



# GMAF Newsletters 2003

By

Mark McGee



Grace Martial Arts Fellowship began in 1990, went online with a website in 1995 and began publishing newsletters to the Christian martial arts community in 1998.

Because of the quality of information found in those early newsletter articles and the fact they are no longer available online, we've decided to re-publish many of them in the coming weeks and months. Our hope is that a new generation of Christian martial artists will be blessed by the wisdom of those who were on the path before them.



# GMAF NEWSLETTER

## January – February 2003

### Part One

Welcome to the GMAF Newsletter! We pray it will encourage you in your Martial Arts and Outreach for Christ.

### Thoughts from the Master

*“Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world. Amen.” Jesus Christ*

*“And after he had spent some time there, he departed, and went over all the country of Galatia and Phrygia in order, strengthening all the disciples.” The Apostle Paul*

## Wisdom Notes

*“He that walketh with wise men shall be wise: but a companion of fools shall be destroyed.” King Solomon*

### **“The Ministry of Discipling”**

by

Mark McGee

GMAF

We preach Christ crucified and raised from the dead. People who respond to that profound Truth by receiving Christ as their Savior are given God’s Gracious Gift of Eternal Life. We rejoice with each person as they acknowledge their sin and receive God’s forgiveness. Then what?

The ministry of preaching doesn’t end with a person praying the sinner’s prayer. That’s just the beginning. What follows is the ministry of discipling where we mentor the new Christian as they grow in the knowledge of God’s Word.

The ministry of discipling is building relationships based on the Principles of God's Word. Every Christian may not be called to be an evangelist or pastor or missionary, but every believer can build relationships. We can spend time with young Christians. We can tell them what God is doing in our lives. We can listen as they tell us what God is doing in their lives. We can have fun with believers as we enjoy the beautiful world God has given us. We can rejoice with them and cry with them. We can pray with them. We can study God's Word with them. We can have positive, beneficial and memorable moments with them. We can do what Christ told His disciples to do: "Teaching them to observe all things whatsoever I have commanded you." We can do what Paul did as he traveled from town to town: "strengthening all the disciples."

The ministry of discipling is the process of living a life that others want to follow. Jesus was the Highest Example of that process. He invited His disciples to walk with Him through every aspect of His Life so they would know Him, follow Him and live like Him for the rest of their lives. Following Jesus

was not an easy thing to do. Christ purposely made it difficult. Discipleship is not for the weak. It is a way of life for those who are strong of heart and sturdy of step. We've written in the past about the "Do" of Christianity. It is not a part-time gig. Discipleship is not something we do for an hour a week or a few weeks a year; it is a way of living that fills us with passion and desire for the Presence of God. Jesus always made it clear to His followers what He expected of them as disciples. Though it turned many away, it became a fire in the belly to others.

We look at the Gospels as Doctrine about what to believe. We also look at the Gospels about what to do. Another way to look at the Gospels is about relating to others on this planet. The Gospels contain the wonderful story about Christ's love for people and how He related to them. He shows us how to think about others, pray for others, talk to others, fellowship with others, work and play with others, empathize with others, care for others, defend others, teach others, lead others. The Gospels are a Manual for living with people in a real world



that's full of laughter and tears, hope and pain, joy and disappointment.

Our ministry of discipling is similar to Christ's Example. He leads us and we follow Him. We lead others and they follow us. We teach them how to lead and others follow them. It is a time-honored, proven method of discipling.

*“And he saith unto them, Follow me, and I will make you fishers of men.”*

*“And when he was entered into a ship, his disciples followed him.”*

*“And he that taketh not his cross, and followeth after me, is not worthy of me.”*

*“Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me.”*

*“Jesus said unto him, If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow me.”*

*“Then Jesus beholding him loved him, and said unto him, One thing thou lackest: go thy way, sell whatsoever thou hast, and give to the poor, and thou shalt have treasure in heaven: and come, take up the cross, and follow me.”*

*“And when they had brought their ships to land, they forsook all, and followed him.”*

*“And when he putteth forth his own sheep, he goeth before them, and the sheep follow him: for they know his voice...And a stranger will they not follow, but will flee from him: for they know not the voice of strangers...My sheep hear my voice, and I know them, and they follow me:.*

*“If any man serve me, let him follow me; and where I am, there shall also my servant be: if any man serve me, him will my Father honour.”*

Paul's experience was the same as Christ's. He began his new spiritual life by following Jesus and learning at His Feet. The day came when Paul became a leader and people followed him as he preached Christ crucified and raised from the dead. Paul told them in a clear voice that they were following Jesus Christ, the Son of God. He persuaded them to continue in the Grace of God and not to be moved off the straight path they had begun. He was even so bold as to tell Christians to follow him even as they followed Christ. Paul presented himself as a living, breathing, walking, talking, real-life example of Christ's Life on earth. He told them how to live and how to act toward each other. Paul lived his life in a way that would show others how to live in and for Christ.

*" Now when the congregation was broken up, many of the Jews and religious proselytes followed Paul and Barnabas: who, speaking to them, persuaded them to continue in the grace of God."*

*“The same followed Paul and us, and cried, saying, These men are the servants of the most high God, which shew unto us the way of salvation.”*

*“Wherefore I beseech you, be ye followers of me.”*

*“Be ye followers of me, even as I also am of Christ.”*

*“Be ye therefore followers of God, as dear children.”*

*“Brethren, be followers together of me, and mark them which walk so as ye have us for an ensample.”*

*“And ye became followers of us, and of the Lord, having received the word in much affliction, with joy of the Holy Ghost.”*

*“Let us therefore follow after the things which make for peace, and things wherewith one may edify another.”*

*“For yourselves know how ye ought to follow us: for we behaved not ourselves disorderly among you...Not because we have not power, but to make ourselves an ensample unto you to follow us.”*

*“See that none render evil for evil unto any man; but ever follow that which is good, both among yourselves, and to all men.”*

*“But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness.”*

*“Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.”*

*“These things command and teach. Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.”*

*“Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all. Take heed unto thyself, and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee.”*

*“Thou therefore, my son, be strong in the grace that is in Christ Jesus. And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also. Thou therefore endure hardness, as a good soldier of Jesus Christ.”*

How long does it take to disciple one person? If we look at making disciples as something that can be accomplished quickly, we will miss the beauty of God's Gift of developing life-long relationships. We are members of a great and wonderful Spiritual Body. God is building the Body of Christ for eternity. Discipling takes at least a lifetime.

One of the most beautiful and insightful portions of God's Word about the relationship we have with each other in the Body of Christ is Paul's first letter to the Corinthians. Read what he wrote about the Body and think about the people in your life. It is clear that we need each other.

*"For as the body is one, and hath many members, and all the members of that one body, being many, are one body: so also is Christ. For by one Spirit are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free; and have been all made to drink into one Spirit. For the body is not one member, but many. If the foot shall say, Because I am not the hand, I am not of the body; is it therefore not of the body? And if the ear shall say, Because I am not the eye, I am not of the body; is it therefore not of the body? If the whole body were an eye, where were the hearing? If the whole were hearing, where were the smelling? But now hath God set the members every one of them in the body, as it hath pleased him. And if they were all one member, where were the body? But now are they many members,*

*yet but one body. And the eye cannot say unto the hand, I have no need of thee: nor again the head to the feet, I have no need of you. Nay, much more those members of the body, which seem to be more feeble, are necessary: And those members of the body, which we think to be less honourable, upon these we bestow more abundant honour; and our uncomely parts have more abundant comeliness. For our comely parts have no need: but God hath tempered the body together, having given more abundant honour to that part which lacked: That there should be no schism in the body; but that the members should have the same care one for another. And whether one member suffer, all the members suffer with it; or one member be honoured, all the members rejoice with it. Now ye are the body of Christ, and members in particular.”*



Christian Martial Arts is about preaching and discipling. It's about building relationships that last for eternity. It's about being examples of Christ's Life on earth. It's about helping people when and where they need help. Our prayers are with you in this New Year as you share Christ and His Love.

*“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. Be not thou therefore ashamed of the testimony of our Lord, nor of me his prisoner: but be thou partaker of the afflictions of the gospel according to the power of God; Who hath saved us, and called us with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began, But is now made manifest by the appearing of our Saviour Jesus Christ, who hath abolished death, and hath brought life and immortality to light through the gospel: Whereunto I am appointed a preacher, and an apostle, and a teacher of the Gentiles. For the which cause I also suffer these things: nevertheless I am not ashamed: for I know whom I have believed, and am*

*persuaded that he is able to keep that which I have committed unto him against that day. Hold fast the form of sound words, which thou hast heard of me, in faith and love which is in Christ Jesus. That good thing which was committed unto thee keep by the Holy Ghost which dwelleth in us.”*

## **Biblical Health Principles**

by

Steve Shober

MS, MH, DNM

Biblical Health Ministries

Grace Martial Arts Fellowship is pleased to introduce the ministry of Dr. Steve Shober. He is is a Doctor of Naturopathic Ministries and Master Herbalist. Steve is Director of Biblical Health Ministries in Wisconsin and has a keen interest in helping Christians enjoy a healthy lifestyle. As Christians and martial artists we have a special interest in being healthy and strong. We asked Steve to share his insights with us in each

newsletter this year to help us better understand the gift of health God offers to His children.

Biblical Health Ministries (BHM) is a new Christian ministry designed to teach, encourage and guide individuals on health issues from a Biblical, natural perspective. BHM desires to be “Your guide on the pathway to restoration — spiritually, emotionally and physically.” This ministry is based upon Biblical principles and scientific facts. As in all matters of science and the Bible, when the scientists get their facts right and when we believers correctly interpret the Word of God (rather than hold to cherished beliefs or preconceptions), there is beautiful agreement between the two. This article (and subsequent ones) is written to show God has an overall health plan for us in His Word and has provided for us more marvelously than we generally perceive.

**Introduction:** Understanding God's overall health plan begins in the Book of Genesis, where there are three specific creative acts (where the bible uses the word "bara," which is translated "created.") The three creative acts are seen in Genesis 1:1, 1:21 and 1:27. The other days in Genesis were days of fashioning or forming from that which was previously created. The three creative acts reveal God bringing into existence (from nothing) something altogether new, something that had not existed before. On day one He brought into existence the material universe (our body is made of this material). On day five He created the soulish universe (self-consciousness) and on day six the human spirit. Accordingly, we come to understand we have been created with three aspects to our being: body, soul and spirit. Our spirit is the God-conscious part of our being which knows there is a God and desires a relationship with Him. What differentiates us from the animal kingdom is our spirit; animals do not have a spirit.

**Overall Health Plan:** Consistent with His creative work, God has a health plan for each of the three aspects of our being. We need such a plan because each aspect is (or can be) very, very sick. Not only that, but at the spiritual and soulish level we are unable to even do anything about our sickness, which indeed is a terminal illness. At the spiritual level, without exception, each person has fallen from the original, health created state (not only did we inherit a nature to sin but we willfully choose to sin – Romans 3:23). Sin has created a breach, thereby breaking fellowship with Him — it must be restored. **Our highest health need is a spiritual issue.** If fellowship is not restored, we are doomed to an eternity without Him, and when all His blessings are removed from us the result is hell.

**Spiritual Health:** Restoration of a right relationship with God is something we are totally incapable of effecting through our own efforts. We are terminally ill, on our spiritual deathbed, and we cannot do anything about it. But God, knowing this would be the case, had a plan before the creation of the world on how He alone would heal this relationship. The

reconciliation with God is called many things like, redemption (buying back), salvation, new-birth. God never overlooks sin nor can He forgive it without full payment; to do so would be unjust. According to His divine plan He alone would pay for the sin, so that we could then be reconciled to Him. The death of His Son, John 3:16, made the full payment for all humans. However, the death of Christ is not applied to our “health account” until we accept it by faith. When God sees our faith, it is He Who saves us (Ephesians 2:8-9). We do not deserve His salvation, nor can we pay Him back, but it is His gracious promise. This unmerited favor from God, called GRACE, is the heart of the good news in the Bible.



# **GMAF NEWSLETTER**

## **January – February 2003**

### **Part Two**

Welcome to the GMAF Newsletter! We pray it will encourage you in your Martial Arts and Outreach for Christ.

### **SOKE!**

One of the more controversial topics among martial artists is that of Sokeship. More and more people across the country and around the world are claiming the title everyday. How has the controversy affected Christian martial arts? GMAF recently received e-mails from some of our members about Sokeship. We believe their thoughts will help all of us as we seek the truth in this matter.



## **Soke?**

by

**Soke Karl Marx**

**Founder of Keichu-Do Karate**

So you're a Soke, who says so? What requirements did you complete? Oh! you paid someone a large amount of money, to cover his expenses for honoring you at a great Banquet. A nobody who creates his own style and an organization that allows him to give out ranks of 10th dan and titles of Soke, who gave him that authority? Why are so many Christians seeking such honors and titles and high rank? Anyone should be satisfied with being a pastor. A shepherd of his/her flock. I don't understand anyone who creates his own style has to brag about the long heritage, and their mostly false statements of being recognized from Japan and other Oriental sources. That is such a crock.

This article will probably upset and anger a lot of people. To you I apologize and advise you to (GET A LIFE)! The thing that bothers me the most is that so many men who are professed Christians and even Pastors, covet the titles of Master, Grandmaster, and for the last decade 10th Dan, high rank and the title “Soke.” What is with this kind of covetousness? I am as guilty as anyone because I was probably the first to have this desire. I went so far (with a Japanese translator) as to write the founder of Wado-Ryu, asking him because he was the Soke (founder) of his own style of Karate, and the then President of the All Japan Karate Federation or whatever the name of the martial Arts organizations he directed.

This great man honored me by responding to my plea for recognition, by a letter of wise instruction. Soke Hironori Ohtsuka, himself congratulated me for my accomplishment (creating My own style) and wished me success in my endeavors and advised me to NOT seek recognition from ANY martial arts organizations, but rather that I continue what I was doing, “and after 25 years if I had at least two persons

who stayed with me and were ranked at least 5th degree black belt, that my peers in the martial art field would acknowledge and recognize my success.” That my friends is exactly what happened. He was absolutely correct in his advice.

Twenty-five years later my students won two gold and three silver medals at the Tae-Kwon-Do Junior Nationals held in Chicago the windy city. Ohtsuka Sensei explained to me that I didn’t need him or the many organizations he headed for recognition. However did I heed his advice? Oh! No! I had to try on my own, and so like the idiot I was I sought recognition from every crook and nook unqualified geek who was willing to take my money since I was too stupid to know the difference. In the process of getting a lot of brother in law, quack outfits I did find a few legitimate Associations. But “I’ll scratch your back if you scratch mine” kind of rank exchange or cross grading as we called it back then, definitely was illegal.

We see today men with credentials that impress the unknowing but repulse the wise, knowledgeable, real veterans of the square circle. For example, a person in his thirties with the following credentials. 1) 7th dan karate. 2) 7th dan taekwon do 3) 6th dan judo. 4) 5th dan Jujitsu 5) 1st dan aki-jitsu. It takes a life time to study just one discipline. It is possible to study two or more different arts such as Judo and Jujitsu. One might be able to throw one style of Karate in there but several styles of Karate would definitely confuse even the smartest person. I fear that Christians are all too many involved in this terrible dilemma.

## **The Soke Dilemma**

by

**Rev. Darrell Collins**

**Nippon Kamishin Ryu**

**Shindenkan Budo Renmei**

**Shihan-Renshi**

Firstly, I would like to state that I am not writing this article to alienate anyone (especially brothers in Christ). I am writing this article to address a truth that I have been made “painfully” aware of over the past few years. Secondly, this article is written from the viewpoint of Japanese based martial systems. Even if the reader is from a different martial “cultural” base, the basic message still rings true.

I read an article by Joseph Lumpkin, about the Sokeship issue and for the most part totally agree with his assessment. I am also disturbed at the number of people in America that claim the title of Soke. It is amazing how relatively easy it is to get paperwork that calls you 15th dan Grand Super Soke from anywhere USA. Unfortunately this type of practice is not only

looked down upon by Japanese “traditionalist” but is generally laughed at.

It is so rare for one to be considered a true Soke that for the most part Japanese traditionalist will not accept anyone (American or Japanese) that uses that term as an official title within a martial system. I am a first hand witness to this “dilemma” right now, *more on that later*.

I must start by defining the terms that we have come to associate with martial head families and their “second in command”, that of **Soke** and **Soke-Dai(ri)** in the view of a Japanese traditionalist.

Note: *Soke-Dairi is the extended title that is often shortened to Soke-Dai.*

**Soke** literally means head family and is not exclusively a “martial arts” term. It was/is used for family “arts” that have been passed down for generations from father to son (or inheritor designate). In early Japanese history many artistic

and cultural activities were dominated by familial lineages that essentially operated as types of “commercial guilds”. These “commercial” arts, such as tea ceremony (*chanoyu*), flower arranging (*ikebana*), *Noh* theater asserted familial control over their teachings.

The comparison of these early artistic lineages to commercial guilds is evident when we find that historically everyone whom participated in a particular system’s art paid a fee for the teachings received. In the early history of Japan’s lineage based *ryu*, secrets were kept and only passed on to the inheritor designate.

In their day, keeping secrets within the *ryu* constitutes today’s equivalent of the Coca-Cola Corporation maintaining their “secret” ingredient of their drink under lock and key. In other words, it was simply a good business practice. However, in general, that mode of operation did not pertain to warrior-based systems. If secrets of military prowess were held back from the samurai that lived and died on the field, most likely that clan would not last to see another generation continue.

The term “Soke”, as far as martial systems go, is actually a fairly modern day adaptation (1868 and later). In fact it is thought that the first truly “Soke” based martial system taught was through the Kodokan School of Judo! It is true that martial art researchers today find authors utilizing the term Soke when referring to head families of ancient systems. It would be fair to say that the term is used in a retroactive context.

**Soke-Dai(ri)** literally means “in place of the Soke” or “instead of the Soke”. The Soke-Dairi position was used as a sort of “proxy” to handle affairs that the Soke could not attend to. If the Soke were unable to attend a formal function the Soke-Dairi would attend in his place. He was used as an official representative of the Soke. Being a people of great honor, in Japan if one were formally invited to an important function, it would be a “loss of honor” not to show up or have some kind of formal representation, so the Soke-Dairi would be there.



In the west this term has been improperly used to mean “the next generation inheritor”. Unfortunately, as mentioned above, this is not a true definition of the term or its function. Most Japanese ryu have many Soke-Dairi with only one person destined to inherit the ryu. Generally the inheritor will also be a Soke-Dairi but does not have to be. Many traditional arts today may not use a term for the inheritor elect but some of the oldest ryu have used the phrase **Sugi-no-Soke** as the title for the inheritor designate.

The art I that I study was inherited In Japan by an American (with a documented lineage succession scroll). This in itself is rare because most Asian head families, although loyal to their lineage, view their martial system as a national treasure. The American was the only master of the art that stayed loyal to his Soke until his death (the art was a small goshin-jutsu (self-defense) oriented system, and over the years numerous students began leaving the art to join some of the more popular and newer arts). Likewise, the Soke had no son to leave the family art to, so he looked to his number one student. The art was re-named in Japan (this in itself is a long

story but a very traditional one). A second scroll attesting to his inherited art and Soke title was generated in Japan.

Even with all of this documentation and the fact that the art was recognized in Japan in the late 60,s, some Japanese nationals still wrinkle their noses at the prospect of a true Soke teaching and sharing their national treasure exclusively outside of Japan. Our current Soke, by lineage succession, recognizes this fact but respectfully moves forward in the transmission of this wonderful art.

Martial arts are being created everyday all over the world. This brings me to the subject of Shodai-Soke (first generation head family/founder). It is true that some Japanese have started their own arts and have adopted the term “Shodai-Soke”. For the most part, even a Japanese national that creates a new art in Japan will not use the term Shodai-Soke. If the art lasts and is passed to the next generation inheritor he may look back on the founder and call him Shodai-Soke. Even fewer traditionalists will acknowledge a Japanese

national as Shodai-Soke if they create the art outside of Japan.

For an American to create a new art, even if based on Japanese arts, and use any form of the term Soke it is considered unacceptable in the eyes of traditional Japanese nationals.

I am afraid that although there are some legitimate reasons for creating your own art, this practice is rampant in America, where loyalty to your Soke (if truly applicable) and ryu and honor seem to disappear in the light of self-promotion. This type of thing really bothers me not only from a traditional martial arts standpoint but also a Christian view in which we are commanded to flee from pride and selfish ambition.

The guidelines in which western martial art organizations use to title someone a “Soke” should be re-examined. A much more acceptable term for this type of person is Kaicho (president of organization). This term is widely used in Japan for a person starting a new art/association and is not looked

down upon for an American to use either (there are legitimate Japanese Soke that use the term Kaicho to designate that they are also the president of the system's martial association). I believe this would bring MUCH needed credibility back to the western martial artist.

One last topic I would like to address, the issue of rank in the west. It is amazing the amount of people who have received multiple high grades in America. In Japan, traditionally 3rd / 4th dan is a high rank, 5th dan is VERY high and 6th, 7th & 8th dan is ozone high (and not a dime-a-dozen)! In America everyone is "*Grand-Master*" of something or another. It is just not that way, traditionally.

I do not wish to divert attention from the expertise found in true American martial masters. I believe we have some of the best martial artists in the world, but we need to keep our egos in check and realize that our misunderstandings of Japanese tradition and culture cause us to look uneducated and lacking in quality control.

*Thanks to Ted Petit, Hanshi Shindenkan Budo for his assistance in proofreading and editing this article.*

## **Soke**

by

**Daryl Covington**

**Karate for Christ**

**Shinsei Hapkido**

I was recognized by several martial arts groups as soke of a new system. Most had never even seen me. I denounced the sokeship in order to pursue my love of hapkido. My 6th Dan in Hapkido means much to me, for I have trained with Joseph Lumpkin many times, for several years, wrote much on philosophy, and contributed to the style all that I can. Most other rank to me is junk, (I Do have earned rank in TKD as well). I have received rank in the mail from guys I don't even know, and was offered rank in styles I cannot even pronounce. It has taken years to learn Hapkido and Tae kwon do, with some Judo and JuJitsu mixed in. But, at 33 yrs of age, I in no way would desire to be called master,

grandmaster, or Reverend for that matter. Rev. is a title you will find in the Bible that references God. This is why, even though we practice a Korean Art, we use the title Sensei, or Teacher. We do refer to the head of our system as Do Ju Nim, recognizing his accomplishments, but it is a title of classification, not of ego.

I agree with all that is said, and to those that have something “NEW”, I invite them to send me a tape. I haven’t seen anything new in the last 10 -15 years, except the loss of integrity of ministers and black belts.

To those seeking rank, I invite them anytime to come to our school. I would be more than happy to see their skills.

Today, people have reached the level of shodan and think they have mastered the world. Might I remind you Shodan is the beginning for the student. Before that rank, one is only a guest in the Dojang. It is as Shodan that one starts the journey.

To those that have been in the arts for a while, I remind us, to be a master, one must remain a student. From men like Do Ju Nim Lumpkin and Kang Rhee, I will continue to learn. Perhaps Kang Rhee summed it up best. He is the founder of the Pa Sa Ryu system, and has taught it since 1964 here in the U.S. He has trained men like Bill “Super Foot Wallace”, Wayne Carman, and yes, Elvis Presley. When asked why he does not hold the 10th dan, but only the 7th (Now 8th) his reply was: 10th symbolizes perfection, and eternity, I still have much room for improvement, therefore, I am 7th Dan. This from a man whose style is recognized by ALL the powers that be in the martial arts world. May we learn.

Con Say Hom Nhe Dha

Con Mon AH Yo, An Young He Kay Say Yo

daryl





# **GMAF NEWSLETTER**

## **January – February 2003**

### **Part Three**

Welcome to the GMAF Newsletter! We pray it will encourage you in your Martial Arts and Outreach for Christ.

### **MYSTICAL CHRISTIANITY**

**by**

**Master Joseph Lumpkin**

(Master Lumpkin has graciously allowed us to share these excerpts from his new book scheduled to be published early this year.)

What a terrible blessing and frightening gift has been given man that he should possess such great capacity to love and such vast ignorance of how to love. What divine urgings drive us to seek out in others that part of Him we so dimly recognize and that our hearts would respond so joyously to

His reflection we glimpse in the face of our lover. Oh, feral heart who would settle for the corporeal image but refuse the spiritual source when both are offered so openly. So saddening is the need to touch and feel and taste the beloved that it goads us like animals down the wrong path, settling only for someone to hold and shunning the higher and more pure love of He who created the very object of our mortal love.

This is a short and barren path, on which we seek love with our whole being and settle for the echo of His voice heard distorted in the mundane love of this world. Why do we turn our hearts away from the clarion call of God beckoning us home? Possibly it is because we have no insight into what we are missing. The plan of family is set in heaven to teach us in types and symbols the relationship of Christ to man and man to Christ. It is a sacred lesson learned on earth. Husbands are told to love their wives as Christ loved the church. Wives are told to be obedient to their husbands. Children are protected, nurtured, and loved. Marriage is the deepest exercise of spiritual application in secular life if we get it right.

EPH 5:22 Wives, submit yourselves unto your own husbands, as unto the Lord. 23 For the husband is the head of the wife, even as Christ is the head of the church: and he is the Savior of the body. 24 Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing. 25 Husbands, love your wives, even as Christ also loved the church, and gave himself for it; 26 That he might sanctify and cleanse it with the washing of water by the word, 27 That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish. 28 So ought men to love their wives as their own bodies. He that loveth his wife loveth himself.

MAR 10:13 And they brought young children to him, that he should touch them: and his disciples rebuked those that brought them. 14 But when Jesus saw it, he was much displeased, and said unto them, Suffer the little children to come unto me, and forbid them not: for of such is the kingdom of God. 15 Verily I say unto you,

Whosoever shall not receive the kingdom of God as a little child, he shall not enter therein.<sup>16</sup> And he took them up in his arms, put his hands upon them, and blessed them.

We love and cherish one another. We bind our hearts together as lover and beloved. We seek and find a spiritual nature in the relationships of lover, spouse, and family. It is what God intended us to have. Yet, God intended more for us. There is still an emptiness and void unfilled. We love and are unsure of being loved. We are loved but fall short of loving. We wait for that time we may feel possessed and protected by love. We look to the world, but our hearts wait for God. It is not loving or being loved that is needed. We wait on love itself to come. We wait, but He is already here.

PSA 139:7 Whither shall I go from thy spirit? or whither shall I flee from thy presence? 8 If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there.<sup>9</sup> If I take the wings of the morning, and

dwell in the uttermost parts of the sea;<sup>10</sup> Even there shall thy hand lead me, and thy right hand shall hold me.

Somehow, our hearts know Him but we cannot see Him. His presence is felt, His spirit is heard, but our eyes are blind, our ears are deaf to the soft rustle of His steps. In the search for love, our hearts frantically scan the faces of those around us. Are you He for whom I search? Are you the Lord? We look into the eyes of everyone passing, testing each one, until we can say, "I look at your face and I see God." When our hearts recognize the face of God in another, we call it love and there we abide. The love of our spouse, at the highest level, is a reflection of the spiritual love we seek in God. The bonding we seek from our spouse is a shadow of a higher need, to bond with God. We love but still, we are not filled. How can the darkened light of our souls illuminate the corners of another's heart? It is a relationship with God that we seek. We await He who is love. Our relationships with others are divinely inspired by the template of God calling us to a communion with Him. Marriage is sacred. It is based on a divine plan of shadows

and types from God showing us how we should love Him and be loved by Him.

SON 1:15 Behold, thou art fair, my love; behold, thou art fair; thou hast doves' eyes.16 Behold, thou art fair, my beloved, yea, pleasant: also our bed is green.17 The beams of our house are cedar, and our rafters of fir. 2:1 I am the rose of Sharon, and the lily of the valleys. 2 As the lily among thorns, so is my love among the daughters.3 As the apple tree among the trees of the wood, so is my beloved among the sons. I sat down under his shadow with great delight, and his fruit was sweet to my taste. 4 He brought me to the banqueting house, and his banner over me was love.

SON 2:10 My beloved spake, and said unto me, Rise up, my love, my fair one, and come away.11 For, lo, the winter is past, the rain is over and gone;12 The flowers appear on the earth; the time of the singing of birds is come, and the voice of the turtle is heard in our land;13 The fig tree putteth forth her green figs, and the vines

with the tender grape give a good smell. Arise, my love, my fair one, and come away.<sup>14</sup> O my dove, that art in the clefts of the rock, in the secret places of the stairs, let me see thy countenance, let me hear thy voice; for sweet is thy voice, and thy countenance is comely.

SON 5:2 I sleep, but my heart waketh: it is the voice of my beloved that knocketh, saying, Open to me, my sister, my love, my dove, my undefiled: for my head is filled with dew, and my locks with the drops of the night.

We seek a deep and abiding communion with another because the desire is placed in us. Relationships of husband and wife are driven to a spiritual depth by the same yearning of togetherness set in us by God for Himself. The pattern of true friendship and holy marriage are the worldly symbols of the heavenly marriage between the believer and Christ. Sex becomes spiritual in this context. The ultimate attempt to commune, share, love, and be one in heart and soul. Yet, in our hearts we are being called home to a place we have never been. We pine for a friend and lover we have barely

met. Only He can fill our hearts and souls completely. Only in Him can we rest. Only then will our spirits be at peace.

It is not that we do not love friends or family, but there is a higher love and a deeper calling making us know we are not yet fulfilled, not yet at peace, not yet at rest, not yet free of the emptiness that so graciously plagues our souls.

What devastating mercy and vicious grace has been given man that he would receive by some charity of the Spirit of God this disease of sorrow that only God can cure. Only in this relationship called Christianity does God place a hook in our hearts and draw us homeward. Only here do we have the fisher of men. The great physician and loving Father listens for our call. "Lord, what must I do to be saved?" It is the question that starts the journey of a lifetime as God answers in lessons of love for the rest of our lives.



ACTS 16:29 Then he called for a light, and sprang in, and came trembling, and fell down before Paul and Silas, 30 And brought them out, and said, Sirs, what must I do to be saved? 31 And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house. 32 And they spake unto him the word of the Lord, and to all that were in his house. 33 And he took them the same hour of the night, and washed their stripes; and was baptized, he and all his, straightway.

This relationship is a marriage mystical and eternal. Christ has assumed his rightful place as both redeemer and husband. He is the spiritual head and high priest of the family of God. He is the bridegroom of the believers. He is the beloved.

REV 21:2 And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband.<sup>3</sup> And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they

shall be his people, and God himself shall be with them, and be their God. REV 22:17 And the Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely.

Brethren; I am homesick for a place that I have never been but I know a man who knows the way.

W.R. Lumpkin

## COUNT IT ALL GRACE

When starting the mystical journey it may seem appropriate to bring all of your sins of the past up once again before God and confess all you have confessed before. It may seem good to remember yourself in light of how you were as a sinner. While it is true we are low, unworthy wretches, even this state and all sins are couched in grace. All trials and all sins are not only covered under His grace but are part of His grace. This does not diminish our sins in any way. It does not elevate us spiritually one inch, yet it does show us His magnificent and loving heart. For every step and misstep, all pain and tribulation brought us here to His feet and without any of them we would not be here for such a time as this. Only distress, physical or emotional, forces us to consider our path and only pain of this sort detours us to try other ways. We learn from our mistakes but should not be kept down by them. We repent and must leave the sorrow of our past deeds behind us.

Don't be troubled when you meditate on the greatness of your former sins, but rather know that God's grace is so much greater in magnitude that it justifies the sinner and absolves the wicked. Quotations from Cyril of Alexandria (Commentary on the Gospel of St. Luke)

Reflection on one's experiences (sins) is a source of learning and healing. God wants us to become better human beings and we do this through reflective meditative prayer. Bro. Joel Redman OFM

Such a sweet and wonderful balance is maintained between remembering our wretched state and seeking to forget even ourselves in our search for God.

...if any man or woman should think to come to contemplation without many sweet meditations... on their own wretched state, on the passion, the kindness and the great goodness and the worthiness of God, they will certainly be deceived and fail in their purpose. At the same time, those men and women who are long practiced in these meditations must leave them

aside, put them down and hold them far under the cloud of forgetting, if they are ever to pierce the cloud of unknowing between them and their God.

### From The Cloud of Unknowing

I count it all grace that He knew the path of my sinful steps even before He saved me and still, He saved me. I count it all grace that He somehow wove my freewill into His plan, knowing how low and undeserving I am for His love. I count it all grace, my sins, my strengths, my weaknesses, and all of my limitations are counted as a terrible and undeniable gift designed by God to work in conjunction with the path I walk to lead me homeward to Him. Known by God from before the beginning, knitted together in the womb by His hand, blessed with human frailties so deep and pervasive as to have cost the life of God himself, I was lead to God's feet. He who is Love has given me the gift of love. It was given for nothing I have done or been. I was sinful even while confessing my sin. There was no need to beg for love. He loves me more than life. There is nothing I may do to thank Him or repay Him

except by my free will to accept this gift He gives that it not be given in vain.

ROM 5:17 For if by one man's offence death reigned by one; much more they which receive abundance of grace and of the gift of righteousness shall reign in life by one, Jesus Christ. 18 Therefore as by the offence of one judgment came upon all men to condemnation; even so by the righteousness of one the free gift came upon all men unto justification of life. 19 For as by one man's disobedience many were made sinners, so by the obedience of one shall many be made righteous. 20 Moreover the law entered, that the offence might abound. But where sin abounded, grace did much more abound: 21 That as sin hath reigned unto death, even so might grace reign through righteousness unto eternal life by Jesus Christ our Lord. 6:1 What shall we say then? Shall we continue in sin, that grace may abound? 2 God forbid. How shall we, that are dead to sin, live any longer therein?

ROM 6:14 For sin shall not have dominion over you: for ye are not under the law, but under grace.<sup>15</sup> What then? shall we sin, because we are not under the law, but under grace? God forbid.<sup>16</sup> Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?

For I have attempted to keep myself from sin and sinning and repeatedly failed, utterly. Trying to run or hide from my fallen nature and always finding me with me and never leaving or losing one iota of me, I gave up trying to change me and laid down before Him any hope of my own righteousness. I count myself the only sinner and have received firm rejection from the church, being unable, for any time, to stay me from sinning. Yet, I still feel His spirit welling up within me. But now, there is nowhere to go but to His heart, alone.

You do not have to be perfect. Perfection is not what Christianity is all about. You do your best and God does the “righteousing”. Dr. Gene Scott.

1CO 15:10 But by the grace of God I am what I am: and his grace which was bestowed upon me was not in vain; but I laboured more abundantly than they all: yet not I, but the grace of God which was with me.

2CO 4:14 Knowing that he which raised up the Lord Jesus shall raise up us also by Jesus, and shall present us with you. 15 For all things are for your sakes, that the abundant grace might through the thanksgiving of many redound to the glory of God. 16 For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.

JAM 1:1 James, a servant of God and of the Lord Jesus Christ, to the twelve tribes, which are scattered abroad, greeting. 2 My brethren, count it all joy when ye fall into divers temptations; 3 Knowing this, that the trying of your faith worketh patience. 4 But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.



ZEC 4:6 Then he answered and spake unto me, saying, This is the word of the LORD unto Zerubbabel, saying, Not by might, nor by power, but by my spirit, saith the LORD of hosts. 7 Who art thou, O great mountain? before Zerubbabel thou shalt become a plain: and he shall bring forth the headstone thereof with shoutings, crying, grace, grace unto it.

Having been shown His grace, by His grace, I at once saw my shortcomings and needs and was drawn to know a basic wrongness in me. I now hold on with my life, for my life, to the grace of God, knowing He who made me knew me and still loved me enough to woo me, with His prevenient grace, by His spirit, back to Him. And if He could and would do this, that by His longsuffering and forgiveness, He would keep loving me to the very end, seeing that He knew all I would be and do before He saved me. By doing this, He is keeping me for Himself until that day I may be made perfect, over there.

## WHAT IS GRACE

Only by the grace of God can salvation and the communion we seek take place. We may ask. We may beg. But, it is only in watchful waiting that we will receive. His grace is sufficient and the only vehicle by which salvation and communion with God is granted. But what is grace?

Grace is a blessing, a blessing that is undeserved, unsolicited and unexpected, a blessing that brings a sense of the divine order of things into our lives. The ways of grace are mysterious, we cannot always figure them out. But we know grace by its fruits, by the blessings of its works. We would expect to be startled when grace manifests itself. The opposite is true. It doesn't startle us at all, for grace is everywhere. We may not discern it; we may not recognize it for we are inclined to take it for granted. "Living with Grace" by Rev. Peter Fleck

If we are walking, dancing, eating, teaching, preaching, meditating, being, we are rid of the impediments which hinder our free movement. We are rid of all the obstacles that block us from being who we are meant to be. This is grace. A grace that indicates not an addition, but rather a subtraction and removal of those things that may hinder us from being who we are. This is grace. Reverend Bill Clark

Grace “is an attitude on God’s part that proceeds entirely from within Himself, and that is conditioned in no way by anything in the objects of His favor.” Burton Scott Easton in The International Standard Bible Encyclopedia.

“When a thing is said to be of ‘grace’ we mean that the recipient has no claim upon it, that it was in no-wise due him. It comes to him as pure charity, and, at first, unasked and undesired.” A.W. Pink Attributes of God

In a time before his death, Mr. McLaren, minister of the Tolboth church, said, " I am gathering together all my prayers, all my sermons, all my good deeds, all my ill deeds; and I am going to throw them all overboard and swim to glory on the plank of Free Grace."

There is one work which is right and proper for us to do, and that is the eradication of self. But however great this eradication and reduction of self may be, it remains insufficient if God does not complete it in us. For our humility is only perfect when God humbles us through ourselves. Only then are they and the virtue perfected, and not before. Meister Eckhart

If I were good and holy enough to be elevated among the saints, then the people would discuss and question whether this was by grace or nature and would be troubled about it. But this would be wrong of them. Let God work in you, acknowledge that it is his work, and do not be concerned as to whether he achieves this by means of nature or beyond nature. Both nature and grace are his. What is it to you

which means he best uses or what he performs in you or in someone else? He should work how and where and in what manner it suits him to do so. Meister Eckhart

The self-righteous, relying on the many good works he imagines he has performed, seems to hold salvation in his own hand, and considers Heaven as a just reward of his merits. In the bitterness of his zeal he exclaims against all sinners, and represents the gates of mercy as barred against them, and Heaven as a place to which they have no claim. What need have such self-righteous persons of a Saviour? They are already burdened with the load of their own merits. Oh, how long they bear the flattering load, while sinners divested of everything, fly rapidly on the wings of faith and love into their Saviour's arms, who freely bestows on them that which he has so freely promised!

Jeanne-Marie Bouvier de la Motte-Guyon

Humility is a grace in the soul... It is indescribable wealth, a name and a gift from God. Learn from Me, He said; that is, not from an angel, not from a man, not from a book, but from Me, that is from My dwelling within you, from My illumination and action within you, for I am gentle and meek of heart in thought and in spirit, and your souls will find rest from conflicts and relief from evil thoughts. John Climacus

Our activity consists of loving God and our fruition of enduring God and being penetrated by his love. There is a distinction between the love and fruition, as there is between God and his Grace. John Ruusbroec

Jesus, are you not my mother? Are you not even more than my mother? My human mother after all labored in giving birth to me only for a day or night; you, my tender and beautiful lord, labored for me over 30 years. Marguerite of Oingt

We are only here and possess what we have because of the timing and grace of God. Whether we have little or we have much, we have it because of God. The love in our hearts and all things we have and feel are because He made us as we are. He sets our path and places us on the path at His time. The people we meet and places we go and thus the situations springing from them are in our lives because we were born at such a time as this. Gratitude keeps our arrogance and pride in check. It assigns all of what we are and all we have to God who made all things and keeps them in existence. Gratitude is the balance point between God and man. Thankfulness is a measure of our dependence on God and our obedience to Him. It is the path that our prayers walk to get to God. Gratitude is how we approach Him. It is said there are only two things that motivate us to do things: desire and desperation. It is said, "Gratitude comes from desire". This is the idea of some philosophers, but there is a higher gratitude not understood by the world.

There is a gratitude springing from the realization that one has no desires, no needs, nothing lacking. It is gratitude from epiphany. Insight brought on by grace enables us to see how God is providing our path and all things on it. It does not mean we have riches or even health, but that we are where we are supposed to be. Even in our lack or pain, we see somehow we are exactly where God would have us to be. It is the gratitude of knowing what we need to fulfill our purpose will be provided on God's path for God's purpose. All things are seen in a state of grace and balance and we are here for a purpose; God's purpose.





# GMAF NEWSLETTER

## March – April 2003

Welcome to the GMAF Newsletter! We pray it will encourage you in your Martial Arts and Outreach for Christ.

### Thoughts from the Master

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

*“And let us not be weary in well doing: for in due season we shall reap, if we faint not. As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith.” The Apostle Paul*

## Wisdom Notes

*“These six things doth the Lord hate; yea, seven are an abomination unto him: A proud look, a lying tongue, and hands that shed innocent blood, An heart that deviseth wicked imaginations, feet that be swift in running to mischief, A false witness that speaketh lies, and he that soweth discord among brethren. My son, keep thy father’s commandment, and forsake not the law of thy mother. Bind them continually upon thine heart, and tie them about thy neck. When thou goest, it shall lead thee; and when thou awakest, it shall talk with thee. For the commandment is a lamp; and the law is light; and reproofs of instruction are the way of life.” King Solomon*

## **“Character”**

by

**Mark McGee**

**GMAF Director**

One of the aspects of martial arts that attracts many people is our emphasis on building Character. I heard a wise teacher many years ago say that martial arts is not about becoming a better fighter, but about becoming a better person. Character is at the core of martial arts. Without character a martial artist would be little more than a skilled thug. Character shapes martial artists into strong citizens, good fathers, mothers, sons and daughters.

Read the founding principles of most martial arts systems and you'll see the importance Character has in the art. Character traits of Honesty, Humility, Loyalty and Perseverance are paramount to the success of any martial artist. Here are some examples from the doctrine of several martial arts systems:

- “Strive for the perfection of character!”
- “Defend the paths of truth!”
- “Foster a spirit of effort!”
- “Honor the principles of etiquette!”
- “Refrain from violent behavior!”
- “Always act in a courteous manner”
- “During training, concentrate to the limit of your mental endurance.”
- “Give your all, mentally and physically, as training without concentration prevents advancement”
- “The physical and mental training of Karate should be combined as one.”
- “The heart, mind and body should be in unison at all times.”
- “Heed the advice of your teacher and of more advanced students of other schools. Listen to and never forget their advice.”
- “Listening and watching are key points to advancement.”
- “In order to advance, one must strive to obtain the true spirit of Karate.”

- “Training is on a continuous basis and one learns a little at a time. Do not take breaks in training as it will result in a step backwards.”
- “Always strive for advancement and when advanced, one must not brag or boast.”
- “Self-praise and over-confidence is a sickness that corrupts training.”
- “Refrain from over-eating, drinking and smoking, for these bad habits hinder the effectiveness of your training.”
- “Karate training has no limits. Step by step, study by study, and one day in the future you will undoubtedly enter the temple of Shaolin.”
- “To gain a more profound understanding.”
- “To gain strength from our weaknesses.”
- “To become more sincere.”
- “To become more righteous.”
- “To better control our emotions.”
- “To have more peace in our homes.”
- “To prohibit intentional violence.”
- “To rule the actions of the warrior.”

- “To edify.”
- “To promote virtue.”
- “To promote peace among the people.”
- “To produce harmony in society.”
- “To bring about prosperity.”
- “Respect for God, Family, Friends, Country”
- “Qualities – Humility, Honesty, Confidence, Courage, Strength”
- “Responsibility – Sincerity – Justice”
- “Be loyal to your country.”
- “Be obedient to your parents.”
- “Be loving to ones husband or wife.”
- “Be cooperative with your brothers.”
- “Be respectful to your elders.”
- “Be faithful to your teacher.”
- “Be faithful to your friends.”
- “Kill only in justice and with honor.”
- “Never retreat in battle.”
- “Always finish what you start.”
- “Reverence for nature.”
- “Physical concentration.”

- “Courtesy”
- “Modesty”
- “Thankfulness”
- “Self-sacrifice”
- “Cultivate courage”
- “Chastity”
- “Be strong inside and mild outside”
- “Endurance”
- “Reading ability”
- “Purpose of training should be enhancement of the mental and physical self.”
- “Sincerity is necessary.”
- “Effort is necessary.”
- “Consistent schedule during practice.”
- “Do your best when training.”
- “Train in the basic spirit of the Art.”
- “Regularly spaced practice sessions.”
- “Obey without objection the word of instructors or seniors; look and learn.”
- “Don’t be overly ambitious.”
- “Pay attention to every aspect of your training.”



- “Pay attention to the order of your training.”
- “Get instruction step by step in new forms and techniques.”
- “Try to overcome feelings of idleness.”
- “Cleanliness is desired when practice is finished.”

As Christian martial artists we know the importance of Character. God's Word emphasizes the importance of Character. The Bible gives us hundreds of real-life examples of people with good and bad character. Character became an issue early in the lives of the first family. Adam and Eve sinned against God and were banished from the Garden of Eden. Abel displayed excellent character qualities; Cain did not. Cain killed his brother because of bad character. The Bible is filled with stories of the success and failure of character. Noah was an example of good character. Abraham and Lot are examples of good and bad character. Joseph was an example of good character. Moses expressed both good and character. Joshua was an example of good character. Ruth was also an example of good character.

*“And now, my daughter, don’t be afraid. I will do for you all you ask. All my fellow townsmen know that you are a woman of noble character.” Ruth 3:11*

Job was an example of good character with the challenges of being human. David was an example of good and bad character. Read the Bible from front to back and we find everything we need to know about character.

Character is something for which people should strive.

*“A wife of noble character is her husband’s crown, but a disgraceful wife is like decay in his bones.” Proverbs 12:4*

*“A wife of noble character who can find? She is worth far more than rubies.” Proverbs 31:10*

*“Now the Bereans were of more noble character than the Thessalonians, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.” Acts 17:11*

How do we develop character? Are we born with it? Do we inherit it from our parents? Do we get it from our social standing? Is it because of the church or school we attend?

God makes it clear that character is something we develop by clear intention and expression.

*“Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.” Romans 5:1-5*

Notice the process:

1. Justified through faith
2. Peace with God through Christ
3. Access by faith into our standing of Grace
4. Rejoice in the hope of the glory of God
5. Rejoice in our sufferings
6. Knowing that suffering produces perseverance
7. Perseverance produces character
8. Character produces hope
9. Hope does not disappoint us because God poured out His love into our hearts by the Holy Spirit

Character comes from having a right relationship with God through faith in Christ followed by a rejoicing in our sufferings, knowing that suffering produces perseverance and perseverance produces character. Character produces hope. What does our world need? Hope. That hope comes from character which is developed by persevering through suffering. These precious Words written by the Apostle Paul under the inspiration of the Holy Spirit give us a fresh

perspective on dealing with the challenges of living in this world.

## **Biblical Health Principles**

by

**Steve Shober**

**MS, MH, DNM**

**Biblical Health Ministries**

Steve Shober is is a Doctor of Naturopathic Ministries and a Master Herbalist. Steve is Director of Biblical Health Ministries in Wisconsin and has a keen interest in helping Christians enjoy a healthy lifestyle. As Christians and martial artists we have a special interest in being healthy and strong. We asked Steve to share his insights with us in each newsletter this year to help us better understand the gift of health God offers to His children.

## Mental Health

Our soul is essentially our mind (personality, character, heart, psyche, emotions, intellect, will, etc). Our mind is plagued with all sorts of health issues. In fact, the Scriptures confirm our soul is polluted with the things of this world, has a bent toward evil, is obsessed with self-gratification, and is innately “me first.” Thus, after salvation there is a need to start healing the diseased soul/mind. The need for healing is termed many things but “renewal” is apropos. Renewal of the mind is a major concern of Scripture, and Romans 12:2 is most instructive: “And be not conformed to this world: but be ye transformed by the renewing of your mind...”. The new spiritual being created in Christ is now asked to start thinking and behaving in accordance with the new Divine nature. the goal is to remove the pains, wrong value systems and failures of our old life and replace it with that which god has specifically fashioned for us.

Since one's identity determines their behavior, the fact that one is identified with Christ should create a desire to behave accordingly. Thankfully, there is Divine help to accomplish this. The Greek word in Romans 12:2 often translated "transformed" is the basic word "metamorphosed", which means to change (meta) into another form (morph). Just as a caterpillar is metamorphosed into a beautiful butterfly, so too the Lord wants to transform our life. This transformation results in a renewed mind: renewed in principles, outlook, ideals, and values. It also helps release the past with all its problems. The new essential inner nature (resulting from salvation) is now to be revealed in a mind that is continually being renewed and improved.

The passive voice used in Romans 12:2 indicates that the transformed mind is something God will produce in us, but only as we allow Him to work in our lives. Thus, the transformation desired is not a free-gift like salvation, nor is it something we can do on our own, nor is it a one-time event (not a single act of God), nor is it instantaneous. The renewal is an ongoing, lifelong process that is a cooperative venture

between us and the indwelling Holy Spirit. Cooperation includes communing with Jesus Christ, studying His Word and applying it to every situation, meditation on the things of Christ so we know how to apply the Word, waling according to the light He has already shown us, and having a heart ready to change/yield to further insights from the Master. It is a process over time in which the mind and heart of the Lord can be imparted to each believer. This is the process by which we become Christ-like in our mind and our life. This is how victory over anger, obsessions, evil thoughts, the past, etc., are replaced with the fruit of the Spirit (love, joy, peace, etc., see Galatians 5:22).

**Summary:** Considering our spirit and soul, we see two interesting principles emerge (principles recognized by those involved in natural health). The first principle is that healing begins from the inside and works outward. Thus, God comes into the deepest recesses of our being, into our very core, and gives new birth to our terminally ill spirit. Then He starts to work outward into our minds. (We have not gotten there yet, but later we will see He then works outward even more to help



our physical bodies). The second principle is that healing begins at the top and works downward. Could anything be more true. Overall healing begins with God (top) and comes downward to us.



# GMAF NEWSLETTER

## May – June 2003

Welcome to the GMAF Newsletter! We pray it will encourage you in your Martial Arts and Outreach for Christ.

### Thoughts from the Master

*“Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break thorough nor steal: For where your treasure is, there will your heart be also.” Jesus Christ*

*“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.” The Apostle Paul*

## Wisdom Notes

*“Except the Lord build the house, they labour in vain that build it: except the Lord keep the city, the watchman waketh but in vain.” Psalm 127:1*

### **“The Future of Christian Martial Arts”**

by

**Mark McGee**

**GMAF Director**

The future of Christian martial arts looks good. We’ve grown from a small number of organizations and members 50 years ago to hundreds of associations, federations, fellowships and church and club programs and thousands of members today. We have many Christian martial artists to thank from those early days when they trained together at schools, colleges, camps and churches to further the Cause of Christ. Much of their training was often classical and traditional. They loved Jesus and shared Him freely at every opportunity. I had an

opportunity to train with a Christian martial artist during a summer camp in 1966 and was very impressed with his skills and attitude. I was pretending to be a Christian at the time, so the positive aspects of our training was noted for future consideration. I trained with other Christian martial artists who were members of early Christian MA clubs soon after I received Christ in 1971. Again I was impressed with their skills and attitude. It was a lesson for me that our martial arts skill and attitude leave a lasting impression on the saved and unsaved martial artists as we represent Christian martial arts in our community.

What has happened since those early days, especially in the last ten years, is quite remarkable. Many new martial arts styles are committed to Christian principles and goals. You can read through the GMAF Newsletters from the last five years and get a sense of how Christian martial arts are reaching into more communities and nations with greater impact than ever before. One example is Shinsei Hapkido. It is an authentic martial art started by Christians to share the Gospel around the world. The Korea Hapkido Federation

recognized Shinsei Hapkido as a separate and unique Kwan several weeks ago. Christian martial artists are writing books, hosting web sites, producing video tapes, appearing on radio and television, hosting tournaments and starting national and international organizations dedicated to the preaching of the Gospel of Christ. We see a strong, concerted effort to join forces and use our energies, time, resources and skills to support each other.

This is wonderful! Unity is our strength. Paul wrote the Ephesians: “With all lowliness and meekness, with longsuffering, forbearing one another in love; Endeavouring to keep the unity of the Spirit in the bond of peace.” Notice the important key words:

- lowliness and meekness
- with longsuffering
- forbearing one another in love
- endeavouring to keep the unity of the Spirit
- in the bond of peace

The unity we experience is “of the Spirit.” It is a spiritual relationship. That is what will keep us together and strengthen us for the challenges in the future: our spiritual relationship. Christ is the One Who unifies us.

Careful study of God’s Word demonstrates that Satan is very concerned about what’s happening with Christian martial arts. Christians are being strengthened and trained. The lost are receiving Christ and coming into the Light. This is contrary to Satan’s plan. He wants to weaken Christians and keep the lost in darkness. We must remember the battlefield directives we received from our Commander in Chief. “For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.”

The future of Christian martial arts is bright. If we continue to pray, be vigilant and stay close to God's Word, we'll do well. We are soldiers in a war for souls. We need to use every spiritual weapon at our disposal to assure that when the dust settles we're standing and the enemy is on his knees.

*“Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints. And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, For which I am an ambassador in bonds: that therein I may speak boldly , as I ought to speak.”*



Our prayers are with each of you every day as you wage spiritual warfare in your community. May God be praised for the great things He has done and what He will do in the coming years!

## **Biblical Health Principles**

by

**Steve Shober**

**MS, MH, DNM**

**Biblical Health Ministries**

**Physical Health and God's Temple**

Having spent some 30+ years involved in engineering research, I came to see such research was often very poor and did not lead to any advancement in science. Recently, my attention has tuned to medical research and it reveals an even more appalling scenario. Medical research is often an insult to unbiased research – no wonder there are daily contradictions in the press. Medical research has, to a surprising degree, often sidetracked by special interests, especially those desiring drug patents and monetary gain.

This has resulted in a society with an over-reliance on research that promotes man-made drugs. Drugs may save your life in an emergency, but they do not heal, only the innate intelligence within can truly heal. Unfortunately, Christians are not aware of what God has provided for them to assure total overall health.

The health of all three of our aspects (body, soul and spirit) is important, with our physical health being the least important and our spiritual health the most. However, physical health issues are often neglected and not given due consideration. Each aspect has an influence upon the other; thus, poor health in one aspect can cause problems in the others. So, a balanced approach to health is sought for overall wellness, ideally with the goal of longer/better service to the Lord. The Lord instructs us in 1 Cor. 3:16-18 and 6:19-20 that our bodies are the temple of the Holy Spirit. Sometimes we are careful not to harden a building but then willingly or through indifference defile the real temple of the living God. This is not an issue to gloss over, for God says, *“If any man defile the temple of God, him shall God destroy...”*.

## Origin of Disease

Illness does not normally happen to a person when an outside force upsets a system of the body, most often the illness occurs as a symptom of a long standing problem. (*Why Christians Get Sick* – Rev. George H. Malkmus) We were created with a design, and, when not living in accordance with our design, disease is a natural consequence. We generally are not the victims of germs, heredity, or other outside forces, but our own lifestyle, our own purposeful activity. As strange as it may seem, disease is also part of something that is purposeful and proceeds in accordance with some design; thus, it can often be prevented/cured. Consider this admonition, *“When thou sittest to eat with a ruler, consider diligently what is before thee; and put a knife to thy throat, if thou be a man given to appetite. Be not desirous of his dainties: for they are deceitful meat.”* Proverbs 23:1-3. In a physical sense, the king’s delicacies are truly deceptive foods because they taste so good yet lead to what are known as the king’s diseases: heart disease, cancer, diabetes, gout,

arthritis, obesity, etc. Today the western/American diet is the king's diet.

From our physical anatomy it is clear we were created as primarily plant-eaters (herbivores), with omnivore undertones. Thus it can be safely stated, "A tremendous amount of evidence now shows that deviating from a predominantly plant-based to a domesticated animal-based diet is a major factor in the development of heart disease, cancer, stroke, arthritis, and many other chronic degenerative diseases. It is now the recommendation of many health and medical organizations that the human diet should focus primarily on plant-base foods – – vegetables, fruits, grains, legumes, nuts, seeds, etc. Such a diet is thought to offer significant protection against the development of chronic degenerative disease." (*Natural Medicine* – Drs. Joseph E. Pizzorno and Michael T. Murray)

## Biblical Facts

When the entire Word of God is carefully, honestly and reverently studied it is clear that in the Age of Grace God allows us to eat anything we desire. Romans 14:14 says nothing is unclean of itself, which would indicate that all meats are allowable for consumption. However, while it is not sinful to eat anything we want (except gluttony) that does not mean all food is good for our system. The study of the Word provides an incredible number of health clues and principles that are meant for all ages. For example, in Leviticus 3 and 7 animal fat was to be dedicated to the Lord not eaten. A good principle for today would be to carefully limit the amount of animal fat we consume. However, the typical western diet has at least 43% animal fat and this is the source of many of our problems. Optimum health will be attained by applying the principles observable throughout the Word of God, i.e., **eat/drink food items as close as possible to the way they were created (whole, raw, non-processed, non-engineered ...).**

## **Living the Life**

**by**

**Master Joseph Lumpkin**

We were lead out of a small, secluded house that sat miles off of any main road. There we had gathered and dressed for war with ourselves. We were quiet and reverent at heart, awaiting the beginning of class. Our minds had become like a cathedral whose door were wide open, beckoning, empty, eager.

He had entered the room, silent as a breeze and we followed after him into the virgin snow. The cold air came as a bracing rush into our lungs as we breathed in the ozone rich twenty-degree tonic. The snow bit at our feet as we walked into the woods along a narrow path twisting between large trees and clumped brush. The forest closed in behind us and the dark canopy held our presence secret until we came to the clearing. The sun had cast a spotlight marking the place of enlightenment. The old barn had stood for a hundred and sixty years. Its' beams were cut by hand and were a foot and

a half square, each spanning the length of the place. We walked in and bowed to the raised mat made of straw and quilts. It was time for the warrior within to awaken. We felt the groan and stir of anticipation deep within. Our souls were agape. It was time for church. It was time for class. It was time to fly.

He said nothing but instead settled on his haunches facing us. Class would be conducted in silence, him leading, we following his every movement. He sat transfixed and prayed a silent prayer. He slowly arose and climbed to the top of a homemade ladder. Stepping onto the center beam he strode like a cat, stopping at a point that stretched above the mat. He leaped, tucked, and for a moment seemed to pause in mid air, hanging there, waiting for the command of gravity to overtake him, waiting to ride it down like a horse under him. He hung, looking up at the roof, his back flat as if he were laying on some invisible surface. For a time it seemed he had surprised nature and caught the force off guard, then it snatched him out of the air and down to the mat as if it was angry at his taunting. A ribbon of light separated him from the mat when he

slapped the surface with his hands as if striking for his life. He landed on his back like a pillow dropped from the bed. As he got up we were climbing the ladder behind him. For an atom of time, for a twinkling of an eye, he had shown us we could fly and we believed. In believing and in trusting that he had prepared us, we also took to the air and our souls laughed at the tickle of gravity's greedy hands around us. The only words I remember being said for those two hours were his closing prayer; " Father, as they have faith in me, and I have faith in you, so let my faith guide these students to you." His name was James Hiner, student of Bong Q. Park, student of Choi.

One may view faith as trusting in the outcome even though you cannot see the path. In practicing breakfalls we jump over a rope suspended in mid air at the height of our shoulders. If you attempt to watch where you are going you will spear the mat and break your neck. You must tuck and flip. This makes it impossible to see where you are going or where you are in space. You must trust your technique in the blindness. This is faith. We build up our level of faith by seeing the technique work over and over again. I have lost count of how many



times God has protected and lead me in the dark; in my blindness. I have faith in him although I do not see him. Each time I feel his hand on my life my faith increases.

As teachers, we must live the life and communicate faith.



# **GMAF NEWSLETTER**

## **July – August 2003**

Welcome to the GMAF Newsletter! We pray it will encourage you in your Martial Arts and Outreach for Christ.

### **Thoughts from the Master**

*“I tell you the truth.” Jesus Christ*

*“I speak the truth in Christ.” The Apostle Paul*

### **Wisdom Notes**

*“An honest answer is like a kiss on the lips.” Proverbs 24:26*

## **“A Kiss On The Lips”**

by

**Mark McGee**

**GMAF Director**

“An honest answer is like a kiss on the lips.” That’s a beautiful picture: an honest answer is like a kiss on the lips. The writer’s subject is an honest answer. He chooses a life-picture his readers will immediately understand and have an emotional response. A kiss on the lips is very pleasant. It’s one of the most precious gifts God has given a husband and wife. A kiss on the lips is wonderful physically, emotionally, socially and mentally. It fulfills so many of the basic needs we have as human beings. A kiss on the lips is a good thing. So is an honest answer. God speaks highly about the importance of honesty.

*“Honest scales and balances are from the Lord; all the weights in the bag are of his making.” Proverbs 16:11*

*“Do not use dishonest standards when measuring length, weight or quantity. Use honest scales and honest weights, an honest ephah and an honest hin.” Leviticus 19:35-36*

*“Kings take pleasure in honest lips; they value a man who speaks the truth.” Proverbs 16:13*

*“A truthful witness gives honest testimony, but a false witness tells lies.” Proverbs 12:17*

*“Truthful lips endure forever, but a lying tongue lasts only a moment.” Proverbs 12:19*

Most civilizations have found honesty important to the health of citizens, families and society. Hebrew words for “honest” include *nakoah*, *sedeq*, *mispah*, *munah* . The words carry the idea of being “right.” It’s not always easy to give someone the “right” answer, but it is a good thing to do. The result is like a kiss on the lips. The Chinese word for honesty is *shih* . The character has a string of ten thousand shells or coins placed

under a roof. The person living under the roof has a fortune, is an aristocrat and thus a superior and honest person. Greek words for honesty include *dikaios*, *kalos*, *semnos* . The words carry the idea of being “right” and “honorable.”

Honesty is basically the art of telling the truth. That sounds easy enough, but is very hard to do. The idea of honesty has fallen into such disrepair in modern society that some have coined the term “radical honesty” in an attempt to return to the old fashioned idea of Biblical honesty. Honesty is married with telling the truth.

Christ is the Highest Example of Honesty. He “always” told the Truth. We read dozens of times in the Gospels where Christ said: “I tell you the truth...” The truth Jesus shared was not always popular. Christ was murdered because He was honest. “The teachers of the law and the chief priests looked for a way to arrest him immediately, because they knew he had spoken this parable against them.” (Luke 20:19) God honors honesty; He requires honesty.

How do we teach our children and students about honesty? Be a truth teller. Be a model of honesty. Share what God says about honesty and telling the truth. Share examples of people who were honest and the results of their honesty. Present honesty in terms people will understand. It is like a “kiss on the lips!”

## **Biblical Health Principles**

by

**Steve Shober**

**MS, MH, DNM**

**Biblical Health Ministries**

### *God's Natural Laws*

What we call natural laws (physical laws of the universe), like gravity, were created by God. These are God's laws. Whether one believes in them or not, God's physical-natural laws are always in affect on a person's life. Nutritional principles follow these laws. Even people and cultures which do not believe the Bible reap the benefits from following these natural laws.

Sickness is most often a violation of God's natural laws. "If any man defile the temple of God, him shall God destroy." — defile means to make unclean (pollute) with contamination. Our body is not our own, it belongs to God, and, the very thing that contaminates it will bring destruction. the observation of Dr. Richard Brennon rings true: "God has made a universe of moral and material laws; when we break the laws, **we break ourselves** upon the laws. We will reap the consequence in ourselves." A Christian pastor notes, "It is the violation of the natural laws of God that causes 90% of all Christian sickness and physical suffering." (*Why Christians Get Sick* , Rev. George H. Malkmus)

What are these natural laws? They are the laws that govern the universe as seen in biology, chemistry, physics, thermodynamics, electro-magnetism, etc. How can anyone ever know all these laws? We can't, thankfully we are not expected to! God merely wants us to believe His Word and have a lifestyle that is as closely aligned as possible to His Word and design of the natural world. God's foods, clean air



and water are essential for a good life, and fortunately, He has given us herbs for medicine.

“Violation of natural laws will result in sickness, injury, or untimely death whether the violator realized the law existed or not; whether the violator was a Christian or not; whether the violator was a spiritual Christian or not! The law will automatically be applied whether a man knows of the law or not! Ignorance of the law makes absolutely no difference in the consequences of breaking it!” (Malkmus) These laws are impersonal and always in effect. They apply to everyone, Christian or non-Christian. Each person is responsible and accountable for their own health. sincerity, piety and prayer (with exceptions) do not cause these laws to be abrogated.

**Violating God’s Natural Laws.** Starting with steel rollers in the 1890’s and then the earnest processing of grains in the 1904’s, most of the nutritional value in grains has been removed. **Processing was to extend shelf life, not your life.** By removing bran and germ from wheat it lasts longer, but 22 vitamins and minerals are taken out. In 1948 Congress

forced processors to add back four (B1, B2, B3, iron). It was then termed “enriched.” This is like a mugger handing back one dollar after taking all your money and personal belongings and expecting you to be thrilled. Enriched foods are deceptive, destructive foods. Observe for the labels on food and if it says **enriched**, do **NOT** buy it!

Grain processing is the tip of the food adulteration iceberg. Mankind has found an incredible number of ways to alter foods which in essence “**denatures**” them (hydrogenation, additives, colorings, bleaches, preservatives, antibiotics, hormones, refining, ...) “Better living through chemistry” has not proven to be true for nutrition. Synthetic molecules, designed to trick your body (fake sugars, phony fats, etc.) will invariably cause health problems.

Processed foods are like the four horsemen of the Apocalypse because there are **four white deaths**: refined white sugar, white flour, white oils, and salt. Research shows that eight tablespoons of white sugar a day reduces the number of bacteria the immune system can handle by 92%. Popular

creamed filled dessert snacks have four tablespoons each and one can of soda has over three tablespoons of sugar. Bread is said in the Bible to sustain one's heart, Psalms 104:15, but processed flour has the germ removed so the bread will last longer. By removing the germ the vitamin E is also removed, so the very thing which is healthy for your heart has been taken away. The nearly white, refined oils sold in supermarkets (especially the polyunsaturated) are some of the worst foods a person can consume. Just altering His Word is disastrous, so is alteration of His natural foods.

**Principle: you cannot improve upon God. Consume items as close as possible to the way God made them.**

## IN TIMES OF TROUBLE

by

**Pastor Karl William Marx, Sr.**

“To be or not to be? That is the question” However it is not from Shakespeare That I ask this question. I ask myself in times of trouble, am I to be a sissy and cry about the situation? or should I not be overcome by my physical wants and turn to God for HIS help. For example there are millions of people in the World who say they can’t quit smoking. Oh! how my flesh jumps back into the bad days, and only by the grace of God I don’t grab them by their nicotine coated throat, and rip their tongue out of their mouth. I know that sounds terrible, and I apologize if anyone is taken back by the language.

The reason I get so frazzled is that these bumble butt brains spend at least on the average (in this time span 2003), \$4.00 a pack. When you add at least one pack a day times four dollars each, that amounts to \$112.00 a month. Shucks! that money could feed a homeless family for a month. Now to the

point of this message. If a big knuckle head like myself can cold turkey Cigarettes, cigars, good whiskey, wine and beer, then there is no real excuse for them not to quit smoking. Man I'm so weak I get addicted to routine. A shower every morning, or having to eat a milky way with pop corn every day at lunch. So who am I to point fingers. However what is important is the fact that there is nothing we can do or not do, except mess up our lives without Going to God with our problems. Even the TV series Monk the policeman with compulsive behavior does all right with his problem. God has given us all, yes I said ALL, each and every one of you, me and you us and them, we all have the Lord God almighty right there, always there, FOR US! Wow! think about that. Our question is do we ask HIM for HIS help? Are you a member of God's Family? Have YOU accepted Jesus Christ as your Savior? Hay! the bottom line is simply To be a Christian Believer, or Not to be. Will you chose to Smoke, abuse drugs and alcohol, your wife and children? Or will you Be a loving God fearing, role model for our future generation Children. As for me, I have never been happier in my entire life of 66 years, since I became a Christian, and have the honor of going to my heavenly Father with ALL my

problems and other things not just problems. Jesus said He was the Way, the Truth, and the Life. Really folks Christ is the Light of the World. If you don't believe me just ask me. Ha! Really my beloved readers, To be Christ like is life, and not to be walking on in Gods Will is folly. Come on you can stop smoking. Don't allow a little 3 inch cigarette rule your life and cut it short in many cases. Don't put smoking ahead of worshiping God. You make a cig your Idol. that's a dangers choice. Well that's it for today. Later Gator. Remember to keep Christ FIRST in ALL you do. Write me back if you like what you read, or if you don't, like it write anyway. Be Blessed all of you.

## **THE SILVERSMITH**

Some time ago, a few ladies met in a certain city to study the scriptures. While reading the third chapter of Malachi, they came upon a remarkable expression in the third verse:

“And He shall sit as a refiner and purifier of silver (Malachi 3:3)”

One lady proposed to visit a silversmith, and report to them on what he said about the subject. She went accordingly, and without telling the object of her errand, begged the silversmith to tell her about the process of refining silver.

After he had fully described it to her, she asked, “But Sir, do you sit while the work of refining is going on?”

“Oh, yes madam,” replied the silversmith; “I must sit with my eyes steadily fixed on the furnace, for if the time necessary for refining be exceeded in the slightest degree, the silver will be injured.”

The lady at once saw the beauty, and comfort too, of the expression, “He shall sit as a refiner and purifier of silver.” God sees it needful to put His children into a furnace; His eye is steadily intent on the work of purifying, and His wisdom and love are both engaged in the best manner for us. Our trials do

not come at random, and He will not let us be tested beyond what we can endure.

Before she left, the lady asked one final question, “When do you know the process is complete?”

“Why, that is quite simple,” replied the silversmith. “When I can see my own image in the silver, the refining process is finished.”

— Author Unknown





# GMAF NEWSLETTER

## September – October 2003

Welcome to the GMAF Newsletter! We pray it will encourage you in your Martial Arts and Outreach for Christ.

### Thoughts from the Master

*“It is finished.” Jesus Christ*

*“But we preach Christ crucified, unto the Jews a stumblingblock, and unto the Greek’s foolishness; But unto them which are called, both Jews and Greeks, Christ the power of God, and the wisdom of God. Because the foolishness of God is wiser than men; and the weakness of God is stronger than men.” The Apostle Paul*

## **Wisdom Notes**

“How much better to get wisdom than gold, to choose understanding rather than silver!” Proverbs

### **“The Three Nails”**

by

**Mark McGee**

**GMAF Director**

A strong stance is fundamental to quality martial arts. Stance is what roots us to the ground and helps us withstand an attack. The ability to move quickly from one strong stance to another helps us evade and redirect an opponent's energy and force. Our first lessons in martial arts are how to stand strong and move from stance to stance, strength to strength.

One rooting technique in the martial arts is called The Three Nails. The nails are imaginary but the rooting is real. One nail comes from the bottom of the heel of each foot. The second nail is on the outside bottom of the foot just below the small

toe. The third nail comes from the inside bottom of the foot just below the big toe (ball of the foot). We “nail” our feet to the ground by pushing our weight to those three points at the bottom of our feet and gripping the ground with our toes. The process of “nailing” our feet to the ground moves more of the body’s weight to the outside third of the foot and rounds the instep of the foot and the legs. The inside of our foot is round and coiled while the weight of the body is distributed evenly across the bottom of the outside of our feet from the heel across the supporting bones of the outside of the foot through the toes to ball of the foot. We are rooted and grounded in our stance and prepared to receive force from any direction and redirect that force at will.

Our spiritual life is rooted and grounded in Jesus Christ. We are spiritually strong through His Strength. We are rooted in His Death and Resurrection. Christ died for us on the Cross. He is our Sacrifice. His Blood is the payment for our sins. Three Nails held His Body on the Cross until He died so we might have God’s forgiveness and life everlasting.

*“And when they were come to the place, which is called Calvary, there they crucified him, and the malefactors, one on the right hand, and the other on the left.” Luke 23:33*

*“The other disciples therefore said unto him [Thomas], We have seen the Lord. But he said unto them, Except I shall see in his hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into his side, I will not believe.” John 20:25*

How important is Christ's Death to every human on Earth?

*“For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection: Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin. For he that is dead is freed from sin.” Romans 6:5-7*

When I think of Christ on the Cross, I think of my old man dying with Him so “the body of sin might be destroyed, that henceforth we should not serve sin.” We are freed from the bondage of sin. We have hope because Christ was nailed to the Cross of Calvary!

Can we have a message of hope that does not include the Cross and the nails? Absolutely not!

*“For the Jews require a sign, and the Greeks seek after wisdom: But we preach Christ crucified, unto the Jews a stumblingblock, and unto the Greeks foolishness; But unto them which are called, both Jews and Greeks, Christ the power of God and the wisdom of God.” 1 Corinthians 1:22-24*

Christian martial arts teachers have two wonderful messages to share with their students. One message is how to position oneself properly for self defense; a message that will keep us safe for a lifetime. The other message is the position of being “in Christ”; a message that will keep us safe for eternity.

*“Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.” 1 Corinthians 15:58*

## **“SENSEI”**

**By Craig Hamm**

Over the years, I have trained with many instructors and have made many friends, but some of the best friends have been my instructors. Why? Well, let’s look at some of the reasons behind this. When you first start in the martial arts whether it is Karate, TaeKwonDo, Hapkido, Jujitsu, Kung Fu or whatever style, you look toward the instructor as someone you wish to emulate in your heart and in your art.

Secondly, during the time of your training, you put your trust in your instructors for their knowledge and ability to teach you the proper techniques without injuries.

Thirdly, their guidance during training sessions are the lessons you use throughout your daily life. Some instructors are very good at relating the martial arts to daily life while others relate the martial arts and God's words in teaching together exceptionally well.

I have trained with instructors such as Kang Rhee, Tony Chester, Joseph Lumpkin, Daryl Covington, Kwang Sik Myung, Mike Stone, Brad Whitlow, Larry Ingle, Mike Frazier, Jeff Speakman, and Mark Barlow who have made impressions on my thoughts and teachings, but only a few have made impressions on my way of life. Some instructors change the way you look at the martial arts in a physical teaching aspect while others change the way you look at the mental teaching aspects. To me, the most important outlook on the martial arts is the spiritual aspect, which has come to light for me over the last 5 to 6 years. No matter how much



you learn or do in the martial arts, all of the martial arts instructors have God to thank for their lives and accomplishments. I thank God for the ability to teach and pass on the knowledge of God's word through the martial arts. A Sensei is not just one who teaches you martial arts, coaches you at tournaments, and picks you up off the mat; they are the ones who care about you and your family, your life, and your well-being, everyday. Sensei is the one you can call and discuss things you couldn't with anyone else. Sensei is the one you spend time with when others are out doing things they shouldn't. Sensei is the one you consider a true friend and not just an acquaintance who trained with you for a short period of time before you moved on to someone or something different. I have trained in many arts but even though I may not train with some of the instructors now that I did coming up through the ranks, I still hold them as dear friends.

As a Sensei you are looked upon as a respectable, kind, gentle, and knowledgeable individual and everyone watches every move in your daily walk in life. By walking in Christ's light and trying to lead a Christian life, you set examples for those who are around and look up to you.

To sum it all up, I believe we the Sensei have an obligation to each and every student as role models, to set examples and to build the children of today for they will be the leaders in the next generation when we are old and gray.

Taken from ENCOUNTER THE WARRIOR's HEART (with permission from the author)

## **Biblical Health Principles**

by

**Steve Shober**

**MS, MH, DNM**

**Biblical Health Ministries**

### *Healthy Cultures and Religion Studies*

It has been found that the nutritional “sins” of the parents are visited upon future generations through: a weak start in life, allergies, poor health, a compromised immune system, a mindset toward a wrong lifestyle, inherited weaknesses ... Some cultures have generations of good nutrition with correspondingly good health. These cultures have similar eating and living patterns and enjoy nearly disease-free lives and great longevity. These cultures live a very natural lifestyle and eat simple, inexpensive foods – – often called the peasant diet.

The healthy cultures that have been studied are the: Vilcambambas of Ecuador, Hunza of Kashmir, traditional Bulgarians, Abzekhastan of Georgia, Yucatan natives, Greek from Crete, certain Chinese and Japanese groups. All of these cultures have these dietary factors in common: plant-based, high fiber (over 34 grams/day), high complex carbohydrates (not simple sugars), calcium intake only half of that in the USA but no osteoporosis, low protein (high protein means a loss of calcium from bones), small amounts of dairy (generally fermented, e.g. yogurt), fish once a week (if available), meat only on occasion, low fat intake (less than 20%).

All of these cultures work outside, are moderate eaters, are happy, walk a lot, get up/down with the sun, are not envious of others, the old are respected and deemed useful, and use whole-virgin vegetable oils and whole grains. As such cultures move from poverty to affluence, the modern delicacies bring the diseases of civilization.

## Religion Studies

A Christian pastor studied the health of various Jewish and Christian religions. The religions which practice more natural lifestyles (teachings on diet and care of the body, in varying degrees against the use of coffee, tea, tobacco, port, pharmaceutical drugs, soda, ....) fare the best, regardless of doctrinal correctness. Statistics show they have less cancer, healthier lives and live six years longer than the average American. Those groups which do not have dietary teachings often view sickness as some kind of judgment by God and accept the view that they are powerless to change their fate. This latter group does not have as good health as those who adhere to natural diets. He concluded that the religious which practice dietary principles closely aligned with the Word of God have better health and longer lives.

**It is possible, in fact God honoring, to be Scripturally sound in doctrine and to adopt a life style that is in accordance with God's principles, thus enjoying His blessings on our body, soul and spirit. (Goands Innomore)**

## **The Truth About Black Belts**

**By**

**Karl William Marx Sr.**

Black Belts in Martial arts are supposed to be great role models for the younger generation. There appears to be some kind of problem with this definitions results. To many at most are not worthy of even being a green belt. Most have a fair to middlen technical ability, however their Morals leave a lot to be desired. The rank Happy attitude of most black belts is that of an egocentric, prideful, self-serving jerks. Me too I was one myself before I learned what a real MAN is supposed to be. Ha! and I had to learn that from the Holy Scriptures in the Bible. Proverbs is jammed packed full of God's instructions on the how's, what's, and who's. There is a secular old saying also that says, "It's Not the belt that makes the man/woman, but the man/woman who makes the belt." Former President Kennedy told us correctly when he says not what your country can do for you, rather ask what you can do for your country." Ranks and titles are not what we as Americans should be looking for. We should be practicing to be God fearing, Christ

loving, Holy Spirit following, roll models for the youth of this World. We are Americans, and if we are going to make up an American version of self-defense, then we should STOP using Oriental languages, and seeking Oriental acceptance. So many so called American styles are really Bogus backgrounds, Why? You don't need a long oriental heritage to prove your good. Everyone has the right to create their own Karate or other martial Art, lets just stop deceiving ourselves and especially others by using all this oriental language and names, or titles. Sensei, this or Soke that, Hanshi who? Or Koishi somebody. Lets just be our selves and not pretend to be someone else. We who are not oriental have no business attempting to fool innocent students or the media with statements that some great grand master chose us over a thousand Orientals students he has taught for years, and gave us the inheritance of his style. That is really a lame lie in most cases. Even our Lord Jesus Christ, although He was the King of the Jews, did not go around wearing His title on his head in the form of a Golden crown. Hay I am guilty of doing the same things I telling you Not to do. I been there, done that stuff. Well, enough for today. I was up until 4:30 this morning

writing this, Ha! when I get on a roll I go! Until later, please send in YOUR views, agree or disagree.

In Christ I remain

Dr. Karl W. Marx

## **WILLPOWER IS REAL POWER!**

**By Richard Hackworth**

One of the keys to a school's success is the personal success of the students. A key to personal student success is willpower. "One of my students has been extremely successful in sticking to his martial arts training program," my associate Kevin Huston muses. "He has so much determination; he keeps up his attendance and is making good progress. Another student has come to see me a few times, but is always making excuses. I can't help comparing them. The two men are similar in so many ways, but their biggest difference is commitment. You could also call it



willpower, in the martial arts training success, as with success in any area of life.”

As the manager of the American Dragon Martial Arts Academies in Ocoee, Florida, Huston says: “Willpower creates Real Power! The power to do, the power to be, the power to achieve. I just wish I knew how to give it to everyone.”

Call it what you want –commitment, determination, willpower or self-control– you know it varies widely from person to person. It interacts with many factors, and contributes greatly to a person’s success when it comes to lifestyle change. Becoming a martial artist is a major lifestyle change. This is one of the largest hurdles in martial arts school success. Transforming the “curious about martial arts students” into “serious about martial arts students” is an enormous challenge. Helping people improve their willpower creates success on both sides, for the student and for the school. I found that my own personal teaching success improved when I became a better personal motivator.

## Developing the Nature of Self-Control

Self-control refers to the control exerted by the self over thoughts, emotions and behaviors. Self-control is involved in making decisions and choices, initiating and inhibiting behavior, and making and carrying out plans. We use self-control when we forgo immediate pleasure (i.e., decide not to eat dessert) in order to obtain future benefits (like better health). Self-control allows us to examine and change habitual behavior. Hence, whenever we attempt to help students implement behavior-change programs, students' efforts at self-control help to determine their likelihood of success.

Some psychologists who study self-control believe it is a limited resource. In other words, each person has a finite amount of psychic energy available for the purposes of self-control.

This notion of limitation helps explain why people who train early in the day or in a private class setting are most likely to be successful; they have not yet expended time and energy overcoming the barriers that inevitably develop during the day. This concept of limitation also explains why dieters are most likely to overeat in the evening. After spending all day exerting self-control to resist temptation, their resolve wears down by the end of the day. I was experiencing some sluggish feelings in the evening myself and found that by scheduling more of my private training clients in the mornings and before lunch I was able to feel better. My success became their success.

Daily life stress can reduce energy for self-control. Self-control energy is expended more quickly when you are under stress, since you use self-control when you adapt to stress. You expend energy to change your behavior, thoughts and emotions. Coping with stress can leave you emotionally exhausted, and without the energy to get to your workout, or to resist the temptation to smoke or overeat. In fact, stress is the most common reason people slip up in their attempts to overcome addictions or change other habits. Part of the

explanation for this may be that the demands placed upon these stressed-out people have exceeded their supply of self-control energy.

In addition to using up energy, stress also causes negative emotions, like anger and sadness. When people experience negative feelings, they look for ways to feel better. The need to overcome distress is perceived as more important than behaving in ways that may result in future benefits. So if you feel bad and you think eating some chocolate cake will make you feel better, you will eat the cake, even though you want to lose weight. Self-control can increase student success.

Martial arts professionals are often guilty of designing training programs that look great on paper, but don't match the amount of energy students are capable or willing to expend. This is partly because students don't always understand what they can realistically take on, and they underestimate the time and energy a martial arts program will require. To improve the success of your students, try to help them maximize their motivation and self-control, while reducing the self-control

required by their martial arts program, by using the following suggestions.

Acknowledge that daily training requires time and energy. People who mentally prepare for the challenge of taking on a program of daily training are better able to summon the self-control required to make their programs work. Rather than telling students that martial arts classes are easy and effortless, prepare them for the work, as well as the rewards. This allows you to teach the higher standards you want without losing students with weak willpower in the early stages of their training.

Let students know they must make their martial arts training a priority. After all, it could someday save their life. Unless people see daily martial arts training as a priority, other commitments will consume their time and energy. Proper martial arts training can not only provide great self-defense techniques, but can also replace their need for any other type of fitness training. I have found that many of the adult men in our program do it mostly for the exercise. That way they avoid

the macho ego attitude at the gym where people look at you funny if you are lifting everything on the rack. Martial arts training allow them to progress at their own speed and the belt rank system allows them to compare their personal progress with their time in training and not against the other students in the room.

Help students make martial arts a habit. Once martial arts training become a habit or enjoyable routine, little self-control is required. Use the force of habit to increase martial arts training success in your students. My Hapkido Grand Master, Yong Ki Song calls martial arts training an addiction to better health and safety. Recommend training early in the day. Research shows that people who do any form of training or exercise first thing in the morning have the best adherence. Their goals have been accomplished before other demands eat up their time and wear away their self-control energy supply. After all, why do you think those millions of people gather in public parks in China to practice Tai Chi early in the morning? Because most of them are too tired from daily work and stress to come back for the lunchtime class!

Increase martial arts self-confidence with daily success. A few words of encouragement go a long way. As students become more confident in their abilities to stick to a long-term martial arts training program, they will try harder to do so when obstacles arise. Start students off with modest demands that they will really accomplish. One of my first students told me after receiving her Black Belt she really had doubts about herself and did not plan to come back after the first class as a white belt. When she received a personal note from me telling her what a great job she did on her first day, she couldn't help but come back. She was really excited to find out the teacher thought she had done well! She kept coming for seven more years.

Help students use training to reduce stress. Just as people can learn to overeat to reduce stress, they can also learn to train to reduce stress. Educate students about the stress-reduction benefits of martial arts training. Martial arts training does three great things: it reduces stress, creates incentives to train and increases self-control energy. Not to mention the

many benefits of a total mind, body and spiritual experience that come from true martial arts training.

Encourage social support. Less self-control is needed when control is supplemented by encouragement from others. Recommend that students get a close friend or family member to join class with them. Help students set up environments and situations that require the least amount of self-control. If students seem uncertain about their class environment, help them feel welcome and at home. Remember, the family that kicks together, sticks together!

## **HARMONIZING BREATH AND MOVEMENT IN KATA**

by

**Ron J. Brookshire Jr.**

We all wander the paths of blindness at times yet there are torches of wisdom all around us to light the way and show us the path before us. For the Christian our guide is the Bible and the life of Christ but many times we only reach a small portion of our potential witness and development for our



Savior because we miss and ignore the means to acquire knowledge. We fail to read the Bible and seldom perform in-depth study which we can apply to our life. In kata there are correct steps to learning also that often we do not follow either. Careful attention and awareness must be maintained in order to truly learn and reach our potential.

The best way to learn is to study the example and path of the Master. In kata, we look at the masters who preformed kata.... they became the kata....their kata was alive. In Christ, He lived his message in His teachings and His actions as a constant example for us. One key to gaining skill is understanding the principles, applying them, visualizing what is occurring and our goal, and using the mind to direct our intent and energy into our efforts or techniques. Skills must be carefully developed and honed over time to attempt to follow the Master's example and to be of benefit.

In kata, there are skills to recover and apply to our training. Incorrect coordination of breath with body movements, causes conflicts to occur that rob us of the true natural power in the kata at various levels of executing techniques (ie. stability, deflecting or redirecting, or striking). In our Christian walk, the example we are showing also affects the effectiveness of our witness.

In Goju, Sanchin claimed to house the knowledge of this coordination and teach basic breathing principles and skills. It can be viewed as a template for teaching a developmental process for all kata. The Bible is our means of finding the information and knowing our Lord just as a kata allows us to gain the knowledge of past teachers.

The skills of kata seem lost today as one enters into the “real time” of a confrontation. Breathing does not necessarily follow the pattern in kata as is commonly taught, but should follow the mind and intention of the one performing it. This is when the kata truly becomes “ours”. The Scripture will also guide us

and as we hide its words in our heart we will also make it “ours”.

There are natural steps which one must follow in performing kata that will fuse the movements and breath to become one with the intent of the practitioner. Constant prayer and study of God’s Word also fuses knowledge and strength in our Savior.

There are four main steps whether it be growing in the Christian walk or the study of kata:

1. Total separation
2. Partial separation
3. Unified separation
4. Total harmonization

Focusing on the kata as an example, Steps 1-3 each have two sides (Yin and yang theory) which is governed by a division between the upper body and the lower body, traditionally representative of Heaven and Earth. The 4th step is the culmination of knowledge of the prior three steps, which

brings about the development of true technique and represents a way to unify our mind, body, spirit and intent through the actions of kata movements.

**Total separation** involves complete separation between the movements of the lower body and the upper body. Breath is coordinated with each individual movement whether it be hand movement or foot movement. In the earth version, foot movements always occur first then the hand movements are performed. In the heaven version, the hand movement occur first then the foot movement is performed. This is the slowest of the 3 steps because breath is performed in both areas with the mind focused on that area only but totally separated from the other. This is similar to the time prior to our trusting Christ in salvation.

**Partial separation** narrows the time between the responses of the lower and the upper body. The earth version has the breath following the footwork only and the hand movements occur immediately after with no breath occurring. The heaven version has the breath to coordinate with the hand

movements and the footwork follows immediately with no breath occurring. One will notice movements starting to combine with in and out breaths but they still remain separated. The mind is still separated and the area focused on in breathing has the power and the other has speed. This is similar to when we are first saved but still dominated in mind by our past lives.

**Unified separation** involves the upper and lower body movements occurring at the same time but breathing is focused on only one area. In the earth version the focus is on the feet and in the heaven version the focus is on the hands. Movements are simultaneous but the breath is only focused on one aspect of the movement. The mind begins to focus on the intent with power and speed and technique begins to truly develop. This is similar to when we are drawing closer to Christ and letting go of our past to serve Him and keep Him as our focus.

During performance of each of these variations (6 total) of doing the kata, certain bunkai applications will become apparent for individual movements based on this focused coordination of breath.

Subtle variations created in timing will be noted at the initial level which can be further enhanced later by slightly altering the breathing pattern. This is known as Altering of Breath Duration. It is an advanced method where timing is further coordinated with breath through this separation of body movement and hand actions (heaven and earth). There are Five variations which are applied to the above steps.

- a) long inhale, long exhale
- b) short inhale, long exhale
- c) long inhale, short exhale
- d) short inhale, short exhale
- e) no breath, just action

\*NOTE\*—(e) can occur with all movement in creating openings or positioning ones self prior to directing of energy with the breath.

Tension and relaxation are important to mention at this point as this helps to achieve proper grounding and proper directional flow of energy in technique. It can follow:

1. breathing ... (in = tension, out = relaxation) or (in = relax, out = tension)
2. stepping... (relax while stepping, tense in stance)
3. sides of body... (tense right side while relaxing left and vice versa)
4. pulling/pushing actions... (pull = tense, push = relax) or (pull = relax, push = tense)
5. inside/outside actions... (inside = tense, outside = relax) or (inside = relax, outside = tense)

This is vital to understanding energy fluctuation and where to place the mind during the action. Sanchin and Tensho are particularly well suited to practicing these aspects although they occur in every kata.

**Total harmonization** is where one becomes free. The focus is no longer attached to either movement (upper or lower body). The mind is able to focus on nothing but the concepts of doing what one envisions in their mind. The breathing harmonizes naturally with the actions of these visions and is no longer bound by either hand or foot and a timing is created that can fluctuate with the will or intention of the individual.

In our Christian life, total harmonization occurs the closer we become to the Lord. The more He is actually our Master the more this becomes evident not only to ourselves but also to others. This only occurs with much dedication and persistence.

**\*\*The key to achieving this knowledge is slow continuous purposeful training with intent in all that is done.”**



This “IS” the true nature of what Sanchin was to teach in this aspect. A template of 6 steps used to free the mind and harmonize breathing, motion, and intent. A spirit where the reflexive animal nature rules controlled by the will of the individual.

It also is a good parallel to the Christian life.

## **STEPS IN LEARNING AND TEACHING IN KATA**

### **BASICS**

#### **Phase 1.0 : Technique and pattern**

1. One must learn the basic movements:

- a) stances to be used during the kata.
- b) hand motions to be used during the kata.
- c) punches, kicks, and other particulars used during the kata.
- d) learn and apply the breathing principles of technique.

2. One must learn the lower body pattern of the kata.

3. One must learn the upper body pattern of the kata.

4. One must learn the pattern of the kata (upper and lower body pattern combined).

## TOTAL SEPARATION

### Phase 2.1 : Earth Version — Breathing pattern # 1

1. One must learn to separate lower body from upper body

2. One must coordinate breath with movement then technique.

3. One must analyze and refine till the correct pattern is obtained and realized.

4. One must progress through the \*four phases: mind, body, spirit, and unity.

## Phase 2.2 : Heaven Version — Breathing pattern # 2

1. One must learn to separate upper body from lower body
2. One must coordinate breath with technique then movement.
3. One must analyze and refine till the correct pattern is obtained and realized.
4. One must progress through the four phases: mind, body, spirit, and unity.

## PARTIAL SEPARATION

### Phase 3.1 : Earth Version — Breathing pattern # 3

1. One must learn to separate lower body from upper body
2. One must coordinate breath with movement then technique.

3. One must analyze and refine till the correct pattern is obtained and realized.

4. One must progress through the four phases: mind, body, spirit, and unity.

### Phase 3.2 : Heaven Version — Breathing pattern # 4

1. One must learn to separate upper body from lower body

2. One must coordinate breath with technique then movement.

3. One must analyze and refine till the correct pattern is obtained and realized.

4. One must progress through the four phases: mind, body, spirit, and unity.

## UNIFIED SEPARATION

### Phase 4.1 : Earth Version — Breathing pattern # 5

1. One must learn to perform and coordinate lower body with upper body.
2. One must coordinate breath with the lower body movement only.
3. One must analyze and refine till the correct pattern is obtained and realized.
4. One must progress through the four phases: mind, body, spirit, and unity.

### Phase 4.2 : Heaven Version — Breathing pattern # 6

1. One must learn to perform and coordinate upper body with lower body.

2. One must coordinate breath with upper body technique only.

3. One must analyze and refine till the correct pattern is obtained and realized.

4. One must progress through the four phases: mind, body, spirit, and unity.

## TOTAL HARMONIZATION

### Phase 5.0 : Personal kata

This stage occurs only after one has developed much understanding into the kata and application of the techniques therein. This occurs when the kata is performed with visualization and intent added. The kata is now yours and your breathing will follow the intent of the actions and perceptions of your mind. Whether in response to a hostile action (defensive) or because a threat has been perceived requiring one to initiate action to protect ones self or others

(offensive), the mind is in control and dictates the responses of the body.

## **\*\*NOTES\*\***

### **FOUR PHASES**

1. Mind—the mind must learn basics and techniques, understand patterns, and apply (put actions together)
2. Body—repetition is applied and physical strength added along with gradually increasing controlled speed
3. Spirit—inner spirit and emotion are added to desire to strengthen the will
4. Unity—everything is pulled back into control and allowed to flow naturally and freely

Often individuals try to separate their Christian life from the martial art, but in truth, they can work together. The difference is that Christ **MUST** come first and be our focus and our martial arts is a means of others seeing His presence in us. If this is not happening then we are not accomplishing much for Christ no matter the morals or lessons we may teach.

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