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FREE MIXED MARTIAL ARTS CLASSES OFFERED BY THE ROCK CHURCH

-- Local Pastor Teaches One of the Fastest Growing Sports --

While the Rock Church is transitioning to its new location in Point Loma, the Right Cross Mixed Martial Arts ministry is offering free training to the community every Saturday throughout the county.

“It has been our vision to make Mixed Martial Arts instruction available to our community since April 2005,” said Tommy Moseley, founder of Right Cross Mixed Martial Arts and pastor of the Rock Church. “The benefits of Mixed Marital Arts include self-defense, confidence, physical fitness and total control over the mind and the body.”

Moseley has a black belt in Tae Kwon Do, a blue belt in Brazilian Jiu-Jitsu and has been training in Muay Thai Kickboxing for over five years. As a pastor of the Rock Church, Moseley teaches the Saturday morning workouts when his pastoral duties allow.

“We designed Right Cross Mixed Martial Arts not only to be a light in the world of fighters and to teach the church martial arts, but to also demonstrate unrivaled support in the community,” added Moseley. “This program is designed for all athletic levels ranging from beginners to professionals and anyone is welcome.”

In fact, one professional Mixed Martial Arts standout, Rick Slaton, has become a regular attendee of Right Cross Mixed Martial Arts.

(more)

“Rick Slaton was abandoned by his father and was left to live on his own at the age of 16,” added Moseley. “After being kicked out of the Navy, one failed marriage and living a life succumbed to gang warfare and street fighting, Slaton has turned his life around through the Rock.

“Now, he is a sponsored Professional Mixed Martial Arts Fighter and trains and motivates others in Mixed Martial Arts. We hope his story motivates others to seek a more purposeful life and find a safe haven while attending one of our classes.”

Currently, Right Cross Mixed Martial Arts is organizing a children’s program and a women's Martial Arts class, while the doors are still open to all enthusiasts.

Right Cross Mixed Martial Arts meets at 9:00 a.m. to 10:30 a.m. at Knockout Fitness located at 1231 Camino Del Rio South. More free classes are offered on Tuesdays and Thursdays, from 5:30 p.m. to 6:30 p.m., at Lord's Gym on 4153 Market Street. For more information about this program, please e-mail martialartsministry@therocksandiego.org.

The Rock Church’s grand opening was celebrated at the new Point Loma location on August 26, with a total of five services. All Sunday services are held at 8 a.m. and 10 a.m., 12 p.m., 5 p.m. and 7 p.m.

Located in the heart of Point Loma at the newly developed Liberty Station, the Rock Church and Academy is within a 15-minute drive to the airport, downtown San Diego, the San Diego Zoo, Sea World, the beach and bay parks. There are also four major colleges and universities within 10 miles of the most technologically advanced venue in San Diego.

The new home of The Rock Church is located at 2277 Rosecrans Street. Take Interstate 5 to Interstate 8, head west and take the Rosecrans Street exit. The property is on the corner of Rosecrans Street and Womble Road. Phone (619) 226-7625.

For more information on the Rock, visit www.therocksandiego.org.

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