

STRAIGHT TALK TO HELP MEN TODAY  
BUILD A STRONG AND ACTIVE FAITH

# FIGHT CLUB

SOME THINGS ARE WORTH  
FIGHTING FOR

CREATED BY TIERCE GREEN

[SAMPLE]



GOOD FEED  
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## PRINTING INSTRUCTIONS

This workbook is formatted to print front and back on 8 ½ by 11, letter-size paper.

- For 3-ring binders with clear cover sleeves, print PDF Pages 1-80, front and back.
- If you don't need cover pages, print PDF Pages 3-78.

**Note:** PDF Pages are actual pages in the PDF, not the numbered workbook pages.

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Published by Good Feed Media

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This workbook supports the video content created and presented by Tierce Green. There are twelve sessions in the series. The average length of each session is about 30 minutes.

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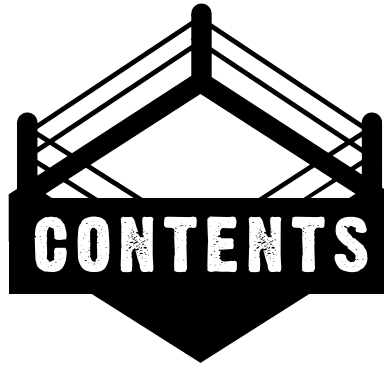
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**Fight Club: Some Things Are Worth Fighting For** was created for a seasonal gathering of men called The Quest. About a thousand men each week had gone through the Men's Fraternity content created by Robert Lewis. Fight Club was a change-up with a strategy to shorten the number of sessions in a semester and create more space for men to process and apply the principles they were learning.

It's important to understand what format will be most effective for your group. The original strategy called for two sets of six rounds with a break in the middle. Part Two, Round 7, begins with a brief recap of Part One.

The content was filmed at Chad Robichaux's Gracie Baja Jiu Jitsu studio in The Woodlands, Texas. Chad went on to become the President & Founder of Mighty Oaks Warrior Programs and the Director of Veteran Affairs for Serving California, two non-profit organizations dedicated to helping our combat heroes suffering from the unseen wounds of combat stress and PTSD. The MOWP Edition of Fight Club was highly effective in helping many combat heroes find their way home.

We continue to receive requests from men around the world for Fight Club. As we were editing and remastering the original videos for this version, it became clear that the content is still relevant and important to help men today build a strong and active faith.

A fundamental rule in Fight Club is that no man fights alone. While there can be some value in watching the sessions by yourself and making notes in this workbook, I encourage you to go through this series with other men and process the principles together. You need their perspective, encouragement, and support. They need the same from you.

Streaming video sessions and digital outlines of this content can be freely accessed with the Good Feed Media App.

— Tierce Green



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# ROUND ONE : 5 RULES & 5 PROMISES

## I. INTRODUCTION

### A. History of Gracie Brazilian Jiu Jitsu

- Helio Gracie
  - First sports hero in Brazilian history
  - Dedicated family man who exemplified a healthy lifestyle
  - Epitome of courage, discipline, determination
  - An inspiration to people everywhere

*The Jiu-Jitsu that I created was designed to give the weak ones a chance to face the heavy and strong.*

– Grand Master Helio Gracie

### B. Our Goal: Learn techniques and principles to face some heavy and strong opponents.

- Anger, rage, selfishness, materialism, fear, greed, lust, pornography, passivity, boyishness, laziness, self-righteousness, and a very real sinister force that is at work behind it all.

## II. WELCOME TO FIGHT CLUB

### A. “How much can you know about yourself if you’ve never been in a fight?” – Tyler Durdan / *Fight Club*, the movie

### B. It’s through our struggles that we are developed into the men we are designed to be.

- James 1:2-4 // Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don’t try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way. (The Message)

### III. THE FIVE RULES OF FIGHT CLUB

#### 1. YOU DO NOT TALK ABOUT FIGHT CLUB

- You must first pass the test of authenticity and respect the rule of confidentiality.
- Luke 6:46 // Why do you call me, "Lord, Lord," and do not do what I say? (NIV)

#### 2. NO MAN FIGHTS ALONE

- We need other men to achieve our common goal of authentic manhood.
- *Locking Arms: God's Design for Masculine Friendships* by Stu Weber
- Ecclesiastes 4:9-10 // Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. (NIV)

#### 3. EVERY MAN MUST FIGHT

- Real men reject passivity.
- Real men know and name their opponents.
- 1 Corinthians 9:26-27 // I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. (NIV)

#### 4. ONLY TRUE CONTENDERS ALLOWED

- Real manhood requires a willingness to be real.



- Matthew 23:27-28 // Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean. In the same way, on the outside you appear to people as righteous but on the inside you are full of hypocrisy and wickedness. (NIV)

#### 5. MAXIMUM REPS ARE REQUIRED

- Every man who signs up must show up.

### IV. FIVE PROMISES FOR EVERY MAN WHO GOES THE DISTANCE

1. You will gain a broader perspective and a better understanding of the spiritual battle in which we are all engaged.
  2. You will discover that you are not alone in the fight.
  3. You will have the opportunity to build strong friendships with other men who are pursuing the same goal.
  4. You will identify key moves to strengthen your core and support your quest for authentic manhood.
  5. You will develop your own personalized fight plan for facing your biggest challenges to authentic manhood.
- FIGHT PLAN: PAGE 71

## V. GUIDELINES FOR DISCUSSION

1. Don't re-teach the lesson.
2. Don't dominate the discussion.
3. Be sure everyone has a chance to talk if they want to.

## TALK ABOUT IT

1. Take a few minutes for everyone to be introduced.
2. What interested you the most about Fight Club? What expectations do you have?
3. Which of the 5 Rules and 5 Promises excite or concern you the most?
4. Have you ever had contact with a poser or a pretender? What was your experience?
5. Who has been there for you when you have fallen or been knocked out?

[SAMPLE]

# ROUND TWO : WHY MEN NEED TO FIGHT

## I. ROUND 1 RECAP

### A. 5 RULES OF FIGHT CLUB

1. YOU DO NOT TALK ABOUT FIGHT CLUB. You must first pass the test of authenticity and respect the rule of confidentiality.
2. NO MAN FIGHTS ALONE. We need other men to achieve our common goal of authentic manhood.
3. EVERY MAN MUST FIGHT. Real men reject passivity, and real men know and name their opponents.
4. ONLY TRUE CONTENDERS ALLOWED. Real manhood requires a willingness to be real.
5. MAXIMUM REPS ARE REQUIRED. Everyone who signs up must show up.

### B. 5 PROMISES IF YOU GO THE DISTANCE

1. You will gain a broader perspective and a better understanding of the spiritual battle in which we are all engaged.
2. You will discover that you are not alone in the fight.
3. You will have the opportunity to build strong friendships with other men who are pursuing the same goal.
4. You will identify key moves to strengthen your core and support your quest for authentic manhood.
5. You will develop your own personalized fight plan for facing your biggest challenges to authentic manhood.
  - FIGHT PLAN: PAGE 71

## II. WHY MEN NEED TO FIGHT

### A. MANHOOD TODAY HAS BECOME AN ABSTRACT CONCEPT.

- 1 Corinthians 13:11 // When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me. (NIV)
1. Our perspective is distorted.
    - One extreme: Men are superior.
    - Another extreme: Men are a joke.
  2. The biblical role of men has been diluted.
    - Mistake #1: When the Bible says that men and women are equal, it means they are the same.
    - Mistake #2: To love his wife the way Christ loved the church and gave himself up for it, a man will have to give up his role as the leader, or head.
  3. The concept of manhood is so abstract that men are confused.
    - Proverbs 29:18 // Where there is no vision, the people are unrestrained ... (NASB)
    - 1 Timothy 4:12 // Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity. (NIV)

### B. MEN ARE STUCK IN PROLONGED ADOLESCENCE.

## C. THE HEALTH OF OUR SOCIETY DEPENDS ON IT.

- “The central problem of every society is to define appropriate roles for its men.”  
– Margaret Mead, Cultural Anthropologist

**THE CONCEPT OF MANHOOD**

DISTORTED and DILUTED = INCONSEQUENTIAL and UNNECESSARY

*Women may not find this surprising, but one of the most persistent and frustrating problems in evolutionary biology is the male. Specifically, where did he come from, and why doesn't he just go away?*

Natalie Angier, New York Times Columnist

**TALK ABOUT IT**

1. What is your response to the statement in the box at the end of this outline by New York Times Columnist, Natalie Angier?
2. At what point in your life do you remember thinking: “Now I am a man!” Why did you think that?
3. Describe examples of manhood (good or bad) that you remember when you were a child or when you were a teenager.
4. What is one thing that challenged you the most from this session?