

Jody Token, The Great Flip Creator/Coach

Press Sheet

BIO

Jody Token is the coach and creator of The Great Flip, faith-filled online martial arts for ages six and up. Coach Jody believes the martial arts is a great tool to build confidence, courage and character in our children with a Christian worldview.

Coach Jody will equip parents and educators to teach their children self-defense, safety and faith-filled empowerment skills using The Great Flip online training videos and lesson plans.

The Great Flip resources will guide parents and educators through a fun, playful and empowering experience. No previous martial arts experience is required. Every child will learn the top 12 self-defense skills inspired by the martial art Brazilian jiu-jitsu.

Jody's daughters inspired her to develop an online martial arts experience take control of the self-defense experience, gain basic understanding of the martial art Brazilian jiu-jitsu and improve overall health and wellness.

Coach Jody has spent twenty years working in the nonprofit industry inspiring young women to be tomorrow's leaders. Coach Jody intends to counter the culture by exposing the lies of girl power, proclaiming the gospel of God's power and sneaking in a few ninja self-defense skills. The Great Flip is a preferred homeschool martial arts program. The Great Flip is a national program alliance for American Heritage Girls (AHG). Coach Jody writes content for AHG, True Girl, a ministry of Dannah Gresh and various Christian ministries.

POSSIBLE EPISODE HEADLINES

- Beat the "bully" and "bad guy" statistics and give your girl self-defense skills
- How to Teach Homeschool Martial Arts
- Why faith-filled martial arts is better than the smelly gym

LOGO - Coach Jody's logo; Click [here](#).

HEADSHOT - Coach Jody's headshot Click [here](#).

SOCIAL -

Website: www.thegreatflip.com Instagram: <https://www.instagram.com/thegreatflip/>

Facebook: <https://www.facebook.com/thegreatflip>

LinkedIn: [Jody Token - Coach and Founder - The Great Flip](#)

Vimeo: <https://vimeo.com/thegreatflip>

SUGGESTED INTERVIEW QUESTIONS

- Tell us about yourself and why you created The Great Flip?
 - Coach Jody will talk about her background; mother of daughters, journey through martial arts, and the lack of family-friendly self-defense for girls. Key takeaway: Parents can give their daughters confidence and courage without breaking the bank and in a controlled, clean environment. The value of learning a martial art for girls and why Brazilian jiu-jitsu is the best for girls.

- How can children learn self-defense online?
 - Coach Jody shares her online platform The Great Flip, a proactive training system for girls ages six and up, featuring functional movement and real sparring in a safe environment controlled by parents and educators. Key takeaway: A homeschool martial arts experience makes P.E. fun again. Parents control the message. The training experience is fun,, playful and empowering.

- Give us three tips parents and educators can give children to protect themselves from bullies?
 - Coach Jody will share the three “non-physical” self-defense “life skills” every girl must learn to protect themselves from bullies.

- Why do you think the Girl Power movement hurts girls?
 - Coach Jody will share the lies of the girl power movement and offer a better power through a Christian worldview. Key takeaway: This is the faith-based “why” behind The Great Flip.

- Who is your target audience for The Great Flip and how do families enroll in online self-defense courses?
 - Families, homeschoolers, Christian schools, and afterschool clubs are using The Great Flip. Enroll in online self-defense at www.thegreatflip.com
 - Request a free self-defense video and lesson plan at <https://thegreatflip.com/contact/>
 - Free resources at vimeo.com/thegreatflip

Contact Jody Token for an interview at Jody@thegreatflip.com