for my son. Annie contacted me and invited us to try a class. Peyton loved it!!!! Unfortunately there was no way we were able to afford monthly payments of that amount. So we just pushed it to the back burner.

Over time the medication he was on was making him a very hot headed, bad tempered, angry little boy. We got him off the meds, his attitude improved but his ADHD was in full swing. His attention span was pretty much non-existent, he was literally bouncing off the walls and because he had no outlet to really focus (no pun intended lol) his energy and because he was always “bored” he stayed in trouble. Nothing major just your typically 5 year old adhd child hijinks. His dad and I were at our wits end!! We debated back and forth about medicating him again and we both agreed that at that point it still wasn't an option but something had to be done.

Out of the blue one night in Nov. Annie messaged me on fb, she pretty much said “We are working on a project and when we get it going we want Pey!” Right on!!! Okay Cool!!!! It did stay in the back of my mind but really didn't think much of it!!! Then lo and behold I get a message from her on Jan. 7th, Peyton's 6th birthday, saying that the non-profit was approved and if I was still interested to bring him in!!!!

Flash forward a month later. Peyton is not the same child that he was before. He is learning to focus more, he is more respectful at home and his behavior has gotten a lot better. The changes I am seeing with Peyton since he has started training at Mount Dora/Eustis BJJ with Master David and Instructor Annie is mind blowing. I am getting compliments from people about how much Peyton has changed and how he is staying focused more. I credit that to David and Annie. Peyton respects both of them and he admires Coach David. He will even say “Coach David wouldn't like that!” if he sees something that isn't right. He really cares about what they think of him

and that is a first for Peyton.

If it wasn't for Grappling for Life we wouldn't have been able to allow Peyton to train and we would still be stuck in the rut we were in. This organization is helping so many children to be able to participate in a sport that will change their lives for the positive, if given the chance.

Thank you Coach David and Coach Annie for all that you guys do!!! -
Christy