



# GMAU Journal

Volume 15 Issue 2

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B.M. Page (1986)

## ATTENTION!

Sixth Degree Black Belt Johnny Russell has been appointed to the GMAU Board of Directors. He will be handling the day-to-day operation of the GMAU including books, videos, booklets, certification, and PR.

The new address of the GMAU Headquarters and a bio on Johnny follows:

- GMAU Headquarters  
1619 Park Chase  
Indianapolis Indiana 46229
- Degree in Christian Education and Youth Ministries- Proclaimer Bible Institute
- Pastoral Theology Degree- Heritage University
- Graduate work at the Bob Jones University School of Religion (Master of Divinity)
- Degree in Social Work- Indiana University
- Licensed and Commissioned as a Full-time Pastor by the General Association of Regular Baptist Churches (GARBC), at Prairie Baptist Church, Noblesville, IN
- Ordained as a Pastor- Indianapolis Baptist Tabernacle, Dr. Albert Allee; senior pastor. Sanctioned by the Independent Baptist Fellowship Ordination Council under directorship of Dr.

Employed by the Indiana University - Purdue University at Indianapolis (IUPUI), in the Honors Program. He serves as the Coordinator of The SPAN Division allows academically gifted high school students to begin taking college courses while completing their high school degree.

The GMAU Journal is a quarterly, non-profit publication designed as a channel of communication between GMAU members and other Christian martial artists.

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We encourage outside contribution. If you wish to submit an article or training tip for consideration, please send a DOS diskette or typed/printed copy (ASCII text on DOS diskette or E-MAIL are PREFERRED) along with your phone #, address, and a little bit about yourself to:

**GMAU Newsletter**  
**C/O Larry Phillips**  
**584 Santa Clara Trail**  
**Wellington, FL 33414**

**World Wide Web Site: <http://www.gmau.org>**

<i>Chairman</i>	Dr. Kent Haralson	<a href="mailto:kharalson@gmau.org">kharalson@gmau.org</a>
<i>Editor in Chief</i>	Larry Phillips	<a href="mailto:editor@gmau.org">editor@gmau.org</a>
<i>Production Editor</i>	Scott Hoffer	<a href="mailto:scotth@gmau.org">scotth@gmau.org</a>

For more information about the GMAU or schools in your area, contact your regional representative:

<u>Region</u>	<u>Contact</u>	<u>E-mail</u>
Southwest U.S.		Keith D. Yates
Midwest U.S.	Scott D. Hoffer	<a href="mailto:scotth@gmau.org">scotth@gmau.org</a>

Mideast U.S.	Johnny R. Russell	jrrussel@iupui.edu
Florida & Georgia	Larry Phillips	philipswpb@aol.com
Northeast U.S.	Stephen W. Jones	sugarridgevt@juno.com
Eastern U.S.	C. Scott Gilbert	cscottg@juno.com
Southcentral U.S.	John A. Eidsmoe	eidsmoeja@juno.com
North Pacific Rim	John R. Himes	yohane@eolas-net.ne.jp
South Pacific Rim	Chris Foley	chris@foleytruscott.com.au
South America	Phil Lewis	lewisline@baydeibc.com.br

pure sounds of nature to be packaged for our listening pleasure at home. They discovered, after they began recording, that the greatest challenge to their effort was to escape the sounds of cars, plans, and machines. Like the annoying buzz of a mosquito, manmade mechanical sounds kept intruding, no matter how seemingly remote the location. If you have purchased a copy of the Seigi Bushido Ryu tape of our official kata, you know what I mean. While we chose a secluded area on the campus of the church to record that video, in the background is the incessant noise of a chain saw and an occasional plane on a landing pattern to the airport.

## A Meal for the Mind

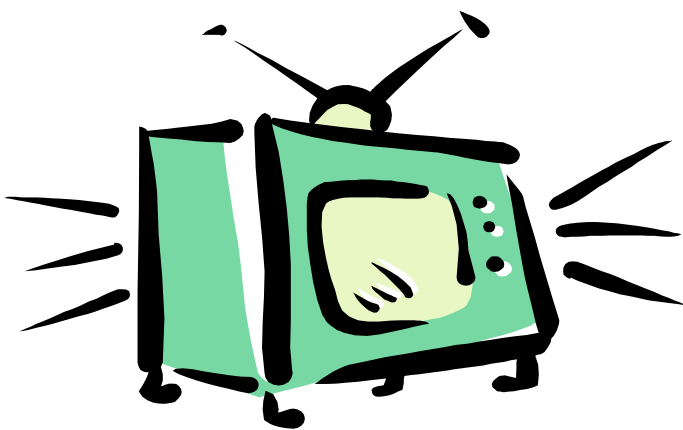


*Quiet Please!!! Its Good for the Sensei*

**By Dr. Kent Haralson**

If you were to wake up and find yourself living in 1000 AD, you would be shocked by the many differences in life. For example, the quiet would be deafening! No cars or trucks. No tractors. No planes or trains. No radios or TVs. Just the quiet of small villages, interrupted occasionally by the sounds of birds, animals, and people noises. Sound idyllic? By 2001 AD standards, it certainly is!

Most of us are more conditioned to such noise than we realize. The TV is on whether we are watching it or not. We get in the car or without thinking, immediately turn on the radio. We prefer background music while we study, eat, talk, and work. We tune out the unwanted noise of trains and traffic. Yet, we may have lost more than we realize with the constant barrage of noise and press of schedule that packs our days so full. When going through a training exercise for the Order of the Arrow Vigil Honor (a Boy Scout service fellowship), I once experienced a twenty-four-hour period without speaking to anyone or listening to the radio or TV. Just God and I, in the middle of the wilderness overlooking a serene northern Wisconsin lake. It was far harder than I thought it would be --- but quite instructive!



Today, noise is, by contrast, ubiquitous and incessant. I have several CD's that I use to relax by at home. One is pure sounds of the sea, another is of the loon, and then there is one of a forest. Recently, a company recorded the

We need space, margins, and downtime. Peace and tranquility are important to health and wholeness. We need some quiet time to rest and think - also to meditate and pray, a time to be still before the sovereign God (Ps. 46:10). It makes one wonder whatever happened to the

expression "quiet time." It is seldom heard now, perhaps because it is so incongruous in this culture, but there was a day when it meant time spent in prayer as well as reading and meditating on the Scriptures.

You may recall that young King Solomon, the crown resting on his head, needed time at Gibeon to get away from the press and communicate with God. He realized that what he needed most was a listening heart and that was what he prayed for.

Why not resolve to create some quiet time for yourself - to wait on the Lord and to meditate on His Word? You may find more refreshment and direction than you expect. What can be more helpful than being sufficiently quiet to hear what God has to say to you? Select a time and place that suit you best for prayer, reflection, and meditation - then begin. Make it a daily habit. You'll be glad you did.

About the Author: Dr. Haralson is a 9<sup>th</sup> degree black belt in Seigi Bushido Ryu and serves as the Chairman of the Board for the GMAU. He is also its cofounder. He currently pastors Emmanuel Baptist Church in Lewistown, MT and is the Sifu for the Master's Warriors, an outreach of the church.

## ***Controversial Exercises***

### *Train Smart In The Heat*

**By Keith Yates**

Many schools run karate camps outside. Some instructors take their classes outside on runs before a promotional examination or even just as a part of class. You need to know about the dangers of heat stroke and dehydration because they can happen practically anywhere people are working up a sweat. Just like running a car when the water has boiled out of the radiator can lead to a mechanical breakdown, so can running your body on not enough

fluid.

Loss of fluids (dehydration) and important blood salts like potassium and sodium can cause problems like heat cramps, heat exhaustion's, and even heat stroke. Heat cramps are muscle contractions, often in the lower legs and hamstrings, brought on by dehydration and exacerbated by poor conditioning. Massaging or stretching the muscles along with fluid replenishment will help. Heat exhaustion can be recognized by signs such as paleness, dizziness, rapid and shallow breathing, dry mouth and thirst, nausea, and vomiting. There may be an accompanying fever. Fatigue, headache and disorientation are also signs of heat exhaustion.

Students should get frequent water breaks during tough and hot workouts, even if they don't feel that thirsty. Water or sport drinks are preferred. Do not take salt tablets. Heat stroke can be fatal. Internal organs can shut down with damaging results. Cool the person immediately with ice water or wet towels and seek medical attention. Get them out of the sun, sit them down, elevate the legs, drink water but take action immediately.

Working up a good sweat may feel good but it can be deadly. Make sure you understand and can recognize the dangers.

About the author: Keith D. Yates is a 9th Degree Black Belt in Tae Kwon Do, the President of A-Ka-To, as well as the Southwestern U.S. regional GMAU representative, and a former Adjunct Professor of Physical Education at SMU in Dallas, Texas. He can be contacted at: [Keith\\_Yates@dts.edu](mailto:Keith_Yates@dts.edu)



## **GMAU Event Calendar**

### **- March 2001 -**

- 14<sup>th</sup> Annual West Palm Beach Regional Clinic: West Palm Beach, FL, March 2 & 3. Contact Larry Phillips at: [philipswpbdoc@aol.com](mailto:philipswpbdoc@aol.com)

### **- May 2001 -**

- 3<sup>rd</sup> Annual Rocky Mountain Martial Arts Clinic: Lewistown, MT, May 19 & 20. Contact Dr. Haralson at [haralson@lewistown.net](mailto:haralson@lewistown.net), or write to 129 Sunset St., Lewistown, MT 59457

### **- July 2001-**

- 11<sup>st</sup> Annual Pacific Rim North Regional Clinic: Japan, July 10 & 12 (Weds. - Fri.) Contact John R. Himes at: [yohane@eolas-net.ne.jp](mailto:yohane@eolas-net.ne.jp)

### **- July 2001-**

- 6th Annual Northeastern Regional Martial Arts Clinic - July 27<sup>th</sup> & 28<sup>th</sup> St. Johnsbury, Vermont Contact: Dwight Keafer - [VTKey4@Juno.com](mailto:VTKey4@Juno.com) or write to 1139 Parker Rd, Danville, VT

## **A Sure Foundation**

Russell By Johnny

Greetings Gentle Warriors of the Cross:

"For other foundation can no man lay than that which is laid, which is Jesus Christ" (1 Corinthians 3:11).

Our system of martial arts emphasizes balance, control and power through Dachi (stances) and Fudo (rooted-ness) resulting in a solid, sure foundation. Balance, control and power are all obtained only after a solid foundation is established.

- STABILITY is one's degree of EQUILIBRIUM.
- STABILITY is inversely proportional to the distance of the body's CENTER OF GRAVITY above the base (the closer one's Center of Gravity is to the base of support).
- The CENTER of GRAVITY of an object must fall within the boundaries of its base of support for EQUILIBRIUM to exist.
- STABILITY is directly proportional to the AREA of the base upon which a body rests. Increase in area at the base increases stability.
- STABILITY is directly proportional to one's body weight. All other factors being equal, a heavier person is more stable than a lighter person.

In the martial arts, rooting makes the stance strong and the foundation sure and solid. Being rooted and founded upon the Word of God, makes life, ministry, and eternity solid and firm. We are no more secure than the foundation on which our lives are built. All of us realize the importance of a solid foundation for any kind of structure. Jesus referred to its significance in Luke 6:47,48: "Whosoever cometh to me, and heareth my sayings, and doeth them, I will show you to whom he is like: He is like a man who built a house, and dug deep, and laid the foundation on a rock; and when a flood arose, the stream beat vehemently upon that house, and could not shake it; for it was founded upon a rock."

Over the years I have trained and ministered to countless numbers of karate-ka. I have seen some who have faced impossible opposition and unbelievable odds in their path, and yet they persevered. On the other hand I have seen many who, although they possessed tremendous natural ability and talent, floundered and turned back--some physically and others mentally and emotionally while giving the appearance of going on ultimately burned-out.

One's perseverance in life and ministry has to do with the foundations upon which one's faith is built. The foundations of faith that have been built into his life immediately and ultimately determine his persistence in faithful living. Paul admonished the Colossians: 'As ye have, therefore, received Christ Jesus the Lord, so walk ye in him, Rooted and built up in him, and established in the faith, as ye have been taught, abounding with thanksgiving.; Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ'

(Colossians 2:6-8). It is exceedingly important that new converts be established in the faith through solid discipleship. Our mission as Christian warriors must be to build and develop people, not great martial arts programs. Foundationally solid believers will form great ministries. Our Lord gave gifted men to the church--apostles, prophets, evangelists and pastor/teachers--to equip the saints, to build them up in the faith and the knowledge of the Son of God until they are mature in the faith. With maturity they will not be tossed around and carried about by every wind of doctrine that blows (Ephesians 4:11-16) but will be consistently powerful in their walk. Every believer should reach for maturity to the extent that he can help others to do the same thing: 'The things that thou hast heard from me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also' (2 Timothy 2:2). Truth is imbibed in the new convert like knowledge is imbibed with the mother's milk. Our primary concern should be how we model the Christian life before young believers. Paul has much to say about the issue of Christian example in his writings. People learn as much or more through observation than they do in what they hear. Research studies prove up to 80% of acquired knowledge is done through observation.

What Paul said in Philippians 4:9 seems to be the height of egotism but actually our walk should be so committed and consistent that what he said could be our testimony: "Those things which ye have both learned, and received, and heard, and seen in me, do, and the God of peace shall be with you." Paul could make such a statement because he could also say with absolute certainty: "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" (2 Timothy 1:12b). Because of Paul's certainty he could confidently say: "Hold fast the form of sound words, which thou hast heard of me, in faith and love which is in Christ Jesus" (2 Timothy 1:13). Solid foundations are not built out of philosophy, vain deceit, traditions or the rudiments of the world (Colossians 2:8). They are built out of godly living and sound words. The two go hand in hand. Jesus challenged the disciples in John 14:10,11 to verify His Word by His Works. Sound words produce sound actions both of which, in turn, flow out from and result in a solid foundation. Paul instructed young Timothy: "All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness. That the man of God may be perfect, thoroughly furnished unto all good works" (2 Timothy 3:16,17). I recently read the following truism on the sign board of a church: "A man who has a Bible that is falling apart has a life that is not!" Make certain your feet are planted firmly on the Solid Rock of Ages! WITH A BLACK HEART AND EVIL INTENT SATAN DEvised THE ULTIMATE SET-UP, WITH TRUST IN GOD AND FEET FIRMLY PLANTED ON THE SOLID ROCK, FAITH CONCEDED ONLY TO A TEMPORARY SET-BACK, IN THE END ALL WAS UTILIZED FOR GOD'S GLORY AND A DIVINELY ORCHESTRATED COME-BACK!

Peace,  
Shidoshi Russell

About the author: Johnny Russell is a member of the GMAU Board of Directors, and the GMAU representative for the Mideastern U.S. He also heads the Christian Martial Arts Fellowship dojos in Indiana. He holds a 6<sup>th</sup> degree black belt.

## Recent GMAU Promotions



### Rank Awards:

John Himes	<i>Ni Dan</i>	Hokkaido, Japan
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## Lessons From History

by Larry W. Phillips

Well, we are starting a new year, a new thousand year on the calendar, if you will. The warriors of ancient Japan lived each day as if it was their last, (because it might well have been their last day alive.) There is a great lesson here. New year, new start, a chance to live each day as if it were our last. A few years ago the movie "Dead Poets Society" resurrected an obscure Latin phrase that most of us had forgotten: Carpe Diem. It means "Seize the Day". It is an exhortation to live life to the fullest, getting the most out of each individual day. Paul tells us in Philippians 3:7-14 "...all is loss for Christ" and we should have our priorities straight, to "press on to take hold ..." to "press on towards the goal ...in Christ

Jesus". Seize the new year, not by making promises no one will keep, but in seizing the day, pressing on, taking hold and living each day as if it were our last in this life. Do it and it will change your life.

### ***1st Annual Australian Clinic Report***

The GMAU was pleased to sponsor its first overseas clinic October 14, 2000. It was hosted by Soke Chris Foley, who is the Pacific Rim - South Regional Representative. Chris is the founder and 4th degree black belt in the Ishi-Ryoku Jutsu system. His club hosted the clinic in Maryborough, QLD, Australia. Instructors for the clinic were: Master Instructor Brierley Bailey, a 5th Degree master in Jujitsu. Brierley is the director of the Australian Jujitsu Association and a recipient of the Order of Australia Medal (comparable to the Congressional Medal of Honor in the USA). This 30+ year martial arts veteran was not only a very skilled instructor but also was a real gentleman and added much to the tenor and content of the weekend. He was joined by Scott Hoffer of Afton, Minnesota (President of the GMAU), Sifu John Himes, Soke Foley and myself. John is a kung fu practitioner with nearly 30 years of experience. He has been a missionary and church planter with Baptist World Mission (BWM) in Japan for nearly 20 years.

Maryborough is a town of 24,000 located about three hours drive north of Brisbane on the Sunshine Coast of Queensland. Soke Foley treated several of the instructors to a boat ride along the historic Mary River on Friday to acclimate the "foreigners" to the locale. This also gave us a

chance to get accustomed to some of the language differences and experience the beauty of this country down-under. I'll probably still call the facilities a restroom, and spell it defense and center (rather than defense and center), but it was nice to know that Crocodile Dundee does not give a valid representation of what Australia is like (just as John Wayne, Rikki Lake and Jerry Springer do not represent what the States are like).

There were 11 workshops for the 20+ students throughout Saturday. The evening of the 14th, there was a banquet, special speaker and demonstration of skills. Sifu John Himes gave a very powerful presentation based on John 14:6 regarding the authenticity, the reality and the integrity of Christ's claims. He wove fascinating stories of his own rich martial arts background into a presentation of Christ's claims as Him being the Way, the Truth and the Life. This was followed by a demonstration of skills by the local students, and the assemble instructors. John Himes will most likely become a local legend with his special breathing and ki power demonstration.

The instructors attended Grace Community Church in Tiaro on Sunday, where I was privileged to preach. This is a church that Chris Foley planted last February. It is running near 90 on a consistent basis now which is a real testimony to our Lord Jesus Christ (there were 107 present on Oct. 15). Chris is a bivocational pastor with a real love for the Lord and reaching the lost for Christ. Several Baptist pastors who are on the GMAU board of Governors and regional representatives served on Chris' ordination counsel about two years ago and it is exciting to see how the Lord is use he and his family in this new church.

We greatly appreciate the graciousness of the Foley family for personally hosting the three overseas instructors and their wives and for the wonderful time they showed them during their stay in Australia.

### **..DOJO & EVANGELISTS UPDATE..**

**Mail from GMAU schools and evangelists.**

#### **Dynamic Martial Arts - Fort Collins CO**

Dynamic Martial Arts, led by Dr. Kendra Killpatrick in Fort Collins, CO has been growing steadily. Class averages 10 - 12 students with 14 or so "on the rolls" In December, there will be a student testing for green belt, and several other testings for lower belts. This school began in January of this year and God has truly blessed us with (among other things) growth and dedicated students.

#### **The Valour School of Self Defense - Delray Beach, Florida**

On September 16, students from the Valour School of Self Defense participated in the semi-annual forms tournament hosted by Sensei's Larry Phillips and Orville Osbourne of the Gospel Karate Team of Berean Baptist Church in West Palm Beach, Florida. On October 7, Valour School students participated in a full, secular tournament hosted by Shihan Rick Ross. Student Fred Basil, Jr. placed 2 ND in Men's Black Belt Kumite, and student Cal Gill earned a double 1 St place in Yellow Belt Kata and Kumite. On October 29, 2000 students from the school gave a demonstration at the West Park Baptist Church. This demonstration was part of the church's annual King's Kids Kandy Krusade which is offered as an alternative to Halloween celebrations. Young people come for a dress-up contest centered on Bible themes and characters, a game

time and, of course, candy! The demonstration was given in conjunction with an evangelistic message. Two of the students who participated in the demonstration responded to the invitation and were led to a saving knowledge of Jesus Christ. In October and November the class continued their fundraising efforts for the anticipated trip to the GMAU clinic in Japan next July. On November 4 & 5 the students gave demonstrations at the second annual Delray Beach Garlic Festival. This not only gave the students the opportunity to show the art of Kung Fu but they were also able to quote Scripture and illustrate Biblical truths at this otherwise secular event. The Valour School of Self Defense is a cooperative ministry of the West Park Baptist Church and Men of Valour Ministries, Inc. The school is under the direction of Dr. Michael L. McClure. Recent Rank Promotions are, Joel Ellis, 10th level white sash, Jakeem Ellis, 10th level white sash, Cal Gill, 7th level gold sash, Jonathan Lee, Johnson 7th level gold sash, Harvey Lee, Johnson 7th level gold sash, Anthony Lee Johnson, 7th level gold sash, Christopher Lewis Cooper, 6th level green sash

#### **Kido'Kyo Mu Sul - Anniston, AL**

Brant Bishop promoted to 4th Dan in November. 53 students received gup/kyu rank promotions in December. KiDo'Kyo National Organization begun in India with six Black Belts (devout Christians), five branch schools and over 200 students enrolled. Plans underway for national tournaments and camps in which the gospel will be presented. Headquartered in Mizoram, a predominantly Christian state in India. Accelerated Black Belt training camps and instructor certification seminars being planned for January and February in Alabama and Tennessee.



**EBT Self-Defense - SD**

Empire Baptist Temple of Sioux Falls, South Dakota has a second martial arts ministry. Undersoke, Jim Sickmeyer (fifth Dan), recently started a self-defense ministry with five students at Worthington Baptist Temple, a new church in Worthington, Minnesota, out of Empire Baptist Temple. One of the prominent members of this new church is Worthington's Chief of Police. The Sickmeyers had the privilege of leading the whole family to the Lord, in like fashion as did Paul and Silas with the keeper of the prison at Philippi (Acts 16). In verse 30, The keeper asked "Sirs, what must I do to be saved?". To which, they answered "Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house." Well, after the Chief of Police believed (and was born again), so did his wife and children, one by one. Hallelujah!!! Also, Pastor Chester Mulligan, from Indiana came to South Dakota to see EBT Self Defense in action and begin a Karate team with Soke Tottingham's help. Pastor Mulligan has been studying Soke Tottingham's style to make this happen.

**Christian Karate Plus - VT**

The Lord continues to bless Christian Karate Plus, integrating it into the life of the church and giving us outreach into the community. We minister via martial arts at two local churches, Union Baptist Church in St. Johnsbury and Websterville Baptist Church in Websterville. We continue to receive requests for self defense classes, which are the initial lessons in our program. These are given either on Friday afternoons from 4:30 PM - 6:15 PM or on two consecutive Saturdays from 9 AM - 11 AM. We find the Saturday sessions work the best and currently have classes scheduled for Jan 20 and 27th. We emphasize

the Scriptural basis of our self-defense philosophy and lay the groundwork for the Kyun Do Ryu system.

Our students are a continual encouragement to us in their progress and spiritual growth. Some of our students underwent a growth experience when they competed in a tournament at Jericho, VT on Sept. 9th. Another growth experience is testing for the next belt level, which occurs once a month for eligible students. Some of our students encountered yet another growth experience as they took part in a mini-demo for a Harvest Celebration (Halloween alternative) at Union Baptist Church. With the hard work and discipline there is also time for enjoyment and relaxation. On September 15th, we ended class early and then went to the Keafers for a bonfire. We roasted hot-dogs and marshmallows and had a time of good fellowship. Then on November 3rd, Websterville students joined the St. Johnsbury students with Sensei Jones teaching both schools. Everyone had a great time of sparring! After class we ate cake and ice cream and gave Sensei Jones a gift of money to assist him in his trip to Japan for the 2001 GMAU Clinic. On December 8th we combined schools again for our Christmas celebration, which featured pizza, games and a chalk talk by a former student. We had an opportunity for outreach on December 31st, when we once again put on a demonstration as part of the community's First Night activities held in St. Johnsbury. Coming up is the 6th Annual Northeastern Regional Martial Arts Clinic: St. Johnsbury, VT, July 27th & 28th. Contact Dwight Keafer at 1139 Parker Rd, Danville, VT; (802) 748-3844, VTKey4@Juno.com

**The Master's Warriors Club - Lewistown, MT**

The Master's Warriors Club of Emmanuel Baptist Church reports a

registration of 34 students in their classes. In the past quarter, we have had another three students come to know the Lord as their own personal Lord and Savior. We have also had the joy of baptizing one of our students and receiving them into membership of the church which sponsored our team. In the past quarter, the devotional teaching time has focused upon teaching and training our students in the marks of a Christian warrior from 2 Tim. 2:1-4. We have experienced the joy of having several new students start attending the class in the past 3 months. While we still see only about ½ of them staying with the ministry to the white belt level, new students are still invigorating. Recent promotions in the class include: White Belt - Adrienne Fordyce, Bev Goold, Chris Lammi, Chris Weisenburg, Russ/Kari/Sidnee Young, Ethan Walthebaugh, Ted Hair and Austin Butcher; Yellow Belt-Logan Buthcer, Don and Vincent Annable; Yellow Belt with a green tip- Sara Hair; Green Belt-Johannah Isackson and Kamron Fordyce; Purple Belt.- Janislynn Isackson

#### **The Christian Martial Arts Academy - Olivehurst CA**

Grace and Peace from Sunny California. The Christian Martial Arts Academy of First Baptist Church of Olivehurst held our first promotion cycle on November 20. Col. Roy J. Hobbs - Judan Hanshi of Seidokan Karate Kobudo and Pastor Miguel Jurna were the examiners. Promoted to 5th kyu: Sylvester to 7th Kyu: Ricky and Russ Buffalo. This year the CMAA has led to the LORD a total of four students. It is our sincere wish and prayer that you look into your congregations and teach your folks the meaning of true thanksgiving. It starts with the Lord Jesus Christ and His finish work at Calvary. Christmas is around the corner and we celebrate it with just too much

commercialism, but are you thankful for why he was born of a virgin or why he became flesh and dwelt among us? It was for the sole purpose of dying on a cruel cross, to have our sin placed on him as he became our substitution in death to give us victory over it. The greatest way of showing your thankfulness is leading a lost soul to Jesus Christ today! Let's get busy and be thankful!

#### **Christian Martial Arts Fellowship - Indianapolis IN**

Bring a Buddy Night held on November 16th, was one of this years most exciting events in the Christian Martial Arts Fellowship! We had over 140 children in the Junior Karate Program, 16 Team Coaches/Apprentices, 11 adult Karate students, and 12 Kaerobics students for a total of 179. PLUS, an estimated 75 spectators (parents, friends, and others) brought the total to just over 250. The night began with a presentation to Kyoshi George Brich, our very special guest from St. Louis, Missouri on behalf of the late Grandmaster John Pachivas. As many of you know, while Grandmaster Pachivas was here for our "Meeting of the Masters" clinic last year he asked me to hold a promotion certificate he had filled out and signed for Kyoshi Brich. Hanshi Pachivas' instructions were that when he himself died, Kyoshi Brich would be presented with the Kudan-9th degree (in Tuite Ju Jutsu and Pankration) certificate, given the title of Hanshi, and named the heir to the Pachivas Pankration. It was a touching moment, and I felt very honored to make the presentation on behalf of Grandmaster Pachivas. As a point of history, Mr. Brich and Mr. Pachivas had known each other since they were teenagers living in St. Louis (Pachivas was 12 and Brich was 19). Both were training at the YMCA; Pachivas in Golden Gloves Boxing and Brich in Olympic

Team-Rowing. For over 60 years they trained, labored, and fellowshiped together in the martial arts. The night continued with several events:

- Bo Jutsu Street Fight Demo
- Judo Demo
- Ancient Kata demonstration
- Several of our Junior Program students then took center stage to perform Synchronized Kata and did a fantastic job.
- Point Kumite Competition
- A Tuite Grappling competition
- Board/Concrete Breaking Demo
- And finally a Sword Demonstration.

We ended the evening with a powerful salvation message. My many thanks to all who made the event so special and especially to our students who worked so hard to bring many of their unsaved/unchurched friends to hear the Gospel. I forgot to mention that in promoting the event I agreed to have my head SHAVED if over 100 students were in attendance in the Junior Program. We had 146...

#### **Gospel Karate Team - West Palm Bch. Fl.**

On Saturday September 16 we held the Semi-Annual Forms Tournament at Berean Baptist Church. We had three schools represented with as many styles. We had three earn a metal; Alcadio Rincon, Cal Gill Jr., and Erin Askew. We saw two excel to the trophy level and they are; Jesse Hernandez and Amanda McClure. Congratulations to all who participated. We could not put on this Tournament without the help of the Judges; Pastor McClure, Frank Garguilo, Ray Askew, Jim Hernandez and Erin Askew. The score keepers who kept us on schedule were: Kesia Wallace, Melissa Osbourne, Janny Phillips, and Kathy Phillips. Our thanks to the judges and scorekeepers. A special thanks to the organizer, Orville Osbourne. Our next forms

tournament will be next January. On 9/21/00, the following students earned a new belt: Joel McGill a dbl. Purple Tip, Roxanne Daniel's a Green Belt, and Sarah Kelly a White Belt. In November, Andy Fuller earned his White Belt, Jimmy Adler earned his Yellow Belt, and Justin Goodwin earned his Green Belt. Congratulations to each student. On November 2, Phil Lewis, Pastor, Missionary, and holder of several Black Belts, held a special mini seminar at Berean during the regular class period. It was open to the public and admission was free. Class is each Thursday 6:30pm until 8:30pm in the Fellowship Hall. Elementary class is each Thursday 3:30pm until 5:00pm. For more information contact Larry Phillips, e-mail: philipswpb@aol.com

#### **Genoa, Nevada**

We have a fun outreach opportunity coming up that other member dojos may want to look into doing. Our local Sheriff's department has to recertify all its' deputies each year in defensive tactics. I know several members of the department and offered to let them use our facilities for the training as our facility is much larger than the training room at the station. So, over the next 4 weeks, 100+ deputies will be spending 16 hours in our school. We will have materials on all the various outreach and support programs the church offers, so it provides a nice opportunity to introduce these folks to our church. I also expect to gain a few students. A little news about this last month's activities. Our local chapter of ATAMA (American Teachers Association of Martial Arts) hosted the national convention here in Reno. About 100 folks attended the 2 days of clinics and Dr. Stanford McNeal (10th Dan, Kifaru Jitsu) did a chapel service that knocked our socks off! We had about 30 in the

service and we were all inspired with the Spirit of the Lord. Later in the day Dr. McNeal did an informal "Come to Jesus" meeting with about 10 folks, mostly teens. Praise God for these wonderful opportunities to share the Gospel. Remember, this was not a Christian event (but there were a bunch of Christians there). My old instructor, Rich Arioto of Los Gatos California, was promoted to 7th Dan under the signature of Rick Alemany and Dave Hebler, two of the great ones from the Parker system. It was nice to see him honored after 32 years of active teaching. I was voted in to serve as a National Board member for ATAMA at the national convention and we're hoping to see some good growth in the coming year. There are now 5 fellow believers on the national board and I see that we can influence, positively, the direction of the organization. I encourage all fellow GMAU members to be involved with other martial arts organizations as it gives us opportunities to be "salt" and opens doors to share the Gospel. - Kevin Schaller

leukemia, and the whole nation of Japan mourned the passing of a Swiss kickboxer who had somehow stolen their hearts. He was one of the best in his field, the winner of many titles, including the 1996 K-1 Grand Prix. He was a regular on Japanese variety shows on TV. But more than that, Andy was a class act. He was polite, respectful and kind outside the ring but tough and professional inside it. I have even heard that he had a deep faith in God.

Japan often idolizes martial artists, just as the country did with Andy. Masutatsu Oyama, the founder of Kyokushinkai Karate, had the nickname "Divine Hand." Olympic Judo players are often among the most popular athletes in Japan. Some of the best known faces in Japan are those of Ozumo, or Grand Sumo (the name for the highest professional level) wrestlers.

In the 1990's, two brothers whose father was also a sumo wrestler rose to Yokozuna (Grand Champion), the highest rank in professional sumo. However, martial arts fame is fleeting. Wakahanada, the younger of the sumo brothers, has already had to retire from the ring in his late 20's because of health problems. His younger brother, Takahanada, is still a Grand Champion, but has not won a tournament in many months. If he starts to have losing records he, too, will have to retire in his late 20's to preserve his honor. A sumo grand champion has the only rank from which he cannot be demoted, but he must never have a losing record!



**THE VIEW  
FROM MT. FUJI**

*The Death Of Andy Hug*

by **John R.  
Himes**

Andy Hug is dead at the age of 35. He died in a Tokyo Hospital of

The other day I was talking to Mr. Mukoyama, who is now coming to our English service on Sunday evenings. Mr. Mukoyama is a junior high English teacher and a 5<sup>th</sup> degree black belt in Judo who runs

the school Judo club. We exchanged memories of former British Judo great Brian Adams. I had admired him on TV during the Olympics many years ago, and Mr. Mukoyama had trained in Britain and stayed with Brian Adam's best friend. But fame is fleeting. How many now know the name of Brian Adams?

As Christian martial artists, we must decide what our martial art means to us and what we will use it for. Some will be selfish, looking for honor and fame. They'll build and fill a trophy shelf. They'll start their own style with the sole purpose of being called "Soke." They'll delight in being called "Master," and wonder if everyone admires and respects them.

Others will have unselfish aims. They will love to teach and enjoy seeing the progress of their students. They'll delight to see children learn character traits through the martial arts: self-control, patience, respect. They will be relieved and pleased to hear of a student who was actually able to defend himself in a dangerous situation.

None of this should be enough, though. My question is: have you ever used your martial art for Jesus Christ? As Christ said, "I must work the works of him that sent me, while it is day: the night cometh, when no man can work." (John 9:4) How will your belt ranks stand up in the light of eternity? Will you someday hear Christ say, "Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord." (Matt. 25:21)

Serve Christ with your martial art. Put on evangelistic demonstrations. Witness and give out tracts at tournaments. Write

your own tract aimed at martial artists, like karate evangelist Mike Crain did ("How Good is your Self Defense?"). Offer to teach the martial arts at Christian schools or to home schooling groups. Put a spiritual element into your teaching with verses for memorization and Christian service requirements. And remember, "Only one life, 'twill soon be past. Only what's done for Christ will last."

About the author: John Himes is the GMAU Regional Representative for the Pacific Rim and currently serving as a missionary in Japan. He holds a black belt in Kung Fu.
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## **"What Is Your Demo Team About?"**

**by Michael L.  
McClure**

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." I Corinthians 10:31

Martial arts demonstrations have always been interesting to me. Recently, our class was asked to give a pair of demonstrations at a secular and very public venue. When we arrived, we learned that we were not the only school giving a demonstration there. While our group was being introduced the "Mistress of Ceremonies" encouraged people to "stick around" because the other group was comprised of "World Champions" and that they would put on a "world class" show. Despite the fact that the timing of this announcement made it come across to my students something like: "These guys are OK but if you want to see the REALLY GOOD martial artists, you'll have to wait until later". We decided to stay and see what these "world class" performers were like. Now if you are waiting for me to say that we really put them to shame you are going to be disappointed. The truth is that

they really were quite good at what they did. There are only two negative observations about that team that I would like to share with the reader. My purpose in sharing these negatives is not to say that this team was not good. It is rather to provoke the reader to thought. The two negatives are:

1. Their program consisted of Kata and nothing else. They did Kata after Kata (most of them to loud, raucous music which is very popular today but, I think, takes away from the true purpose of form) but that was it. While the forms were very well done, a complete martial arts demonstration should include more than one aspect of the arts. If one is going to demonstrate his or her art to the public, it should be remembered that the public is not a team of judges at a tournament and may not understand Kata, Kuen, Hyung or form.

2. The only message conveyed by the performance seemed to be: "Look how well we do kata!" Let me emphasize, again, they DID kata VERY WELL! There is, of course, one thought that should be considered here: Whatever you do well should be the main part of your program. But I believe that there should be a greater message to your demonstration than "Look what we do well".

My purpose in all of this is not to criticize the other group. It is rather to help the reader think through the idea of demonstrations. With that in mind, please allow me to share some thoughts.

What is the purpose of your demonstration? Is it:

a) To show what you know and what students under you can learn?

- b) To demonstrate your particular mastery of certain techniques?
- c) To promote your school and recruit students?
- d) To simply entertain your audience?
- e) To hope some movie scout is watching and will realize that Bruce, Sammo, Jackie, Jet and all the others were just forerunners of the one who will truly be the greatest martial arts legend of all time?
- f) To sell your latest videos, books, T-shirts etc.?
- g) To communicate a message?

Opinions will naturally vary, but all of the above (with the possible exception of "e") are legitimate reasons for giving a demonstration. However, I believe the last one is the best. We should live on purpose. Therefore everything we do, including and perhaps especially our martial arts, should have purpose (see I Cor. 10:31, above). We should use our martial arts as a medium of communication. When we are teaching in our classes we should seek to communicate truth through the arts. Technical truths will, of course, be communicated. But we should go beyond this and give the student spiritual truths. Recently I took Psalm 18:31-36 and built my entire lesson for the night around the teachings in these verses. In these verses we find emphasis on stance, balance, strength development, gentleness and faith. Rather than expound this passage here, I think it better to allow the reader to build his or her own lesson on these verses. The point is that teaching the martial arts is only a tool for giving the student truth for life. Our demonstrations should do the same thing. Again, opinions will vary on this, but please allow me to share some of mine on what makes a good, Christian martial arts demonstration. I have been involved

in demonstrations since somewhere around 1974. I have seen many things and done many things in demonstrations. I have seen successes and failures. I have had successes and failures. In all of this I have learned a few lessons:

1. While our approach to demonstrations may vary, our purpose should always be to "do all to the glory of God." My earliest experience in participating in martial arts demonstrations was to use them as an evangelistic tool. The demonstration was a means to draw a crowd or to gain an ear so that the gospel of Jesus Christ might be preached. While I have seen more gospel demonstrations than I could count (living in Palm Beach County doesn't help me here) I have never seen any one give better ones than Mike Crain. A year ago, after a demonstration, someone said to me: "You remind me of Mike Crain in your demonstration." I took that as a compliment. Yet for all of that my approach to demonstrations is somewhat different than that of Evangelist/Sifu Crain. He, generally, gives his demonstration and then preaches his sermon. I, on the other hand, choose to make the sermon and the demonstration one. That is to say that I use the martial arts to illustrate my sermon. While these two approaches are different, the purpose is the same. We are out to communicate the gospel and other Bible truths to our audience. Any other purpose must be relegated to the "back burner".

2. The demonstration should, as a general rule, only communicate

one overriding truth. That is to say that if the main purpose is to present the gospel, then we should do that and not confuse our audience by trying to include other messages, valid as they may be. A gospel demonstration, for example, should not include the gospel AND a message on taking a strong stand as a Christian or learning more about spiritual growth. While each of these needs to be communicated, it is difficult (not impossible) to have a primarily evangelistic demonstration and, at the same time, effectively communicate another Biblical teaching. Having said this, however, I do understand that it is not only possible but appropriate to include an explanation of the gospel at the end of a "Christian life or Christian growth" message. I am not saying that one cannot preach to Christians and the lost in the same message. What I am saying is that the major emphasis should be one or the other.

3. The demonstration should be done well. Earlier on I said that one should show what one does well. If breaking is your forte' then use that. If you have beautiful high kicks, show them. If you are a weapons expert then use weapons. If self defense techniques or "one-steps" are where you look good, use that. Don't, however, go into a demonstration with the idea of impressing people so that they say: "Wow! look at what he (or she) did!" The problem with this is that no matter how well you do it (and you may be excellent) there is someone

else who can do as well or better. The better idea is to use your best demonstration to communicate God's truth.

4. Bathe your demonstration in prayer. Ask the Lord to use you and your demonstration to communicate His message, then trust Him to do so. Some men once came to the disciples and said: "Sir, we would see Jesus." The disciples did not say "Well, you can see Jesus but, first, let us tell you who we are! We are the Apostles! We are going to write most of the New Testament, we are going to be the leaders of the first churches. We are going to be the great missionaries of the early church." They didn't do any of that. They took the men to Jesus. The message of Christ must always be bigger than the messenger.

5. The demonstration should not be too long. No doubt most of us could put on a two or three hour exhibition of martial arts skill. That is not the point. A good demonstration should probably be 15 to 30 minutes. Sixty minutes would be a likely maximum. Give the demonstration, communicate the truth and then draw the net (give the invitation). If there is nothing that you need to invite people to do at the end of your demonstration, I would reevaluate my demonstration.

6. Be creative! Use techniques and skills to show what you have learned from God and His word. The Bible, itself, is called "the Sword of the Spirit". A good sword

demonstration then lends itself easily to a message on the Bible. Good stance illustrates verses like I Cor. 15:58. I could go on, but I think it is better for the reader to come up with his or her own technique/illustrations.

Remember that our martial arts, at the very best, are temporary. We are going to leave this world, this life one day and when we do we will leave our martial arts behind. Let us, therefore, place our primary emphasis on that which is eternal.

<p><b>About the Author:</b> Dr. McClure, is the Pastor of West Park Baptist Church in Delray Beach, FL and is the Sifu at the Valour School of Self Defense. He also serves as a member of the Board of Governors for the GMAU. He holds a 5<sup>th</sup> degree black belt in Kung Fu.</p>
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### ***Points of Interest***

- From Sherry MacGregor in Orlando Fl. Sherry had 6 or her students seeded in the top 4 competitors for the state championships. She will once again make the TV screen as she will be part of a Combat KI special on the Discovery Channel. Sherry has also become the regional coordinator for the NWMAF, national women's martial arts federation, and has have taken on the project to host their Special Training camp next summer in Orlando.
- From Charles Owens in Gasden, AL. Charles indicates that one of the smartest things he ever did in MA ministry is open a daytime class at the his church for homeschoolers (and moms). He indicates that they were starving for something like this. His daytime homeschoolers class now has about 35-40 enrolled with about 100% participation. It spilled over into his evening class where dads who wanted to take Karate with moms & kids are bringing the family to the PM class.
- From Dennis Gale. We just received a note from him complimenting us on the book "The Martial Arts - A Christian Perspective, Philosophy and Program" that is available from the GMAU. This 110 page book will give you answers to



all the objections to a Christian involvement in the martial arts, the history of the martial arts from a Biblical perspective, addresses several touching issues (KI, Mushin, Yin/Yang) and also give you a sample ranking system to establish a Christian martial arts system. If you have not read this book, you should strongly consider ordering it so that you and your students can be better informed and "ready always to give an answer to every man that asketh you the reason" that the Christian Martial arts is Biblical and can be used to advance the Kingdom of God.

- From Ed Komoszewski in Minneapolis, MN. Ed has relocated from Dallas (where he was attending Dallas Theological Seminary in the ThD program) to the Twin Cities, where he has become the Senior Pastor of a new church in that area. He has been working to revitalize the physical plant of a church that was badly in need of recontextualization, and given them a new vision. The church has grown from 10 to 70 in the past two months without a formal effort. We are excited about this new ministry in the Twin Cities area and uphold Ed and Shelly in our prayers.

- Congratulations to Dr. Charles Owens, GMAU Board member on his promotion to 9th Degree Black Belt. He also earned his Master Examiner certification (KiDoKyo Mu Sul ... Christian Martial Arts) from the U.S. Martial Arts Association.

- Our friend Rick Menard and his wife Carmen from Vermont joined the Sell Team as a part of a 17 member demonstration team who ministered on the campus of the West Point Military Academy Oct. 13-17. This gave them a tremendous witnessing opportunity to 5,000 cadets.

They performed 16 different times. Many cadets, and young people made either a first time commitment to the Lord, or a re-commitment. Many others were gloriously set free from bitterness due to unforgiveness.

- Scott Gilbert the GMAU Mid-Atlantic States Regional Rep spent time in Puerto Rico a week long meeting with a Grand Master in Kajukenbo (Professor Ortega). He is very interested in starting a faith based program. Keep Scott and this outreach effort in your prayers.

- For your planning purposes, the next clinic will be the first weekend in March, 2001 in West Palm Beach, Florida (their 14th annual clinic). Then it will be on to Lewistown, Montana in May; Hokkaido, Japan and St. Johnsbury, Vermont in July and Indianapolis, Indiana in September of 2001. We will be posting several digital pictures of the Australian Clinic at our website shortly.

- In the new baby category....

Congratulations to Dennis and Heather Glover who are leaders in the Christian Martial Arts Fellowship with Johnny Russell on the birth of Gabriel, weighing in at 6lbs 11 oz. and 19 3/4 inches long. Friday, October 20

Also to Sensei Julie Bare and her husband Brad on the west coast of Florida, their fourth child, a daughter, Hayley, 8lbs, 15oz. 21inches long. Born 10/25/2000.

Finally, to Jayson and Rachel Brand, here in Lewistown, a daughter Ashley on Tuesday, October 24; their third child.

- The weekend of 10/28, The Christian Martial Arts Fellowship, under the "gentle" guidance of Johnny Russell held their first annual Hay Ride and Hot Dog Roast. They had over 85 people enjoy hot dogs, marshmallows, s'mores, fellowship and a star-lit hay ride through meadows and pastures for all the parents.

- Clinic Shuffle. We have made adjustments to the schedule for our Rocky Mountain Regional Clinic. For the first two years, it was held the 3rd weekend of May. However, to avoid year-end school conflicts and also to ensure that the rugged mountain sight-seeing and tourist locations are accessible, we are moving this regional clinic to the 4th weekend of June for the next two years. Would your family like to visit Yellowstone or Glacier National Park next summer. Why not build this trip around the regional GMAU clinic to be held in Lewistown, MT (in the center of the state) on June 22 & 23.

- New Addition to the GMAU Board of Governors. It is with great joy that we announce the appointment of Shidoshi Johnny Russell, 6th-degree black belt, and president of the

Christian Martial Arts Fellowship to the board of governors of the GMAU. Johnny has a rich and varied background in the martial arts, is an excellent administrator, a motivational leader, a gifted martial artist, and loves the Lord. He has served as the Mideast Regional Representative and hosts the annual clinic held in Indianapolis during September of each year. In forthcoming notes and the next issue of the GMAU Journal, we will be sharing with you, his new responsibilities. He joins Charles Owens (9th Dan, Alabama), Michael McClure (4th Dan, Florida), Chris Foley (4th Dan, Australia), Scott Hoffer (3rd Dan, Minnesota), Larry Phillips (3rd Dan, Florida) and myself on the board of the GMAU.

- Lee Rainwater, the lead instructor of the Northside Christian Karate Academy (Charlotte, NC) reports that his group put on a demonstration for the church fall festival on Oct. 31. Over 500 people made their way through the festival events and several spent the entire time watching the group of 18 students perform their forms, demonstrate techniques and break boards. During the demo, Lee also had a chance to share the philosophy of their ministry which is an outreach effort under Northside Baptist Church where my former pastor and good friend, Dr. Dan Burrell is the Senior Pastor.
- Here, in Lewistown, MT one of our green belt students (Scott Weisenburg) joined with me in presenting the Gospel to a new adult student during in-home visitation the first week of November. The 19 year old, eagerly responded to the Gospel presentation and received the gift of Eternal life. He was baptized in our church on Nov. 12. Then on Nov. 16, my Brown belt Sensei (Sean Edwards) used the EE outline to share the gospel with an 17 year old new student (RC background) and lead her to the Lord.
- Engam Pame, a GMAU member since 1999 and a dynamic instructor from India informs us that he conducted a martial Arts demonstration for Bible study camp for children from his local church. It had great success and he is planning more such events. He presents Christ at each one of these events.
- Scot Conway (San Diego, CA) has just completed his course work for his

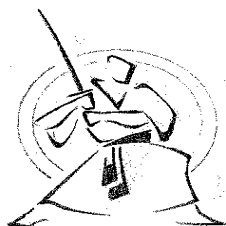
Ph.D. in Christian Martial Arts from the Great Plains Baptist College and Divinity School. Mr. Conway is an attorney in California, and the founder - lead instructor of Guardian Kenpo. He was able to transfer 15 credits from his JD degree into our program. He completed the 27 course credits with a 4.0 GPA. His doctoral dissertation consisted of material that was incorporated into the ACMA Manual dealing with the legal issues involved with teaching the martial arts and operating a dojo/dojang. Mr. Conway is on the board of directors for the American Council on Martial Arts. This group is associated with the National Association of Professional Martial Artists and has some very impressive offerings. Mr. Conway has been working on this degree in our external degree program for nearly 18 months and we congratulate him on this momentous accomplishment. (As part of its charter to increase the academic awareness and capabilities of its members, the GMAU began the College of the Christian Martial Arts five years ago through GPBC and Divinity School.... we also have two published books.... several booklets..... and publish the quarterly GMAU Journal towards this end).

- Congratulations are also in order for Dr. Kendra Killpatrick upon her engagement to be married over the Thanksgiving Weekend. She and Scott have been dating for 3 1/2 years and share a rich Christian heritage. He is not intimidated at all by her Ph.D. or advanced black belt.... could make for an interesting time. They are planning a late summer wedding for next year. Sensei Killpatrick teaches at the Colorado State in the Math department and also has a dojo in the Fort Collins area.
- Keith Yates (Dallas, TX), 9th-dan, the founder and president of A-KATO, American Karate and Tae Kwon Do, and the GMAU Southwestern USA Regional Representative has established a website for his growing organization. You might want to check it out at
- Mark Flaughter (Grand Ledge, MI), is in the midst of a recovering from some serious work related injuries. He is about 80% back to par. If you were at the 9/99 Mideastern Regional Clinic in Indianapolis you will remember the fine showing that his students made in the tournaments. He is making

arrangements to undertake another team at a new church that has a Christian philosophy from the get-go. Keep him in your prayers.

- The Master's Warriors gave a demonstration for a local day care Christmas party on the 16th. This is a big event, with all the kids, parents and friends. Last year, we were able to present the Gospel and see 13 people come to place their faith and trust in Christ as a result of the team presentation here in Lewistown, MT. We also had a young lady place her faith in Christ two weeks ago. She was a new student, and we had one of our senior students witness to her during the front end of the class.

In His Grip,  
Kent (Doc) Haralson  
Chairman - Gospel Martial Arts Union



## **ONWARD, CHRISTIAN SOLDIER!**

### **A Word to the Wise for the Warrior**

John A. Eidsmoe, Lt.  
Colonel, USAFR (Ret.)

Several years ago, I was asked to deliver a message for an Air Force Academy Chapel Service. The time was late summer, and the audience was mostly brand-new cadets going through basic training.

At the Academy, basic training is really intense: up at dawn, endless calisthenics, turn square corners, stand at attention, salute and address officers as "Sir" or "Ma'am," even while being endlessly yelled at for seemingly minor deficiencies. It's a rough regimen, but it builds the strength and stability needed in a military officer. Mothers who complain to their congressmen about the

harshness of Academy discipline, should reflect that their sons' lives, and those under their charge, may depend upon their ability to face much greater stress on the battlefield.

Some of the cadets had prior military experience, and some had been in Junior ROTC, Civil Air Patrol, or Scouts. But for many, basic training was their first exposure to the military. I have no idea how many of these cadets had experienced martial arts training, but I suspect those who had such training adjusted to the Air Force much more easily than those who hadn't.

Chapel was voluntary, but many of the cadets attended. After several weeks of being pushed to the limits of endurance, many were discouraged, and some were wondering what purpose all of this served. What could I say to encourage them, and to point them to Jesus Christ?

The theme of my message to them was that many of the qualities that made a fine soldier and a fine officer, also made a fine Christian:

- **Integrity**, because your fellow soldiers place their lives in your hands. When you fly, you certainly hope and pray that the safety inspection checklist was prepared by an airplane mechanic who has integrity.
- **Stability**, because soldiers need to stand up under pressure.
- **Courage**, because soldiers risk their lives for their country.
- **Devotion to duty**, because a soldier is on call 24 hours a day. That's what I like most

about military people: Even when having fun, they always retain a sense of mission and duty.

- **Courtesy**, because the military cannot function without respect for authority. But this respect is not one-directional. Not only must subordinates respect their superiors; officers must respect their subordinates, and peers must respect each other.
- **Love**, because a true soldier does not fight just to earn a paycheck or to do a job. The true soldier fights because he loves his country enough that he is willing to lay down his life for his country if called upon to do so.

Not only are these the qualities of a good soldier and a good Christian; they are the qualities of a good martial artist as well.

I think often of General Douglas MacArthur, one of the greatest soldiers of all time. First in his class at West Point, Gen. MacArthur was a disciplined warrior as well as a brilliant strategist. He was also a deep thinker, a true patriot, and a committed Christian.

General MacArthur expressed his faith and love in a touching way in his prayer for his son. Many of the thoughts in this prayer are similar to those expressed in his 1962 "Duty, Honor, Country" address to the cadets at West Point. This prayer conveys the thoughts of every Christian parent for his/her son or daughter, every Christian officer for his/her soldiers, and every Christian martial arts instructor for his/her students. I suggest you save this

prayer, transpose the words as necessary, and read it often as you think of those for whom you are responsible:

"Build me a son, O Lord, who will be strong enough to know when he is weak, and brave enough to face himself when he is afraid; one who will be proud and unbending in honest defeat, and humble and gentle in victory.

"Build me a son whose wishbone will not be where his backbone should be; a son who will know Thee and that to know himself is the foundation stone of knowledge.

"Lead him, I pray, not in the path of ease and comfort, but under the stress and spur of difficulties and challenge. Here let him learn to stand up in the storm; here let him learn compassion for those who fail.

"Build me a son whose heart will be clean, whose goal will be high; a son who will master himself before he seeks to master other men; one who will learn to laugh, yet never forget how to weep; one who will reach into the future, yet never forget the past.

"And after all these things are his, add, I pray, enough of a sense of humor, so that he may always be serious, yet never take himself too seriously. Give him humility, so that he may always remember the simplicity of greatness, the open mind of true wisdom, the meekness of true strength.

"Then I, his father, will dare to whisper, 'I have not lived in vain.'"

<p>About the Author: John Eidsmoe is a second degree black belt in Tae Kwon Do and the GMAU representative for the South Central U.S. A retired Air Force Lt. Colonel, he serves as Professor of Constitutional Law at the Thomas Goode Jones School of Law in Montgomery, AL, and Adjunct Professor of Apologetics and Systematic Theology at Birmingham Theological Seminary.</p>
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*Japan Clinic 2001*

PLAN NOW TO JOIN US FOR THE TRIP OF  
A  
LIFETIME!

Plans are being laid for travelling to the GMAU regional clinic in Japan next July. Currently the air fare is being quoted at \$1,200 per person, round trip, BUT WAIT! We are negotiating on that price. Pray with us that we will be able to be down to the \$1,000 mark or below. It could happen! The plans as of this writing are to leave on July 5 and have a central meeting place on the West coast, probably Los Angeles or San Francisco. Then we would fly from there to Tokyo Narita airport. We would then be transported to the

**Warrior Speed**  
**Weimann**

Have you read Warrior Speed by Ted Weimann, published by Turtle Press, 2000? It's a great book to add to your reading list if you've every wished that your technique could be just a little bit faster. How many times have you said, or heard someone say, "Wow, he's quick!" I have... Many times. When I was in Australia in October, Soke Foley took Sifu Himes and I to a kick boxing tournament championship. I must admit that it was more fun to watch the welterweights fight because there is more action, their moves and reflexes are faster. Perhaps your thoughts have wandered into the realm of genetics and you were wishing you had been able to chose "faster" parents.

There is some validity to those thoughts. However, the issue of speed is far more complex than this. Yes, genetics does play a factor in how fast your muscles contract and therefore, how fast you move. But you can significantly influence and alter this rate of contraction as well as mentally condition yourself to respond faster to any situation.

Physics can also affect not only how fast you move, but it can help you decide which techniques to use and how to perform them. This book presents many components in which you can increase your speed, including physical speed, psychological speed, and perceptive speed. It discusses how you can change your muscle structure, shape and metabolism to increase the speed of your muscular contractions. Several training tips are given.

This 304-page book incorporates the latest research in medical science, physics and psychology, and ties them all into fighting technique, strategy and performance. It's worth the \$16.95 cost (which included priority shipping) from Turtle Press, Wethersfield CT (<http://www.turtlepress.com/>). ISBN 1-880336-38-3

three day clinic. We would probably be returning on July 13 or 15. Individual departure and return dates may be negotiable. Martial artists, this is your opportunity for a time of learning and great fellowship before, during and after the clinic. It is also your opportunity to be able to legitimately say for the rest of your life: "I studied martial arts in Japan." See the front page of the Journal actual clinic dates. Contact Sifu John R. Himes [yohane@eolas-net.ne.jp] or Dr. Michael L. McClure [(561) 495-2107; 4004 Lake Ida Road Delray Beach, Florida 33445; westpark1@juno.com] for more details.

**by Ted**

**Gospel Martial Arts Union**

**1619 Park Chase**

**Indianapolis, IN 46229**

Basic Principles of Youth Work (14 pgs)	\$3.00
The Character of the Black Belt (16 pg booklet)	\$3.00
Yin/Yang for the Christian Martial Artist (14 pg booklet)	\$3.00
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