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Christianity and the Martial Arts

Helping to Answer Some Tough Questions

By Sifu John Roche

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Navigation:

Open the "Bookmarks" tab to the left for quick and easy navigation.

You will find many "()" through out this eBook. These are markers for "foot notes" that can be found at the end of each chapter.

Christianity and the Martial Arts

Aren't the martial arts in Eastern Religion?

How can you practice something so violent and really be a Christian?

Aren't the teachings of the Jesus and Buddha the same?

Have you heard these questions before?

I have found that most martial artists who profess a relationship with Jesus had encountered these types of questions from well-meaning yet uninformed individuals.

In truth if you were a martial artists before you found Jesus you have asked yourself many of these questions. The very nature of our relationship with the Sovereign Lord of the universe makes it impossible not to wrestle with these issues.

The reason I have written this eBook is that many people have wrestled and not found satisfactory answers or have not ability to dig into the Word of Truth to solve these questions.

There are so many questions that run through the mind and spirit of new believers that it would be impossible to address them all. So let's look some of the major issues and hopefully you can find your way from there.

As believers we're to find our final authority in the word and person of Jesus Christ. What that means to you is that no matter what I say you still need to plumb the depth of Scripture's for the answers. Don't rely on anyone to "dictate" truth unless what they say lines up with Scripture. You know that you must do your own studies and your own prayers

When you (or anyone else) [accept Jesus as Lord](#) (1), He sends his Holy Spirit to be your [counselor](#) (2). This is not a sometimes thing it is his promise. The same Spirit has been entrusted to act as God's mouthpiece in the believer's life. As Jesus said, "he will bring to you remembrances of all that I have said. He will not speak for himself but only that which the Father speaks."

So, if you have questions, ask the Lord and he will answer. Being martial artists we tend to the action oriented in the idea of sitting around waiting tends to chat for us. But let me assure you, that prayer is what we were created for. That's why our knees bend and in our heads tilt.

[Don't neglect its](#) (3) !!!!

If you think it's not manly to pray, look at this way, interceding through prayer and training is the fundamental combat we as Christians are called to. It is literally [handed to hand combat](#) (4). Think about here is

Paul makes its for a clear that we are not fighting men but the army of darkness. That is, yes, [Satan](#) (5) and his fallen angels.

Yes it is a man's fist that we block or dodge, but it was Satan's lie that brought that man to the point of thinking that violence with salve his marriage problems, get him out of financial troubles, make him feel fulfilled, or make him more like a man.

The truth is that only God can fill the gaping hole in any man's life. He may have chosen you, at that moment, to [share the truth](#) (6) of His grace and mercy.

I love the martial arts and I love the Father, Son and Holy Spirit. I hope that this little He book will strengthen you in your walked have possibly make you even hungry for a more intimate relationship with the Creator of the universe.

Pastor and Sifu John Paul Roche

Foot Notes:

(1) "John 14:6 Jesus saith unto him, I am the way, and the truth, and the life: no one cometh unto the Father, but by me."

(2) "John 14:16 And I will pray the Father, and he shall give you another Comforter, that he may be with you for ever, 17 even the Spirit of truth:"

(3) "Philippians 4:6 In nothing be anxious; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God."

(4) "1 Timothy 2:1 I exhort therefore, first of all, that supplications, prayers, intercessions, thanksgivings, be made for all men; 2for kings and all that are in high place; that we may lead a tranquil and quiet life in all godliness and gravity. 3This is good and acceptable in the sight of God our Saviour; 4who would have all men to be saved, and come to the knowledge of the truth."

(5) "Ephesians 6:12 For our wrestling is not against flesh and blood, but against the principalities, against the powers, against the world-rulers of this darkness, against the spiritual hosts of wickedness in the heavenly places."

(6) "1 Peter 3:15 being ready always to give answer to every man that asketh you a reason concerning the hope that is in you, yet with meekness and fear:"

Aren't the martial arts an Eastern religion?

Is the practice of Karate, Kung Fu, judo or the like a religion?

This is a question that causes a lot of distress. For parents and children wanting to study the Martial Arts. And for those who are already studying the martial arts.

As we look at the history of most martial arts we can easily see strong links to eastern religions. The study of Kung Fu at Shao-lin Temple, the practice of Shinto, Chan Buddhism and Zen (Japanese Chan) in many different styles.

Today when you enter a kwoon, dojo or dojang in the US you may very well be assaulted by eastern religious ideas and philosophies. This is usually found in the form a Yin/Yang or alter us with Buddha and other Chinese immortals standing on its. Zen banners and sayings hanging on the walls.

Most of the time the school owner is clueless about their meanings and definitely about the religious connotations. They're usually trying to market the "Look" and "Feel" of a martial arts school. Much like local retailers to sell crystals and dragons. The only thing they see is the profit. If Christian emblems sold as well or as quickly, you can bet they would be selling them instead.

But back to the martial arts being a religion. NO they are not. They can be practiced religiously, and in many instances they have been so closely associated that they have become intertwined, but the martial arts are not a religion anymore than boxing its for football (that one may be a bad choice).

In Chinese history many kung fu styles came to be associated with Buddhism only after the style was introduced to the Shao-lin Temple by outsiders. Monkey style, Tam and Ba Ji styles (considered a Muslim systems).

You will notice if you study and search, that there are no "Christian martial arts" our ultimate weapon is to be spiritual, through prayer and intercession. For the tearing down of strongholds.

Most of the time what happens is that a follower of the religious sect has been introduced to a martial arts style and then blends the martial art and their religion beliefs. Much as we do by trying to find the blend or balance between following Christ and studying the martial arts.

Or the other way, a martial artist enters a religion and then mixes his art with his religion.

An example of this is the practice of the Shao-lin Kung Fu, said to be a Chan (Zen) Buddhist system. The early exercises were designed to get the monks moving and in some semblance of shape or condition. As time went on what was developed was used to instruct disciples in the way of Chan as well as teach self-defense. (China was not a nice place at the time.) As would be expected, the combat style took on characteristics of the Chan teachings. (I would also hope martial arts practiced by Christians would do the same-but more on that later).

The martial arts and general are NOT a religion, eastern or otherwise. This can be seen in the fact that within the Shao-lin Temple you have both "martial monks" and "religious monks". Were it in fact a religious practice there would be no distinction. But as with anything else, the martial arts can take on the teachings and trappings of religious practice.

In and of itself the martial arts are not a religion.

The real question is this: Can the martial arts be practiced separate from the religion it is associated with? **Yes.**

As a Christian, can the practice of the martial arts become a religious act? Sadly yes. Should it? **No!**

"Relationship"

Let me close this out with a note on the difference between "religion" in "relationship".

The followers of Christ have been asked to enter into a "[relationship](#)" (1) with the [Sovereign Lord of the Universe](#). (2) As can be seen in John 14:23 Jesus replied, "*if anyone loves me, he will obey my teachings. My father will love him, and we will come to him and make our home with him.*"

When we [accept Jesus as our Lord](#) (3) we are entering into a relationship. Our personal relationship with God can be seen in how we live our lives.

As followers of Christ Jesus when we take [communion](#) (4) we are taking a moment for reflection and going before the Lord (commune) in [Repentance](#) (5) and [Thanksgiving](#) (6)

Our times in prayer are to be a "dialogue" with God. Not a "monologue".

A relationship requires *relating*. That means that we are to relate with Jesus in some way and likewise [he will relate](#) (7) to us in some way.

In the Scripture I quoted above Jesus tells us that our part of the relating used to *love Jesus and obey his teachings*. God's part is that He will make His home with that person.

Literally, *to dwell in the one who loves him*. This indwelling is fulfilled by the third person of the [Trinity](#), (8) [the Holy Spirit](#). (9)

John 14:26 " but the counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you."

"Religion"

Now **"religion"** is a horse of an entirely different color. Religion is how man lives out his belief about his God (or gods or what ever) in his daily life.

Example -- if you believe that your god is a judgmental nasty guy with a big stick waiting to smack you when you do wrong, you'd probably be afraid to do anything wrong in the most likely create a large list of do's and don'ts to protect yourself from making mistakes. Living out that list would be your religion. Chances are the you would spend your time trying to the appease him for all your wrong-doings as well. I don't imagine he'd been much fun to be around either. (You might even be throwing virgins into volcanoes.)

If you're god was a partier, you would most likely be one too, don't you think? That would be your religion. (Orgy cults and fertility cults are still around today)

If you have been merciful, loving God who is willing to sacrifice on your behalf. You would try to live that way as well. Loving the unloved, forgiving the un-forgiven and showing mercy and grace to those who wouldn't do the same for you.

WOW!!! That sounds like Christianity!!

So you might say that religion is the outward expression of the inward relationship. If you have no relationship then your religion is dead and ultimately useless.

Foot Notes:

(1) "John 14:7 If ye had known me, ye would have known also my Father, and henceforth ye know him and have seen him."

(2) "Genesis 1:1 In the beginning God created the heavens and the earth."

(3) "Mark16:16 He that believeth and is baptized shall be saved; but he that disbelieveth shall be condemned."

(4) "Mark 14:22 And as they were eating, he took bread, and when he had blessed, he brake it, and gave to them, and said, Take ye: this is my body. 23And he took a cup, and when he had given thanks, he gave to them: and they all drank of it. 24 And he said unto them, This is my blood of the covenant, which is poured out for many."

(5) "1 Corinthians 10:27 Wherefore whosoever shall eat the bread or drink the cup of the Lord in an unworthy manner, shall be guilty of the body and the blood of the Lord."

(6) "Colossian 1:12 giving thanks unto the Father, who made us meet to be partakers of the inheritance of the saints in light; 13 who delivered us out of the power of darkness, and translated us into the kingdom of the Son of his love; 14 in whom we have our redemption, the forgiveness of our sins:"

(7) "John 14:20 In that day ye shall know that I am in my Father, and ye in me, and I in you. 21 He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself unto him."

(8) "Matthew 28:19 Go ye therefore, and make disciples of all the nations, baptizing them into the name of the Father and of the Son and of the Holy Spirit:"

(9) " John 14:26 But the Comforter, even the Holy Spirit, whom the Father will send in my name, he shall teach you all things, and bring to your remembrance all that I said unto you."

Aren't learning how to kill?

The martial arts whether Chinese, Okinawan, Japanese or any other, are the practice of combat.

Martial = "military" or "warring".

"Basics"

The usual reason people have for studying kung fu, karate and the like is to learn to defend themselves. When you start any martial arts you have to start at the beginning.

More times than not, the teacher will be giving a punch, punch. kick, kick understanding of the style they teach. The idea is to help to students to end a fight quickly and decisively

That could mean:

- Creating so much pain that the attack stops. Usually from being punched or kick.
- Making it impossible for the attack to continue. Hyper-extending or Breaking arm or a leg.
- Killing the attacker.

Obviously, at the lowest levels the practice of most martial arts is violent. Let me clarify.

The beginning student does not have the skills or control to [execute "high-level techniques"](#) (1) anymore than a beginning math student has the ability to do advanced level calculus or trigonometry.

So an actual study of low-level forms and one steps (at basic levels) will show you a collection of fundamental punches and kicks and blocks, that strive to teach the student how their body moves and how to respond quickly in "instinctively" to attacks.

But, as Christians (a follower and confessor of Jesus as Lord and savior) we must strive for, in a military term for "less than lethal" methods of defense, even at the lowest levels. We are to use our lives [to show the glory of God](#). (2) That can only come from a clear example of Christ and our lives.

His example:

1. [Grace](#): (3) unmerited forgiveness. Example: Not punching someone's lights out when they're trying to punch not yours. *Even and especially if you can.* This is the giving allowance for them having it really bad day or not knowing any better.
2. [Mercy](#): (4) releasing one from punishment that we may feel they deserve. As a trained martial artist you could easily waylay the average attacker. Choosing not to do so it is the pouring out of mercy on that person.
3. [Truth](#): (5) that Jesus purchased our lives with His. That we were once blind, violent, lovers of sin just like that guy taking a punch at you..
4. [Life](#): (6) that it is God's will that [none should perish](#) (7) the all should [come to eternal life](#). (8) We are to give everyone that opportunity, in spite of attitude toward us -- or maybe in light of their attitude.

"Advanced"

The "higher levels" of almost all arts use [grappling](#) (9) and [trapping](#) (10) to defend without harm. To find these methods in most hard styles can be a daunting task at times. But a whole new world will be opened to you for your efforts.

If you show your instructor genuine interest and sincerity he will be more willing to show you these types of techniques. Don't settle for what is on the surface of your style. Dig into the movement combinations and study the human body to find the chin-na and and locks hidden in your system.

Yes there are extremes in every area of life. As Paul's states "*each man is to work out his salvation with trembling and fear*".

Quite simply you are the one who is to ask the Lord how to respond in light of His [sacrifice](#) (11) for you and His son's dying love.

"A New View of Training"

So why would you, as a Christian, study in practice the martial arts?

I still practice because there is literally no other form of exercise that can [beat it](#). (12) It's fun and challenging and for me it has been one of the best [evangelism](#) (13) tools I have. Children and adults alike loved the action and excitement. It gives me a chance to share where [my true strength](#) (14) comes from and what [real power](#) (15) is. God the father, God

the Son and God the Holy Spirit. Plus I get to break things on a regular basis. What more could you ask for?! .

So again on the surface the martial arts can teach you to kill, but your ultimate goal in training is to become proficient to the point of knowing how **not** to. For you to progress from the low-level skills (punching/ kicking) to the upper-level skills (locking and grappling) requires patience, diligence and endurance. But it is well worth the trip.

Also for the defense of others. There are times and places when as a martial artist and as a Christian you may be called to stand up and be the barrier for someone. Remember that we have been given two mandates as followers of Christ. One from Jesus himself in *John 15:12 This is my commandment, That ye love one another, as I have loved you. 13 Greater love hath no man than this, that a man lay down his life for his friends.* and another from the apostle Paul in *Romans 12:19 Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord. 20 Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. 21 Be not overcome of evil, but overcome evil with good.*

- (1) "High level techniques require practiced skills that are accumulated through time, practice, and a whole lot of aggravation. In schooling terms they are what you will learn in Graduate Level classes in college "
- (2) "Colossians 3:17 And whatsoever ye do, in word or in deed, do all in the name of the Lord Jesus, giving thanks to God the Father through him."
- (3) "Ephesians 2:5 even when we were dead through our trespasses, made us alive together with Christ (by grace have ye been saved), and raised us up with him, and made us to sit with him in the heavenly places, in Christ Jesus: "
- (4) "Titus 3:5 not by works done in righteousness, which we did ourselves, but according to his mercy he saved us, through the washing of regeneration and renewing of the Holy Spirit,"
- (5) John 14:6 Jesus said to him, I am the Way, the Truth, and the Life; no one comes to the Father but by Me.
- (6) "John 10:10 The thief cometh not, but that he may steal, and kill, and destroy: I came that they may have life, and may have it abundantly."
- (7) "John 10:27 My sheep hear my voice, and I know them, and they follow me: 28 and I give unto them eternal life; and they shall never perish, and no one shall snatch them out of my hand."
- (8) "Romans 7:23 For the wages of sin is death; but the free gift of God is eternal life in Christ Jesus our Lord."
- (9) "Learning to control and restrain an attacker by means of arm twisting;, muscle squeezing, joint manipulation or even setting upon them"
- (10),"a method of forcing an attackers arms to cross each other and make it impossible to strike or attack you"
- (11) 1 Peter 2:16 because it is written, Ye shall be holy; for I am holy. 17 And if ye call on him as Father, who without respect of persons judgeth according to each man's work, pass the time of your sojourning in fear: 18 knowing that ye were redeemed
- (12) "Using proper stance training you get a great lower body work-out. Forms give you endurance training. Total body tension forms (like Shao-lin 5 Tiger, Tensho ect) give you power training. All in the space of a few square feet, without expensive equipment."
- (13) "Everyone is impressed by a good Martial Artist and when you offer to teach a bystander whatever you are practicing you can explain that it's a free gift just like eternal life is"
- (14) Philippians 4:13 "I can do all things through God who strengthens me"
- (15) "The Holy Spirit resides in me as a believer and He empowers me to do the work of the father, be that work, healing, serving, teaching or cleaning it is through His power that it happens."

Surely you won't teach it?

Over the years this has been **THE** one must discuss area of my walk with Christ.
How can I be a follower of Christ Jesus and teach people the martial arts?

My response: "**With great joy**"

One of the major themes of the teaching of our Lord was how we as individuals behave in our daily walk. Whatever our vocation or hobbies or past times, we are to do [all things as unto the Lord](#). (1)

If you're currently teaching the arts then you have been trusted with a great gift. The Lord has [gifted you as the teacher](#). (2) Even though you teach the Martial Arts you [are first and foremost a servant of the Most High](#). (3)

This perspective should never be lost. If your salvation does not run through [every area of your life](#) (4) then you are quite simply denying the Lordship of Jesus in that area of your life. Jesus had a very straightforward teaching on this. He said in Matthew 10:32 *Whosoever therefore shall confess me before men, him will I confess also before my Father which is in heaven. 33 But whosoever shall deny me before men, him will I also deny before my Father which is in heaven.*

This is a tough teaching but the point is simple. In every area of our lives we are to endeavor to be witness to [the life changing power of the Father Son and Holy Spirit](#). (5)

In all of our teaching we should find new ways of showing Jesus is Lord with out necessarily beating our students up with Scripture. Surely as gifted instructors (or maybe not so gifted) we can come up with Bible based illustrations that apply to real life.

I once had a private student who worked under cover on a drug task force. He was a believer and had no desire to use his side arm. Over the course of time he was able to become very proficient with trapping and disarming techniques. But one of the real blessings was that both of our walks were strengthened through the desire to find non-lethal means of defense.

* * * * *

Funny moments:

My wife, Sandy, was a student of my at that time as well and I would use her to demonstrate shuai chiao (throws and takedowns). She was very good at "taking a fall". The first time he watched me do a full speed take down with her and then her throwing me, his eyes got really big and after a few moments of silence he said in a very serious voice " I'd sure hate to see you two really fight with each other".

In all truth my wife would stomp me into the ground. I just can't defend myself against her.

* * * * *

OK, back to the point:

If we take a [little that He has entrusted us with](#) (6) (our students) and invest His truth in their lives I believe the Lord will reap huge return.

Yes, some of the teachings we were given will be required to change. But we have to make a choice, are we more interested in [preserving the traditions of man](#) (7) or advancing the kingdom of God?

"Love the Lord with all of your heart, all of your mind and all of your strength. And love your neighbors as yourself!!"

If we emphasize **grace** and shedding of **mercy** in our teaching than we will have no choice but to reflect that in our techniques. Moving them into the "higher end" of the martial arts and out of the "beat'm up" mentality.

Yes this will require some of us to rethink our methods and techniques. But isn't that what we are called to do in every area of our lives.

In [1st Timothy](#), (8) Paul lays out a description of the characteristics we should have evident in our lives to show maturity as Christians. Those relevant to the martial arts are: **respectability, tempers, not given to drunkenness, not quarrelsome, not violent but temperate of nature.**

Back to the main Point

So to the question of " can you as a Christian be teacher of the martial arts?" The answer is a resounding **YES!**

Who better to teach our children self-defense than one who is redeemed by mercy and the servant of grace.

One who is forgiven much and knows it! (9)

(1) "Romans 7:7 For none of us liveth to himself, and none dieth to himself. 8 For whether we live, we live unto the Lord; or whether we die, we die unto the Lord: whether we live therefore, or die, we are the Lord's."

(2) "Corinthians 12:7 But to each one is given the manifestation of the Spirit to profit withal. 8 For to one is given through the Spirit the word of wisdom; and to another the word of knowledge, according to the same Spirit: 9 to another faith, in the same Spirit; and to another gifts of healings, in the one Spirit; 10 and to another workings of miracles; and to another prophecy; and to another discernings of spirits; to another divers kinds of tongues; and to another the interpretation of tongues: 11 but"

(3) "1 Peter 2:11 Beloved, I beseech you as sojourners and pilgrims, to abstain from fleshly lust, which war against the soul; 12 having your behavior seemly among the Gentiles; that, wherein they speak against you as evil-doers, they may by your good works, which they behold, glorify God in the day of visitation."

(4) "James 1:22 But be ye doers of the word, and not hearers only, deluding your own selves. 23 For if any one is a hearer of the word and not a doer, he is like unto a man beholding his natural face in a mirror: 24 for he beholdeth himself, and goeth away, and straightway forgetteth what manner of man he was."

(5) "1 Corinthians 6:9 Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with men, 10 nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God. 11 And such were some of you: but ye were washed, but ye were sanctified, but ye were justified in the name of the Lord Jesus Christ, and in the Spirit of our God."

(6) "Matthew 25:24 And he also that had received the one talent came and said, Lord, I knew thee that thou art a hard man, reaping where thou didst not sow, and gathering where thou didst not scatter; 25 and I was afraid, and went away and hid thy talent in the earth: lo, thou hast thine own. 26 But his lord answered and said unto him, Thou wicked and slothful servant, thou knewest that I reap where I sowed not, and gather where I did not scatter; 27 thou oughtest therefore to have put my money to the bankers, and at my coming I should have received back mine own with interest. 28 Take ye away therefore the talent from him, and give it unto him that hath the ten talents. 29 For unto every one that hath shall be given, and he shall have abundance: but from him that hath not, even that which he hath shall be taken away."

(7) "Matthew 15:8 This people draweth nigh unto me with their mouth, and honoreth me with their lips; but their heart is far from me. 9 But in vain they do worship me, teaching for doctrines the commandments of men."

(8) "1 Timothy 3:2 A bishop then must be blameless, the husband of one wife, vigilant, sober, of good behavior, given to hospitality, apt to teach; 3 Not given to wine, no striker, not greedy of filthy lucre; but patient, not a brawler, not covetous; 4 One that ruleth well his own house, having his children in subjection with all gravity; 5 (For if a man know not how to rule his own house, how shall he take care of the church of God?) 6 Not a novice, lest being lifted up with pride he fall into the condemnation of the devil.."

(9) "Luke 7:40 And Jesus answering said unto him, Simon, I have somewhat to say unto thee. And he saith, Master, say on. 41 There was a certain creditor which had two debtors: the one owed five hundred pence, and the other fifty. 42 And when they had nothing to pay, he frankly forgave them both. Tell me therefore, which of them will love him most? 43 Simon answered and said, I suppose that he, to whom he forgave most. And he said unto him, Thou hast rightly judged."

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Aren't Christians supposed to be pacifists?

There are many misconceptions of Christians that abound in our day.

- They are [cowards](#) (1) and wimps.
- They are [hypocrites](#). (2)
- They are [detached from the real world](#). (3)
- They are [militaristic right wing loonies](#). (4)
- They are [pacifistic pushovers](#). (5)

I won't bother going into the rest (for now) but I will for now "park" on the first and last.

Contrary to what many would want to believe about us, most of us are not "weak", "sniffling pushovers".

Christ did not call us to be any man's doormat.

In the passage commonly called to the [beatitude's](#) (6) Jesus says:

- Blessed are the meek for they shall inherit the earth.
- Blessed or the peacemakers for they shall be called the sons of God.

The word "meek" is also used to describe Jesus and can best be defined as, "calm of temper and not easily provoked" but also implies "power under control". (The image is that of a powerful horse controlled only by the bit in it's mouth.)

As followers of Christ we are to exhibit that control in our lives, to [seek peaceful resolutions](#) (7) and, as I've said before, show God's mercy and grace in all of our actions.

There are times when "backing down" or "walking away" is the best way to show God's glory. But there are also times when we need to press ahead, and bring an end to unjust and violent behavior.

There are times when war is what God has ordained, but even in that, the peaceful solution is always the desire.

In this "post 9-11" world people are quick to quote the one verse from scripture that they seem to know "[eye for an eye](#)". (8) Taken in context (something people hate to do) the punishment is [set by the judge not by the injured](#)(9), as the judge is to be impartial and not swayed by emotions. This is to make public the offense and to halt the escalation of violence.

This escalation of violence can be seen on any playground or any gang related affairs in this country.

"Bobby hit me so I hit him, so he brought Billy and they beat me up, so I stole a gun and shot them both!"

Don't think this is just silly illustrations. Reading any U.S. newspaper from the smallest town up, will show the truth that is laid out through the wisdom of the scriptures.

Jesus took it to the heart of the issue when he said in Matthew 5:38 *"You have heard that is said, 'Eye for eye, and tooth for tooth'. 39 but I tell you, Do not resist an evil person. If someone strikes you on the right cheek, turned to him the other also. 40 and if someone wants to sue you and take your tunic, let him have your cloak as well. 41 if someone forces you to go one mile, go with him two miles.42 give to the one who asks you, and do not turn away from the one who wants to borrow from you."*

His call is for us to step into His glory and and to **NOT** repay kind for kind. Not retaliating by trying to extract **our own** justice.

Is He saying be a doormat? No!

James tells us that, *James 3:17 "But the wisdom that comes from heaven is first of all pure; then piece-loving, considerate, submissive, full of mercy and good fruits, impartial and sincere. Peacemakers who sow peace raise a harvest of righteousness."*

He is calling us to seek peace when-ever possible.. Not to be violent and vengeful, but forgiving and loving.

So are we to be pacifist? Yes. To the point that we seek peaceful resolution and in the absence of that to show mercy and restraint in our actions, not exacting our own vengeance.

Aren't Christians wimps, cowards and pushovers? Ya', right. You try carrying a bible around a college or high school for a few weeks.

Are we to exhibit grace, mercy and meekness, to be humble and gentle of spirit? To be willing to lay down our lives for someone we may not even know?

O. K. I think of calm down and.

Note Foot:

(1)"Ask the Army Chaplin on the front line without a side arm or the Fire Dept. Chaplin about being a coward."

(2) "You got me on this one, yes there are some who are "hypocrites", While we are made new in Christ, we still struggle with the sins of our old selves. He didn't make us perfect."

(3) "Actually as we focus upon or Lord God the things of this world DO become less and less important."

(4) "There are people who claim Jesus in every walk of life, by today's standards though, if you accept the Bible as TRUE, you **are** a religious right-wing nut. "

(5) "Alright lets look at this for a while, The media portrays Christian men as "Girly Guys" with only enough spine to walk upright, or as someone HIDING behind the Bible to keep from getting whipped, is that who we really are?"

(6) "Matthew 5:2 And he opened his mouth, and taught them, saying,5:3 Blessed are the poor in spirit: for theirs is the kingdom of heaven.5:4 Blessed are they that mourn: for they shall be comforted.5:5 Blessed are the meek: for they shall inherit the earth.5:6 Blessed are they which do hunger and thirst after righteousness for they shall be filled.5:7 Blessed are the merciful: for they shall obtain mercy.5:8 Blessed are the pure in heart: for they shall see God.

5:9 Blessed are the peacemakers: for they shall be called the children of God.

5:10 Blessed are they which are persecuted for righteousness sake: for theirs is the kingdom of heaven.

5:11 Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. 5:12 Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you."

(7) "Romans 12:17 Render to no man evil for evil. Take thought for things honorable in the sight of all men. 18 If it be possible, as much as in you lieth, be at peace with all men. 19 Avenge not yourselves, beloved, but give place unto the wrath of God: for it is written, Vengeance belongeth unto me; I will recompense, saith the Lord. 20 But if thine enemy hunger, feed him; if he thirst, give him to drink: for in so doing thou shalt heap coals of fire upon his head. 21 Be not overcome of evil, but overcome evil with good."

(8) "Leviticus 25:19 And if a man cause a blemish in his neighbor; as he hath done, so shall it be done to him: 20 breach for breach, eye for eye, tooth for tooth; as he hath caused a blemish in a man, so shall it be rendered unto him. 21 And he that killeth a beast shall make it good: and he that killeth a man shall be put to death."

(9) "Exodus 18:21 Moreover thou shalt provide out of all the people able men, such as fear God, men of truth, hating unjust gain; and place such over them, to be rulers of thousands, rulers of hundreds, rulers of fifties, and rulers of tens: 22 and let them judge the people at all seasons: and it shall be, that every great matter they shall bring unto thee, but every small matter they shall judge themselves: so shall it be easier for thyself, and they shall bear the burden with thee."

What about bowing at my instructors alter?

Or the Pictures at the front of our school?

This issue has brought up the ire of more than one instructor.

In an effort to create a traditional environment many schools have set up their own little alters. When students come in to begin class they are asked to pay homage to the alter. Bowing.

The difficulty comes for Christians not wanting to offend their instructor and maybe loose their respect. To a hungry student this is scary prospect. "If I don't bow He might stop teaching me" "What if he makes fun of me."

Is bowing before statue of "Buddha" or "dragons" or "incense" really that bad?

As a believer in Jesus as the only begotten Son of God, we know that a statue is a statue and that there is only one TRUE God.

The question is "Why would you want to [bow before a false god or idol](#)? (1)

1. We are not as Christians to have anything between [God and us](#). (2)

- Idols of any type, graven images, money, family, or even the martial arts.

2. Those around us that know we are Christians [take our actions as "gospel"](#)(3). If we give credence to idols then we have given them permission to continue in their folly. Possibly to their eternal damnation.

We are told not to fear man BUT to fear God. When we start to have more [fear of man's opinions](#) (4) than [God's Truth](#), (5) we start to compromise His truth.

Yes but what's a little compromise here in there?

Any quick study of the [Israelite history](#) (6) will turn up a simple pattern.

- They would follow the Lord for a while.
- Then they would listen to themselves and their neighbors.
- Then they would go their own just compromising a little bit.
- Then they would go the way of their new masters.

- God would allow them to have the fruit of their desire. (usually captivity)
- Years would pass, in bondage,
- Then they would suddenly start following God again.
- Freedom would be given after they repented to the "One True God".
- Repeat, repeat, repeat.

Our God is the great "I am" that is who we bow down to. I have been reamed for not bowing and am still here. You may get reamed for not bowing, you will survive and your faith will be stronger.

It's an interesting thing, when the Holy Spirit is stirring our hearts on issue, God has already worked out the outcome. All we have to do is moved upon the stirring.

Don't be afraid to go to your instructor and explain your concerns and feelings about bowing.

When we go to anyone with an issue of faith it's wise to approach them as Paul did the Athenians. Acts 17:22 *Paul then stood up in the meeting of the Areopagus and said: "Men of Athens! I see that in every way you are very religious. 23 For as I walked around and looked carefully at your objects of worship, I even found an altar with this inscription: TO AN UNKNOWN GOD. Now what you worship as something unknown I am going to proclaim to you. 24 "The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by hands."*

He was respectful of their beliefs (as misguided as they were) and then he explained where he was coming from as a follower of Christ Jesus. He didn't call them "pagans" or "heathens" but "religious" men. Paul was respectful and yet uncompromising. He told them the truth, as we should do.

Bowing before The Founders Picture

This brings us to another bowing issue. Many schools start class with a bow to the pictures of the systems founders or instructors that have passed away. There are a lot of schools that start and finish class this way and in all truth what they are doing is taking a moment to say "thank you" and acknowledge their systems heritage.

Is it wrong?

I don't believe so. Bowing is a sign of respect or allegiance. I would greatly respect the efforts of any system founder. Would I worship them? NO.

What is the difference between bowing to "an alter" and bowing to a picture?

1. Buddha: Gave great advances to the Buddhist religion in China. His actual Martial contribution was small. 8 pieces of Brocade, Muscle Change and some rudimentary movements. But mostly --Buddhism. Bowing to a statue of Buddha

is to say you follow, honor and agree with his teachings. As a follower of Jesus as the only way to the Father why would you choose to agree with teaching that lead away from Jesus and the Father. -- more on that later.

2. Incense alters are for praying to our dead ancestors for guidance and intercession. This is a two fold point.

- The illustration in [Lk. 16:22-30](#) (7) very clearly shows that the dead are not able to intercede for the living nor are they able to help or guide.
- Jesus Himself tells us that we as followers are able to go [directly to the Father](#).(8) Why, because the Holy Spirit [dwells in us](#), (9) and the Holy Spirit is the [councilor sent by God](#). (10) What he says is what He hears from God. The job of a councilor (paraclete) is to give guidance and wisdom. Gosh, it appears that we already have everything that we are suppose to receive from that dead in the LIVING so why would we want to give credence to the fallacy of the dead giving guidance?

3. Bowing before the picture of a system founder: The acknowledgment of the work and effort that was put into developing an entire martial system is a reasonable. In effect to say "thanks" for not keeping this style a secret but passing it on so I would have the chance to learn it.

We bow to our instructors before and after class to show our respect for their knowledge and training. We give them our allegiance as students. If I am not willing to, then I should not be in his class in the first place.

Do I follow his gods? No. No more than **Daniel, Meshack, Shadrach and Abebnego** (read the first few chapters of Daniel) would follow the gods of Nebuchadnezzar. But they still showed due respect to his authority. By the way to understand respect for authority better read **1st and 2nd Peter**. (Way at the back of the Bible)

So in conclusion: Bowing to "false gods and idols" -----BAD!

Bowing to "founders"-----ok

Bowing to "Instructor"-----Good.

Foot Notes:

(1)"1 Corinthians 8:4 Concerning therefore the eating of things sacrificed to idols, we know that no idol is anything in the world, and that there is no God but one. 5 For though there be that are called gods, whether in heaven or on earth; as there are gods many, and lords many; 6 yet to us there is one God, the Father, of whom are all things, and we unto him; and one Lord, Jesus Christ, through whom are all things, and we through him."

(2) "Exodus 20:1 And God spake all these words, saying, 2 I am Jehovah thy God, who brought thee out of the land of Egypt, out of the house of bondage. 3 Thou shalt have no other gods before me. 4 Thou shalt not make unto thee a graven image, nor any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. 5 Thou shalt not bow down thyself unto them, nor serve them, for I Jehovah thy God am a jealous God, visiting the iniquity of the fathers upon the children, upon the third and upon the fourth generation of them that hate me, 6 and showing lovingkindness unto thousands of them that love me and keep my commandments."

(3) "1 Corinthians 8:9 But take heed lest by any means this liberty of yours become a stumblingblock to the weak. 10 For if a man see thee who hast knowledge sitting at meat in an idol's temple, will not his conscience, if he is weak, be emboldened to eat things sacrificed to idols? 11 For through thy knowledge he that is weak perisheth, the brother for whose sake Christ died."

(4) "Mathew 11:28(a) And be not afraid of them that kill the body, but are not able to kill the soul"

(5) Mathew 11:28(b)but rather fear him who is able to destroy both soul and body in hell."

(6) " Luke 16:19 Now there was a certain rich man, and he was clothed in purple and fine linen, faring sumptuously every day: 20 and a certain beggar named Lazarus was laid at his gate, full of sores, 21 and desiring to be fed with the crumbs that fell from the rich man's table; yea, even the dogs come and licked his sores. 22 And it came to pass, that the beggar died, and that he was carried away by the angels into Abraham's bosom: and the rich man also died, and was buried. 23 And in Hades he lifted up his eyes, being in torments, and seeth Abraham afar off, and Lazarus in his bosom. 24 And he cried and said, Father Abraham, have mercy on me, and send Lazarus, that he may dip the tip of his finger in water, and cool my tongue; for I am in anguish in this flame. 25 But Abraham said, Son, remember that thou in thy lifetime receivedst thy good things, and Lazarus in like manner evil things: but now here he is comforted and thou art in anguish. 26 And besides all this, between us and you there is a great gulf fixed, that they that would pass from hence to you may not be able, and that none may cross over from thence to us. 27 And he said, I pray thee therefore, father, that thou wouldest send him to my father's house; 28 for I have five brethren; that he may testify unto them, lest they also come into this place of torment. 29 But Abraham saith, They have Moses and the prophets; let them hear them. 30 And he said, Nay, father Abraham: but if one go to them from the dead, they will repent. 31 And he said unto him, If they hear not Moses and the prophets, neither will they be persuaded, if one rise from the dead."

(7) "John 16:26 In that day ye shall ask in my name: and I say not unto you, that I will pray the Father for you; 27 for the Father himself loveth you, because ye have loved me, and have believed that I came forth from the Father."

(8) John 14:15 If ye love me, ye will keep my commandments. 16 And I will pray the Father, and he shall give you another Comforter, that he may be with you for ever, 17 even the Spirit of truth: whom the world cannot receive; for it beholdeth him not, neither knoweth him: ye know him; for he abideth with you, and shall be in you."

(9) " John 14:26 But the Comforter, even the Holy Spirit, whom the Father will send in my name, he shall teach you all things, and bring to your remembrance all that I said unto you."

But Didn't Buddha, Confucius and Jesus teach the same things?

Haven't we all heard this before?

It is an amazing fact that people who don't know, pretend to be wise by saying things like "aren't they the same!" "There's really no difference is there?" or "Jesus' teachings weren't revolutionary Confucius and Buddha said the same things".

Let me be very clear -- there is a cavernous gap between the teachings of [Zen](#) (1), [Chan](#), (2) [Buddhism](#) (3) , [Confucius](#) (4) ect.. and Jesus.

Yes, they all teach peacefulness, kindness, generosity and the BASIC social teaching.

But it is at this point that their paths diverge.

Buddhism teach that it is by your dedication to abstinence or meditation or other "self controlled" efforts that you will be released into heaven, nirvana or the next level of consciousness. The basic premise is that through your efforts you can attain enlightenment.

Confucianism teaches a strong ethical and social system, but leaves no room for the work of God the Creator and Jesus, His Christ, due to the fact that it is based in man's ability to behave and act according to an acceptable guideline. As can be seen in the "six ways" of Confucianism: *Jen* is the golden rule; *Chun-tzu* the gentleman; *Cheng-ming* is the roleplayer; *Te* is virtuous power; *Li* is the standard of conduct; and *Wen* encompasses the arts of peace

They deny that there is God, the Creator and author of all life.

Jesus made it very clear that there is only ONE God. In fact those closest to Him make it clear that He [\(Jesus\) is the Son of God](#) (5), and that the ONLY way to God and heaven is through [faith in Him as savior](#) (6) and Lord. That [anyone who believes on Him](#) (Jesus) (7) will have everlasting life. Not through anything we are able to *do*, but [only through faith in Jesus as Lord](#). (8)

While all other religions leave it up to the individual to make their way (through their actions, works, pilgrimages, observance of laws, self denials ect..).

Christianity is dependent upon the [sacrifice of another](#) (9). Very simply the claim of Christianity is UNIQUE because it claims the ONLY way to enter Heaven is through [faith in another](#) (10) to get you into Heaven.

[Salvation is a gift](#) (11) and Heaven is a [guaranteed side effect](#) (12) of that gift. As with any true gift it can't be earned or deserved it is a GIFT.

You can't find heaven through any amount of meditation, repeated lives ([like that happens](#)) (13) or any [act of personal denial](#).(14) Only through Faith in Jesus as Lord and Savior.

Jesus wants YOU. (15)

If you are blessed with money, fine. If you are blessed with poverty, fine. If you are physically fit or a quadriplegic. Old or young. Male or female. Hopkido or HakkoRyu, Jesus wants you!

Oh and by the way He wants your instructor and students too. "For in my fathers house there are many rooms" Don't forget that.

As long as you come to the point of realizing that you cant get into heaven without accepting the death of Christ as the price for your soul, and believe on Him alone (not your meditation, abstinence, legal obedience or money) to find eternal life in the presence of the God of the universe.

It's very simple to do pray this prayer.

Jesus know I can't save my own soul.

That I am a sinner and I accept your perfect sacrifice on the cross as being the death that I deserved.

I ask you to be my Savior.

I ask for you to send your Holy Spirit into my life as a confirmation of my eternal life in you.

Father God I thank you for sending Jesus and I dedicate my life to you, my Father, Lord and Creator.

In the name of Your Son Jesus, Amen.

If you said this prayer and **you believe it's truth in your heart, YOU ARE SAVED!!!** You are promised entrance into the presence God and eternal life.

Even when you have a bad day and don't feel loved or worthy - you are still saved, you are still loved and you will still enter heaven!!!!!! Period, end of story.

Welcome to the body of Christ (the Church) find a Bible believing church in your town and tell the pastor that you have become a child of God, you are saved unto life!!

Email me and let me know as well.

Foot Notes:

- (1) "Grown out of Mahayana Buddhism with a focus on the practice of Meditation, Zen is the best known Buddhist sect."
- (2) " Also a branch of Mahayana Buddhism as with Zen takes it's name from the Chinese translation of the Indian word Dhyana which means Mediation. Not as well know in the West as Zen but this brance is building in popularity among martial artist."
- (3) "Begun in india by Siddhartha Gautama (Bubbha) after a 7 days of meditation under a fig tree (known afterward as the bo tree). His teaching was that of the Middle Way: consiting of the noble Eightfold Path: namely, right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, right concentration. "
- (4) " Confucius' teachings are have had a tremendous impact upon China as his compiled writings brought around much needed social change to a violent and barbaric nation. His writings taught basic social responsibilities and harmonious living. But he was eventually lifted in stages starting with having animal sacrifices offered at his tomb, elevation to sage, and eventually over a 2000 year period deifying him as Co-Assessor with the deities Heaven and Earth."
- (5) "John 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth on him should not perish, but have eternal life."
- (6) "John 15:6 Jesus saith unto him, I am the way, and the truth, and the life: no one cometh unto the Father, but by me."
- (7) "Romans 11:13 for, Whosoever shall call upon the name of the Lord shall be saved."
- (8) "Ephesians 2:8 for by grace have ye been saved through faith; and that not of yourselves, it is the gift of God; 9 not of works, that no man should glory."
- (9) "Colossians 2:19 For it was the good pleasure of the Father that in him should all the fulness dwell; 20 and through him to reconcile all things unto himself, having made peace through the blood of his cross; through him, I say, whether things upon the earth, or things in the heavens."
- (10) "Acts 4:12 And in none other is there salvation: for neither is there any other name under heaven, that is given among men, wherein we must be saved."
- (11) "Romans 6:23 For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."
- (12) "John 17:1...Father, the hour is come; glorify thy Son, that the son may glorify thee: 2 even as thou gavest him authority over all flesh, that to all whom thou hast given him, he should give eternal life. 3 And this is life eternal, that they should know thee the only true God, and him whom thou didst send, even Jesus Christ."
- (13) "Hebrews 9:27 And inasmuch as it is appointed unto men once to die, and after this cometh judgment"
- (14) "1 Timothy 3:1 But the Spirit saith expressly, that in later times some shall fall away from the faith, giving heed to seducing spirits and doctrines of demons, 2 through the hypocrisy of men that speak lies, branded in their own conscience as with a hot iron; 3 forbidding to marry, and commanding to abstain from meats, which God created to be received with thanksgiving by them that believe and know the truth."
- (15) "2 Peter 3:9 The Lord is not slack concerning his promise, as some count slackness; but is longsuffering to you-ward, not wishing that any should perish, but that all should come to repentance."

What about Chi & Ki (the force)?

Chi (or ki) is the most esoteric areas of the Asian martial arts.

For decades the Chinese have been spending mega bucks on "chi research" using everything from E.K.G.'s to M.R.I.'s. They have been using the extremes like [severing the spinal columns of piglets](#), (1) and then using "[chi gung](#)" (2) to try and restore nerve impulses.

Some studies have returned positive findings for mild electrical forces. But not nearly enough to do anything that chi masters are touted for.

The elevation of chi to a universal power that can be tapped into and bring you longer life, greater health and the [ability to zap a man with you death touch](#) (3) is a sad jump.

Chi is touted for increasing life span among other things. Yet even masters die at our national average age. The [Grandmaster of Pai Te Lung was in his 60s](#) (4) when he died of cancer. He was an avid practitioner of chi gong and tai chi.

If you read any martial arts mags. you will find a regular flow of obituaries for dead master of both Kung fu and karate that were in there 60's or 70's. [The national average for all Americans](#).(5) Chi Gong or not.

I came from a very "new age" martial arts beginning. Chi and it's development were high on the list of do's. We practiced a huge amount of "chi" development exercises. Meditations, Chi Gung, Nei Gung ect.

The general belief behind Chinese training is that there is a universal energy that runs through all living things. It is suppose to give life and strength, except when there is [something impeding the flow](#).(6) (Your chi flow is out of whack). When this happens, chi stops flowing and your body begins to get sick and die. But when you train it and control it all is well in the universe.

The Chinese medical practice of acupuncture is [based on the existence of chi](#), (7) as is the art of dim muk or death touch.

I do not dispute the effectiveness of acupuncture and of some of the "dim muk" (primarily the knock out ability and the ability to cause paralyses).

One of the things that really drive me is answering the "why" question. Why does this work, why did that happen?

At a seminar on Kuk Sool Won, lead by Grandmaster In Hyuk Soo, we spend time memorizing and learning the locations of the striking points of the arm. Acupuncture point along a [meridian going down the arm](#).(8) The oriental theory is that you can affect

the flow of chi through these points and cause internal damage or healing by manipulating them. The pattern that I saw emerging was a familiar one.

Upon returning home I opened my trusty Grey's Anatomy and found the "[brachial nerve](#)".(9) Lo and behold all of the points lined up with either nerve endings or branch splits.

A study of the nerves along the back and legs showed the very same results.

There wasn't a mysterious flow of chi but a nervous system reacting to stimulation at various nerves.

A few years later I was introduced to the works of Master George Dillman. he has done a VERY in-depth study of the nerves and their response to striking and pressure. He actually spent time setting in on autopsies to learn about the nerves and their routing.

Now you do have to admire the Chinese. They found a physical reaction and studied it searching for more reactions and a logical pattern. And without any knowledge of the nervous system and using their own form of science they mapped out the ENTIRE NERVOUS SYSTEM.

What they really found as have all scientists regardless of nationality or of their beliefs is that the creator of the universe is organized and logical, and that his hand can be seen in all of his creation.

Now as Christians how are we t see chi or ki or the force.

We are not to be finding our longevity in anything or anyone other than the Lord God. He is our life and breath. Our Living Water and the Living Bread.

He ultimately determines our times and places and to Him alone are we to trust our souls and lives.

Chi does not save. It does not bring eternal life. And it will certainly never say "[Well done good and faithful servant](#)". (10)

The great feats that you will see chi masters do(bend rebar, break blocks on their heads, snap spears pressed into their throats, become human pretzels and fold themselves into little boxes) are great examples of conditioning, training, relaxing, and focus. **Not** of a mystical energy being at work.

If you ever step into the "side show" tent and a large circus you be introduced to a group of men and women referred to as "Blockheads". Their talent is to stick spikes or needles through their skin and muscles. Drive spike up their nose into their heads. All with out bleeding or pain.

You will also find contortionists that are able to twist themselves into any imaginable shape.

They are not "chi masters", merely well conditioned and trained athletes.

Most of the time the people that you hear of having tremendous effects from starting chi training have never done serious exercise in their lives and then suddenly they start doing chi gong exercises.

Any time you go from sedentary to active, no matter how active, you will have great health benefits. It will **always** make a difference. ALWAYS.

In fact you will find the same reports from sedentary adults that start "walking the mall" (as long as they stay away from the cappuccino bar) or riding a bicycle daily.

Are they suddenly tapping into the river of "chi". No.

Now I realize that what I am saying on this point may be upsetting some people. The need for a mysterious power outside of our selves is great in ALL mankind. We all search for and hunger for it.

As Christians we KNOW that that hunger can only be satisfied in the person of Jesus. He came to [remove the enmity between God and man](#) (11) and restore us to the Father.

He IS the great power that new agers seek in the "universal consciousness" and the "chi worshippers" try to find in the flow of chi.

He wants us to have a personal relationship with Him. He is not an impersonal force, but the Loving God.

Even if one day they are able to find and isolate chi it will still only be a "physical phenomenon", and as such is no more or less valuable than a hammer or a stove. That is, it will still only be a tool.

Foot Notes:

- (1) "Information taken from 'China Taoist Ba Gua Xun Dao Gong Institute' 1993 report. The study used 18 baby piglets of an average weight of 10.2 kg. Their spines were injured to make them paraplegic."
- (2) "The use of 'issuing morale from Bagua Xun-Dao Qigong' was used as the therapy for healing." Same Report.
- (3) "Currently the national averages range from mid-60's in black males to almost 80 in white females"
- (4) GRANDMASTER DANIEL K. PAI DIED ON MAY 28, 1993 AND IS BURIED AT THE HAWAII STATE VETERANS CEMETERY IN HAWAII.
- (5) Currently the national average ranges from the mid-60's in African American Males to the 80's in Caucasian Females.

- (6) "According to the basic theory when the flow of chi is halted or slowed down the organs nourished by that particular meridian of chi will begin to become ill and eventually die, unless the chi flow is restored. You will find this explanation in any number of acupuncture books as well as in books on moxibustion and herbal medicine."
- (7) "Needles are used to regulate and the flow of chi to along the meridians in order to maintain health or to restore health. This particular meridian was the LUNG or LU. Here is a better explanation of meridians. The Vital Substances flow through channels or 'meridians' in the body. There are 12 main meridians, and a network of other smaller channels branching off from these main channels. Each of these 12 main meridians is connected to one of the twelve organs and travels along its own route within the body. Unlike the Western blood circulatory system, these meridians are not visible to the naked eye. Acupuncture models show these meridians as lines running and occasionally crossing throughout the body. The individual Acupuncture points fall along these meridians. When the vital substances fail to flow smoothly through the meridians, disease occurs. By stimulating one of the Acupuncture points along the meridian, it is possible to release any blockages, thus restoring the body to its natural state."
- (8) "If you don't have a Grey's I would strongly recommend one. Or you can go to www.Bartleby.com and use their online version."
- (9) "Mathew 25:21 His lord said unto him, Well done, good and faithful servant: thou hast been faithful over a few things, I will set thee over many things; enter thou into the joy of thy lord."
- (10) " Colossians 1:21 And you, being in time past alienated and enemies in your mind in your evil works, 22 yet now hath he reconciled in the body of his flesh through death, to present you holy and without blemish and unproveable before him:"
- (11) "John 14:23 Jesus answered and said unto him, If a man love me, he will keep my word: and my Father will love him, and we will come unto him, and make our abode with him."

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Do not forsake the assemblage of the brothers.

Have you ever felt alone in your martial arts practice and your faith?

Why not plan a get together for Christian Martial artists in your area? Here are a few steps to get you started.

- ❑ Take out an ad in the classifieds for a few bucks, to invite others to a get together.
- ❑ Make some simple fliers and ask to put them in some local schools.
- ❑ Use the area Internet Billboard.

A basic evening plan.

- ❑ Pray in. Just like you would when you bow in for class.
- ❑ Have a short bible study.
- ❑ Some prayer (invite a local pastor to lead the study and prayer)
- ❑ Some training. (Have a guest instructor if possible)
- ❑ Then have some social time.
- ❑ Don't forget to set up a date for your next gathering, a month away or two months away.

Get in touch with any local clergy you wish or have each person that will be teaching get their personal pastor to come in and teach a short bible study, as well as leading the prayer time.

Have a different person teach each a mini- martial arts seminar each time you meet. Try to revolve from style to style. The class should only last about 20 min. Also make it clear that only those who show up to the meetings will be asked to teach. This will also so give you an idea of who has a teachable spirit and who doesn't. That way you will have a better idea of who should be in charge of different aspects of the gatherings.

If a person doesn't have a teachable spirit they will likely not be open to idea to help their leadership.

Also you must realize that there will be as many differences in doctrine as there are in training styles. Accept this fact and love your brothers and sisters as yourself and you'll have a great time.

Oh ya', don't forget the food. Ya' gotta' keep up your energy!!

Want to keep your training focused on Christ

All right, lets have some fun for a while.

I was always looking for ways to keep Jesus at the center of my training and I'd like to share some of the things I found.

- ❑ Always begin with prayer. In the style that I studied early on we always bowed when we entered the training area. It didn't matter if it was indoors or out of doors. The reason was to focus our minds on why we were there. This became a moment of thanks and prayer before the Lord. "Father thank you for this training room and help me to glorify you through my actions and words while I'm using it". When we were done it would be "Lord, thank you for your protection over myself as well as my friends".
- ❑ Memorize scripture in conjunction with sections of your forms (kata, kuen, hyung). Example: as you learn a new form ascribe each movement a word or two from a scripture you wish to learn. At speed the scripture will flow as easily as your forms. (I don't recommend this method if your planning to preach the materials. Unless your congregation is ok with you doing kata at the pulpit when you get a mind block.)
- ❑ As you work on your stances use the time to pray or meditate on the word of God. (Christian meditation IS NOT what many think of when you say meditation. The word actually means to "mull" or "mutter". The basic idea is to mutter a set of verses to your self as your trying to get a better understanding of there meaning for your life. It is not, sitting around in all natural fiber clothing humming "ohm" and hoping to enter the "void")
- ❑ Take time to pray for the healing of any injured training partners. We serve a God who is the SAME today as He was with Moses, Isaiah, Abraham, Mathew and Paul. Heal does heal, he does speak, and He does listen and act on the prayers of His followers. Sometimes he says "NO" but frequently He says "Yes".
- ❑ Search the movements of your forms in order to find a no-lethal use for them. This is a great challenge but it will open up an incredible study of God's creation (the human body). You will be amazed at the number of locks and throws and the array of controlling techniques that you will uncover. Remember " a punch is not always a punch and block is not always a block"

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<http://www.e-sword.net> This a very powerful program but it tends to eat a lot of recourses as well.

<http://www.onlinebible.net/index.html> If you home school this one has a lot of "Creation vs Evolution" studies as well as a full set of "McGuffey Readers" and "Ontario Readers". If I were forced to have only one this would be it. The extensive library of study and reference materials is hard to beat even with a high dollar program. I should know I have wasted a LOT of money on them over the years.

<http://www.crosswire.org/sword/index.jsp> This one is fully customizable and very versatile. They also have some other great software and links at their web site.

<http://www.pocketpower.org> You can get up to **30 FREE "Gospel of John"** sent to you for reading, carrying and sharing, each month. YES I said FREE. This is a fantastic ministry and they have a giving heart.

<http://www.manhattanvineyard.com> I have a few other recourses listed at our churches web site stop in and see what there.

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Hello, My name is John Roche.

I have been a martial artist since the mid- 70's and have trained in a wide range of styles and systems. While I spent my first years training in the Korean styles with friends of mine (thank you Lonnie and Richard), I eventually moved towards the Chinese martial arts and was fortunate enough to study the art of "White Dragon" under Sifu Stan Wilson.

After receiving the rank of instructor (Black sash) in Pai Lum I went on to teach for 10 years. After the birth of my first son I stopped teaching organized classes and resumed personal studies. As time progressed I was fortunate to study more Shao-lin based arts as well as Tams and Ba Ji.

The draw back to this is that I was trying to practice over 60 sets and was not able to do justice to any one of them because of the amount of time required. So I catalogued the sets and started eliminating sets do to redundancy and overall similarities. When all was said and done roughly 40 sets were left covering a wide range of moments and principles. About half of the sets employ weapons and half empty hands. The weapons range from short staff to rope dart and the empty from "Shao-lin 5 tigers" to "Canon Fist".

During this time also the Lord had come into my life (I was an acknowledged atheist). My girl friend at the time (Sandy) was renewing her relationship with the Lord and that was causing a lot of arguments, how could anyone believe such "dribble" as a God sending his Son to ransom man. . Obviously they were ignorant of the fact that "evolution" had killed their god. (Talk about an ignorant statement) and what idiot would believe a re-write of a re-written fictional book?

Well after she finally got tired of fighting with me she threw a bible at me (no really) and said she didn't want to talk to me until I actually read it. Here is a unique fact - very few people that appose the Bible and God have ever actually read the book God had written. In a effort to "Show her" I read the bible. From front to back. Somewhere in 1st or 2nd Kings (I was also reading textural histories and criticism) I realized that there was NO way that they could have adhered to a constant view of God if it were left to man to do. (The soaps on TV cant stay consistent over the course of a single season, let alone for Hundreds of years).

By the way my girlfriend married me and we have two wonderful boys as of this writing.

So suddenly I found myself reading the bible in completely different way. I was looking for "truth" and for God and He continued to lead me into more areas understanding. If I had studied in school as hard and as deeply as I have since Jesus entered my life, I would have been an honors student.

After a few more years and a whole lot more study I received my Pastoral Ordination.

This little eBook is a result of the struggles I encountered while weighing the martial arts against my Love for Christ Jesus. It is by His grace alone that I have written and published this small work.

If you have any questions for me, please email me at john@johnsebooks.com . I will respond in person and answer your questions as best as I can.

May the Lord bless you and your household.

John Roche

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