

TRAIN MY HANDS FOR WAR

Eagle Rock Rise

Fall down. Get up. Keep walking.

Christian Brazilian Jiu-Jitsu Connect Group, hosted at 3 Embers Grappling Academy, McKinney TX.
Strong hands. Humble hearts.

IMPORTANT: NO AFFILIATION, NO OWNERSHIP, NO INVOLVEMENT

We have no affiliation, ownership, partnership, sponsorship, or involvement with the organizations listed below, and they have no involvement with us. Nothing here is an endorsement - these are unbiased informational pointers for our visitors. Verify all details, eligibility, dates, and requirements directly with each organization.

WHO IT SERVES

Men willing to prepare, endure, and rise - no experience level advertised

SUMMARY

Eagle Rock Rise is a yearly men's wilderness ministry backpacking trip on the Eagle Rock Loop in the Ouachita National Forest, Arkansas. The 2026 trip runs November 10-12 from the Winding Stairs Trailhead: roughly 26.6-29.1 miles, about 3,986 feet of elevation gain, four serious climbs, river crossings, cold mornings, campfire Scripture, prayer, and brotherhood. It is free to attend, with no offering, nothing for sale, and no upsell - each man is responsible for his own gear, food, transportation, and preparation. Like this Connect Group, it is a Fall 7 Rise 8 Ministry Experience, and Felipe Soares is the contact for the trip.

WHAT THEY DO

- A three-day, free backpacking trip on Eagle Rock Loop, Ouachita National Forest, Arkansas (Nov 10-12, 2026).
- A published itinerary, trail safety notes, weather guidance, and a full packing list so you can prepare honestly.
- A real scout report and tracking video from Felipe's solo run of the route - pace, splits, elevation, and hike time.
- Wilderness comms planning: no cell service on the loop, with a satellite phone carried for emergencies.
- Campfire Scripture, prayer, and brotherhood for men who want to endure the trail and encounter the King.

WEBSITE

<https://eaglerockrise.com/>

PLEASE NOTE

Eagle Rock Rise is a separate Fall 7 Rise 8 Ministry Experience, not part of our monthly gathering at 3 Embers Grappling Academy. Backcountry travel carries real risk: distance, elevation, river crossings, weather, and no cell service. Confirm dates, requirements, and current trail conditions on their site and prepare accordingly.

trainmyhandsforwar.com | mail@trainmyhandsforwar.com

Resource sheet generated October 2, 2026. Confirm current details on the organization's own website.