



GMAU Journal

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Drink Water!

- 75% of Americans are chronically dehydrated
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger
- Even mild dehydration will slow down one's metabolism as much as three percent
- One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a Univ. of Washington survey
- Lack of Water is the leading trigger of daytime fatigue
- Preliminary research indicates that 8 - 10 glasses of water a day could significantly ease back and joint pain for up to 80 percent of sufferers
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page
- Drinking five glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less

likely to develop bladder cancer.

From "Helping One Another", The Christian Care Ministry, Feb./Mar. 2001

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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A Meal for the Mind

The Dangers of a Heart Attack

By Dr. Kent Haralson

Fettucine Alfredo! It's that great Italian dish that has buttered noodles served in a rich, creamy cheese sauce. Unfortunately, one news magazine in an article on nutrition and our health called it a "heart attack on a plate". That may be a bit of an overstatement, but the fact is that a lot of foods do contribute to the slow shutdown of the valves that carry blood and oxygen into your heart. Fortunately, I don't care for Fettucine Alfredo anyhow. I love what one commercial calls it -- blood sludge. Medical people refer to the hardening of the arteries -- the process in which foods that are high in cholesterol and fat start building up hard deposits in your arteries. If this hardening in your heart is allowed to continue long enough, it is no laughing matter. It really can threaten your life.

Hearts can harden physically -- and spiritually. It can become really dangerous in the heart of any man or woman who is trying to make a difference for Jesus Christ. It was Jesus' heart that motivated all He did -- a heart that the Bible says was "moved with compassion when He saw the multitudes". He was deeply moved. He saw them the Bible says, as "threatened and helpless sheep without a shepherd." He wept over

His city Jerusalem because they would not come to Him and the life He wanted to give them. Paul was a model for all of us who want to serve Christ when he revealed what drove him to suffer incredible pain and sacrifice to tell people about Jesus. Paul tells us what drove him, 2 Cor. 5:14. "Christ's love compels us."

Not long ago I heard about a Rev. Gomez who is a pastor in one of America's major cities. Often, he would not come into the service until a few minutes before his message. But this one particular Sunday, it came time for the sermon, and Rev. Gomez was not on the platform. A couple of church leaders went to check his office -- and there he was, looking out over the endless rows of apartments and houses that jammed their depressed neighborhood. And he was weeping. One of the men who had come looking for him said gently, "Pastor, I understand. You're weeping because of the great needs all around us, aren't you?" "No," the pastor answered him. "I'm weeping because it doesn't move me like it used to."

That is cause for weeping. This servant of God realized that something had happened to his heart. Like a person with hardening of the arteries, his heart had started to close up . . . to harden. Maybe yours is, too. Like that physical hardening, it happens slowly, imperceptibly -- but the longer it goes unchecked, the more dangerous it becomes.

Most of us start serving the Lord with a healthy heart. We are moved by the lostness of people who do not have a Savior. We realize the life-or-death importance of getting to them with the message of Jesus. Heaven and hell are at stake. And we come into the Lord's work with a heart that is soft toward the pain

and suffering and dysfunction that sin is causing in lives all around us. We ask the Lord to use us to make a difference -- whatever it takes.

But for some of us, that healthy heart started to harden somewhere along the way. With all the pressures, the politics, the disillusionments, the programs, the conflicts, we can no longer say that it is this burning love of Christ for the lost and hurting that drives us. What once was passion has become profession. What once was a deep affair of the heart has become an exercise of our head and our busy hands. And the joy, the fire is going out -- or gone.

But the One who gave you that original piece of His heart wants to give it to you again -- if you will recognize the crisis of your closing heart, and tell your Master that you want His life-changing heart surgery . . . to open up what the deposits of the years have closed . . . and to give you a new heart, throbbing with His love and His passion and His tears for the lost. Without that, there ultimately is no life. Go to the Master Heart Surgeon today -- and tell Him you want a heart like His.

About the Author: Dr. Haralson is a 9th 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.



GMAU Event Calendar

- July 2001-

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

- July 2001-

- 6th Annual Northeastern Regional Martial Arts Clinic - July 27th & 28th St. Johnsbury, Vermont Contact: Dwight Keafer - VT_Key4@Juno.com or write to 1139 Parker Rd, Danville, VT

- September 2001-

- 2nd Annual Mid-Eastern Clinic: Indianapolis, IN. Mid September. Contact Johnny Russell at jrrussel@iupui.edu

- March 2002-

- 15th Annual West Palm Beach Regional Clinic: West Palm Beach, FL, March 1 & 2. Contact Larry Phillips at: philipswpbdoc@aol.com

- June 2002-

- 3rd Annual Rocky Mountain Martial Arts Clinic: Lewistown, MT, June 22 & 23. Contact Dr. Haralson at haralson@lewistown.net, or write to 129 Sunset St., Lewistown, MT 59457

FitnessTrack:

Everything Old is New Again

By Keith Yates

Like many instructors, I have a good number of female students in

my classes. Several of them are nearing or even past 50 years of age. Many females in this age group are at risk for osteoporosis - a disease in which the bones become brittle and fragile. Specifically, a woman who is in the postmenopausal stage of her life should have a bone density scan before beginning an exercise program. If diagnosed with osteoporosis, treatment can run the gamut from hormone replacement therapy to lifting weights. Many experts are saying that moderate weightlifting can help increase bone density.

Dr. Miriam Nelson points out in her book, Strong Women, Strong Bones, women naturally have less muscle mass than men. As their metabolism drops with age, their diet often stays the same. Now lean tissue is being re-placed with fatty tissue. Combine the natural loss of muscle mass, the addition of fatty tissue and the loss of bone density, and you have a population that is at a higher risk during exercise programs. Dr. Susan Johnson of the Cooper Center for Aerobic Research says, "We have found that middle-aged and older women can benefit greatly from a simple weight training program. But all forms of exercise are good if approached properly. We believe that the combination of slow, sustained movement and the attention to balance is a potent strategy to help this population regain muscle and bone density and to decrease the likelihood of injuries that can be common in older people."

Martial arts can be a life-changing experience for a dedicated student. Even if that student has already lived a long life.

About the author: Keith D. Yates is a 10th 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

Lessons From History: The Maginot Line

By **Ray
Askew**

The Maginot Line (pronounced ma-zhe-no) was a powerful line of defense during World War II. It stretched from Switzerland to the Ardennes in the North, and from the Alps to the Mediterranean in the South and was a vast, dynamic, state-of-the-art defense system at that time. Most of its components were underground, connected with tunnels stretching for miles beneath the earth. Thousands of the most elite French troops slept, trained, watched, and waited there, ready to defend France against invasion. It is fascinating to study the many ouvrages and their placement within the line, as well as the armaments, history, and structure. The Line was built to protect France from her longtime enemy, Germany, and to defend the traditional invasion routes across her eastern frontier. After World War I, the French had a lingering distrust of their German neighbors, which later proved to be all too appropriate.

The Maginot Line was built to provide time for the French army to mobilize and to make up for a potentially disastrous shortfall of manpower predicted for the late 1930s. Its main purpose, however, was to provide a place behind which the French army could hide, a so-called "Great Wall" of France, where the nation could feel secure

in its mildly pacifist doctrine which would become known as the "Maginot" mentality. Unfortunately, World War II was approaching and Hitler had changed some of the rules. While France was busy committing millions of Francs, and its most elite personnel into the permanent structures of the Maginot line, Hitler manufactured the highly mobile Panzers and Stukas. When it came time for Hitler to invade France, he simply flew over and drove around the line. Hitler attacked in May of 1940 and by mid-June had completely surrounded the French army. The French army's impotent leadership, led by Maxime Weygand, quickly called for an armistice.

I believe that there are some important lessons that can be gleaned from the above historical example.

1. Doing something because it has always worked is no guarantee for success and often rings a death knell.
2. New information / technology always requires fresh thinking.
3. You can't always hide behind a wall
4. Flexibility is a requirement to counter a serious opponent.

I believe that there are implications to each of these points for both the church and individual believers.

1. Doing something because it has always worked is no guarantee for success and often rings a death knell.

In his letter to the Galatians, Paul vehemently opposes the efforts of the Judiazers who wanted all believers, both Jew and Gentile, to follow certain Jewish customs. The custom, in this case, was that of

circumcision. While true that this was part of the history and culture of the believers, it was also law for those who thought themselves faithful before the death of Christ. Any good Jew of the day had been circumcised. Therefore, there were many Christian believers who were circumcised, having come to Christ via their faith and understanding of Judaism. In fact, at this point, there were probably more circumcised than uncircumcised Christian believers.

The decision would probably not have been an easy one to make. The majority of one's peers were probably circumcised. Think of what lengths many youths will go to today simply to "fit in" and conform to what they perceive as a popular position. Circumcision was a badge and though not readily disclosed in public, the word was getting out as to who was, and who wasn't. A division occurred because some thought themselves to be superior for simply abiding in what was, now a tradition, and only a symbol of their faithfulness.

However, just as the tangible symbolic sacrifices of the temple were done away by the advent of Christ, so too, the tangible symbol of the faithful was done away in exchange for what the apostle Paul would come to call the circumcision of the heart (Rom. 4:9-12; Gal. 2:15-21). Actually Paul appears to compel this acceptance of change upon us when he states "To the weak I became weak, to win the weak. I have become all things to all men so that by all possible means I might save some." (I Cor 9:22) We know that Paul's mindset was such that He would never compromise on the Gospel. He states that in the first chapter of the letter to the Galatians. However, where there was a conflict in tradition or custom, Paul would not selfishly cling to his comfort zone, but seek

to comfort those to whom he ministered. In short he did not care if the game changed as long as he could lift up the name of Christ.

Today's world is a complexity of cultures and traditions. When we send a missionary overseas we take time and effort to train them in the customs of the culture to which they have been called to minister. Why not make the same effort here at home. Fear of change is sometimes constricting, if not paralyzing. However, if you want to be truly effective in your community and circles of influence, you have to make the effort to figure out which parts of your culture are baby and which parts are bath water. Throw the bath water out, embrace the baby fully, and watch what God will do through you. Make no mistake, this takes effort and preparation on our part. Much like the example of a fruit tree, as we work hard at being rooted and grounded, the fruit, which only God can give, is a normal development of the process.

2. New information / technology always requires fresh thinking.

At the advent of computer development, it was fascinating to hear the cry of many in the church who denounced computers and their use as being of the devil. It was said that computers were the very beast that would usher in the evil empire of Tribulation fame.

That has yet to be seen. I do think that there exists some feasibility to the idea that Antichrist may one-day rule using large computers as his tools, but they are simply that, tools. I was at a pastor's conference recently and heard Dr. Rick Warren refer to the Internet as the "Gutenberg Press" of the Nineties. You see the tool can be used for good or bad. If we will not use the tool for fear of some possible sin that

may be attached to it's use by someone else, we will loose many opportunities to minister and be left wallowing in foolishness as the rest of humanity rushes by. You can be on the right road, but if you are not moving forward, you will still get run over.

1 Peter 1:13 comes to mind. It reads " Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed." (NIV) I want to be able to face any new idea or situation with a disciplined mind. I want to have a mind that is prepared to act upon information in an appropriate manner and continually seeks to bring glory to Christ, accepting all the new ideas as gifts of grace given by Him to accomplish His will. Again you will note that there is effort and preparation involved.

3. You can't always hide behind a wall.

Recall I spoke of the "Maginot mentality" that arose in France. This mentality was a false sense of security generated by the presence of what was deemed to be an impenetrable wall. Indeed, the line of defense was impressive. It was impressive enough that Hitler chose not to deal with it and went around it instead.

The problem with the wall was twofold. One, it was too big to move it around. The problem with a wall is that it is meant to be a permanent structure. If you are going to rely solely on the presence of a wall for defense, it must be impervious and unbroken. Any breach in the defense will render the entire structure ineffective and may actually hinder your escape, should the need arise. A device, which is only partially protective, must have the nature of a shield, instead, which can be

moved freely from place to place.

Two, the wall was too small. It only protected from an attack in one direction. A walled defense has to be envisioned with water in mind. If a wall is to be effective it must be able to keep an infiltrator out from all possible directions or it is useless. Just as water seeks the path of least resistance, so often will an attacker. The wall must be complete or it is of no consequence. In the case of the Maginot line, Hitler simply went around the wall.

Interestingly, in Psalm 18 King David speaks of God as being his fortress, his rock, and his shield. God is, indeed, permanent, in the sense that He is eternal and can never be shaken. He is called a fortress, which has to be seen as a complete set of walls. There is no lack in the protection He gives and there is no breaching that wall.

If, as a believer in Christ, you seek to hide behind a wall, there is only one that works, our Heavenly Father. Walls of deceit, false bravado, cynicism, false humility, false spirituality or anything else are simply incomplete and will eventually only serve to trap us. Not one thing of this world will render a complete wall. If you wish to hide behind a wall, *you had better make it the right one or it is of no consequence.* God is also a shield, a device, which stays close and protects from all directions due to its maneuverability. I have always inwardly smiled at the description that we have been given in the Word of God as to what faith is. Hebrews 11:1 says "Now faith is being sure of what we hope for and certain of what we do not see." In Ephesians Chapter 6 faith is said to be our shield. Is it not ironic that God would tell us to place our

security in an object of defense that cannot be seen? Such is faith. Since God is viewed as both a fortress and a shield, which indicates that even as God gives us the complete protection of the fortress there may be times when He expects us to have the need to consider Him as a shield. This implies that there are points of time when we will be required both to jump in and jump out of the battle.

As we jump in to the battle, God is our shield. As we jump out, God is our refuge and fortress.

4. Flexibility is a requirement to counter a serious opponent.

This is a lesson that keeps being learned over and over again through the ages, yet often does not survive into subsequent generations. As if to be a precursor of his own words to the Galatian church, "being all things to all men", Paul's strategy often involved assessing the individual situation and "striking" in the most appropriate manner. Paul's strategy of striking in the most advantageous manner is actually more of a preemptive defense maneuver (cf. II Cor 10:3-5). By observing the behavior of the ones Paul would confront, he was able to determine an appropriate avenue, or weapon, which was most suitable. Striking before the arguments and pretensions become fully developed is accomplished by taking every thought captive. To accomplish this, Paul used the advantage of possessing the "knowledge of God" that he spoke of. This is comparable to wielding a sword in a worthy manner. If one does not know the sword, there is great risk of self-destruction, but when you are one with the sword, all movement, however slight, becomes highly effective. Likewise, when you really know the Word, maneuvering in a conversation is

not cumbersome, but effortless, natural and confident. So then, flexibility is not the focus; so much as it is the result of all the other appropriate preparation that has taken place. We have to stretch ourselves by continuous study, but that stretching produces a more fluid thought process. The martial artist needs flexibility, not so he can say he is flexible, rather, the flexibility allows effortless natural movement. The goal is free movement, the avenue is flexibility, which is a byproduct of stretching. This is the type of preparation, which allows the martial artist to flow from a position of disadvantage to a position of advantage.

Conclusions:

With these points in mind, I believe the failure of the Maginot mentality is placing trust in a one-time effort. Though the battlements were completed in various phases, there should also have been continuous improvement and upgrading. The thinking needed to be revised and updated. Most importantly, a constant state of preparation should have been the norm for the whole of the nation, not just a few soldiers along a single line of defense.

It is the same for the martial artist. One may earn a black belt, but if all practice and preparation ends with this, the illusion of trusting in the black belt for defense is just that, an illusion. It is the same for the believer. If we do not continue to prepare for a test or confrontation, we will be caught off guard and surrounded in short order. We will lose our ability to be effective in a culture that, all too readily, wants us to be ineffective.

About the author: Ray is a 2nd degree black belt, attending Larry Phillips class in West Palm Beach, Florida. He is a graduate of Miami Christian College, majored in Bible and pre seminary studies and minored in Greek, Theology, and

Engineering Science. He attends Calvary Chapel in Jupiter Florida, and is a Sunday School Teacher, Elder, Counselor, and Small group leader. He has been married 24 years, and has three daughters.

..DOJO & EVANGELISTS UPDATE..

Mail from GMAU schools and evangelists.

The Valour School of Self Defense - Delray Beach, Florida

The Valour School of Self Defense held its first testing for full instructor level at 1:00 P.M. on Saturday, June 16. A number of high-ranking instructors attended as judges. Testing for the rank of Sifu (instructor, 1st level black sash) was Amanda McClure, age 16 who has been a student in the Kwoon (school) for approximately 10 years. Other students tested at lower levels.

Students from the school participated in the GMAU clinic in West Palm Beach March 2 & 3 and in a tournament in Lake Worth, Florida on March 4. The students brought home several trophies from the tournament. Dr. Michael McClure, head instructor of the school will be travelling to the first GMAU clinic in Japan to be held July 11-13. The following students will also be attending: Sifu Amanda McClure, Sean McClure (7th level gold sash, Andrew Ammer (6th level green sash) and Christopher Lewis and Cal Gill (both 5th level green sash).

JAPAN 2001

As of June 1, 2001 fourteen people are travelling together to Japan for the first ever GMAU clinic in that country. Sifu John R. Himes who has long been a missionary to the people of Japan will be the host. The group will be leaving July 6 and returning July 16. The actual clinic dates are Wednesday July 11-Friday, July 13. Those slated to make this odyssey are:

from St. Johnsbury, Vermont:
Shihan Stephen Jones, from
Chattanooga, Tennessee: Sensei Mark
Yates, Sifu Jeff Rogers, Student
Eric Jesse Wright, from Palm Bay,
Florida: Soke John Wilcox, Sensei
Charles Powers, Sensei David
Wright, from Delray Beach, Florida:
Dr. Michael L. McClure, Sifu Amanda
McClure, student Sean McClure,
student Andrew Ammer, student
Christopher Lewis and student Cal
Gill.

--Dr. Michael L. McClure

Christian Karate Plus - VT

Since March we have held two self
defense classes upon request. The
attendance at the first one was
eight and the second one was
eighteen with the Word being given
at each class. From the two
classes our attendance has
increased by eleven. At our Friday
Classes Mr. Keafer is teaching the
Bushido Code to those thirteen and
older and Mrs. Kadamus is teaching
it to the children twelve and under
while Mrs. Keafer is teaching
Proverbs to the higher ranking
children. The Websterville group
joined us for a class in May - it
was great to have five black belts
teaching! Congratulations to
Sensei South and his wife, Susan,
on the birth of Timothy Zacharias
born May 4th! Remember to attend
the 6th Annual GMAU Northeastern
Regional Martial Arts Clinic, July
27th & 28th, 2001 in St. Johnsbury,
VT. We have a list of great
instructors attending with Dr.
Charles Owens, a 9th degree black
belt, as our featured instructor
and Dr. Kent Haralson as the
special guest instructor. Contact
Dwight Keafer at 1139 Parker Rd,
Danville, VT; (802) 748-3844,
VTKey4@Juno.com

--Dwight S. Keafer



The Master's Warriors Club - Lewistown, MT

The Master's Warriors Club of
Emmanuel Baptist Church reports a
registration of 42 students from 27
families in their classes. In the
past quarter, we have had another
four new 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 sponsors our team.

We spent a lot of time coordinating
our 3rd Annual Rocky Mountain
Regional Martial Arts Clinic. By
the time you read this, the clinic
will be history. This year, we were
able to introduce two new
instructors to our team, Sensei Stu
Fischbeck from Fort Collins, CO and
our own Sensei Sean Edwards. Each
brought into the clinic outside
experiences that gave us great
learning experiences. We were also
treated to return appearances by
Dr. John Eidsmoe from Alabama and
Dr. Kendra Kilpatrick from
Colorado. Hosting an annual clinic
is a great opportunity for our
students to meet and train with
Godly and skilled martial artists
from around the country. The dates
for our 4th Clinic will be June 21
& 22, 2002.

In the past quarter, the devotional

teaching time has focused upon teaching and training our students in Hosinsul - Conceptual Self-Defense. There are eleven aspects to Conceptual Self Defense that enable a person to be a better Christian and a better Martial Artist. Each was studied with Scriptural support and application.
--Dr. Haralson

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

Pastor Miguel Jurna of First Baptist Church of Olivehurst California is going on a short-term mission trip to Madrid Spain this October. Please pray for the people of Spain and this Crusade for the many decisions that will be made for Christ. He is the instructor of the Christian Martial Academy and if God can use him and the Martial Arts to reach lost souls, "Here am I, Lord". Pastor Jurna grew up in Madrid Spain and like Andrew, desires to reach his lost family in Spain as well as the many unharvested souls awaiting one to go. Pastor Jurna is trusting God for the finances for this trip so please pray for him and if God leads you to be part of this send your tax deductible contribution to Michael Jurna 2310 Ahern St., Marysville, CA 95901. Please make checks out to FBC of Olivehurst - may God richly bless you for your faithfulness.
--Miguel Jurna, Pastor

Gospel Karate Team - West Palm Beach. Fl.

We have discontinued the elementary class for the school vacation time frame. During the adult class we have been teaching Romans Road, Wordless Book, and Faith Questions during the past month. On March 22, Sarah Kelly earned her Yellow Belt and Daniel Millard earned his Purple Belt. On April 5th, Marshall Weaver, Jennifer Collins,

and Sarah Collins earned their White Belts. On April 19th Nick Heaton earned his Yellow Belt and Jerry Bell earned his Brown Belt. Joel McGill earned his Purple Belt on May 24th. Paul, Timothy, and Joshua Vedder earned their White Belt of June 7th. Our next Clinic is March 1 & 2, 2002.
--Larry W. Phillips
Philipswpb@aol.com

Tora Karano Ryu/Yeshua Kenpo - Brazil

We are running some thirty plus students on our Saturday nights here at Academia Agua Viva in Juazeiro. Most of our students are either beginners, or new, and at one of our recent classes we had a dozen pray to receive Christ as Savior. I have started another club once a week in the city of Iguatu with eight students and another 10 police interested in starting.
--Phil Lewis

Genoa, Nevada

Beginning in May, we moved our classes to the church, in an effort to strengthen the connection to the church and as a cost saving measure (saving the lease expense to seed \$ for a training facility on the church campus). In addition, we went from 2 nights per week to a single night (Kev's getting a really busy schedule). We've continued to run about 25-30 in the juniors classes and about 30-35 in the adults sessions. After 2 1/2 years, we are about to promote several senior students to the advanced intermediate ranks. I'm hoping to see them develop into good black belt candidates in about 2-3 more years.

I've been honored to teach at two large regional training conferences this summer. The first being at the 9th Annual San Jose Gasshuku, which will bring over 25 master instructors and about 400

participants together for a two day event. Check out the details at <http://www.kilohana.org/> I'll be teaching one of the junior sessions and it is a real privilege to be invited to instruct. Secondly, I'll be teaching at the Camp Kokua, sponsored by the American Jujitsu Institute, in September at Lake Tahoe. I ask that my Brothers and Sisters in the GMAU pray that I be focused, energetic and reflect the excellence the Lord wishes us to reflect in our actions.

Be well and Grace be with you.
--Respectfully, Kevin Schaller

Grappling With The Enemy

Phil Lewis

" 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." EPH. 6:12

More and more it has become apparent to Martial Artists that some knowledge and skill in grappling is necessary to become a well rounded fighter. Time and again it is affirmed and demonstrated how most fights go to the ground.

My style not being primarily a grappling style, I do, however, appreciate, teach, and apply certain techniques and concepts from grappling styles. Grappling involves close-in fighting, needing positioning, stability and balance, speed, strength, endurance, sensitivity to, and knowledge of, body mechanics, all with the goal of taking down and immobilizing and thereby defeating the opponent.

It would appear that our spiritual battle is more one of grappling as well. "..we wrestle..." It is a battle in which we are fighting "hand to hand", close-in with the hierarchy of fallen angels:

"principalities.. ,powers,..rulers,..spiritual wickedness..". This is not a pretty fight. It is not a convenient fight simply launching our payers(kicks) from afar. Recently, we spent three hours at our church dealing with two demonized children of 10 and 11 years of age. We "wrestled"! It was not an automatic deliverance. Jesus told his disciples that "this kind goeth not out but by prayer and fasting" Matt. 17:21 We "fasted" from all else until these children were delivered.

Some may feel that these are the extreme cases, and that only extreme behavior, etc., involves demons. However that does not seem to be the case according to the Scriptures which admonishes all Christians to : "put on the whole armor of God", Eph. 6:11; "neither give place to the devil." Eph. 4:27; be "vigilant", watching out for our enemy the devil, I Pet. 5:8; and that we do wrestle against these demonic forces, Eph. 6:12.

So, how do we wrestle? Not repeating again all the instructions included about the armor and prayer in Ephesians 6:10-18, I simply want to draw some analogies from grappling and apply them to spiritual principles.

First, this close-in battle means contact. It is "close-up, in your face" contact. And not only does this affect us spiritually, and in some "ethereal", abstract way, but even physically. In some cases it is more obvious than others, such as in having two to three of us men pinning down a 10 year old boy until the demons were routed in the Name of Jesus.

Second, there needs to be the factor of stability and balance. Jesus is our only true foundation(I Cor. 3:11). His Presence in our lives and our faith in His Person, Work, and Word gives us the stability to face the enemy. That is the shoes of our armor.

Third, speed, strength and endurance, I liken to "the power of his might" Eph 6:10; His working "mightily" in me, Col. 1:29; and the perseverance through prayer, Eph. 6:18, which is all given me in the Holy Spirit who dwells in me, I Cor. 3:16. In the Holy Spirit I am united with Christ and therefore am given power and authority over demons in Jesus' Name. (See Mark 16:17; Eph. 1:18-22; 2:6) Endurance is quickly put to the test in any kind of wrestling, or grappling. For instance, you may need to keep a grip, or hold, or position, for some time before managing a quick move into a better hold, or position. Our battle with Satan and his forces is ongoing, and demands perseverance. "...having done all, to stand." (Eph. 6:13) implies the ability to "keep on keeping on".

- to persevere! Expulsing a multitude of demons who keep insisting they want "children's blood" and that they will not leave while kneeling over a child for three hours requires perseverance, and faith in the authority and the finished work of Christ. That is our Shield of Faith.

Fourth, we need to look at positioning. Whether from the "mounted" position, or from underneath, the good grappler feels confident being able to fight well from either position. Our battle is not so much "for victory" as it is "from victory". The Cross of Christ applied to us has: a. resolved our sin problem (Rom 5:1-5; 8:1; Heb. 10:14) b. made us acceptable to God in Christ (Eph. 1:6) by giving us His righteousness (II Cor. 5:21) c. conquered Satan (Col. 1:13; Heb. 2:14,15; I John 3:8). The truth is who we are and what we have in Christ. We are already "more than conquerors" in Him (Rom. 8:37). We fight from a victorious position. This is our Belt of Truth, and our Breastplate of Righteousness. And

since this involves our confidence of our salvation, in this we have the Helmet of Salvation. I would liken this to the care a grappler gives in avoiding the choke. That is the "death blow". If we remain confident in God's salvation, that also keeps us victorious and protected.

Finally, a grappler needs a thorough knowledge and sensitivity to body mechanics and principles. Certain joints work, or lock up, in certain ways. Crossing a couple of the body's axis can unbalance an opponent. Sensitivity to any move of the opponent in these terms can keep one from being thrown, or pinned. In the same way we need to be sensitive to the "wiles", or methods of our enemy, Satan. (Eph. 6:11; II Cor. 2:11). He is liar and deceiver. But the truth, God's truth, will expose, and expulse Satan and his lies (John 8:32) Jesus declared "Thy Word is Truth" (John 17:17) We need to have a working knowledge of our primary offensive weapon: The Sword of the Spirit, which is the Word of God (Eph. 6:17). Notice in verse 18, following, that this is applied through praying in the Spirit with "all prayer". We are to speak and pray the Word. (Jesus resisted Satan with "It is written...") It is God's sword. We are to wield it in obedience to His moving in us. That means there is that intimate connection with Him. It is His power, His armor, and His sword! And when we do battle with the enemy (Satan and his demons), we are simply enforcing His (Christ's) victory! (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) 2 Cor. 10:4 Psalms 149:5-9 states:

Let the saints be joyful in glory: let them sing aloud upon their beds.

Let the high praises of God be in their mouth, and a two-edged sword in their hand;

To execute vengeance upon the heathen, and punishments upon the people;

To bind their kings with chains, and their nobles with fetters of iron;

To execute upon them the judgment written: this honor have all his saints. Praise ye the LORD.

Let us praise God for giving us all we need to grapple with the enemy victoriously. Remember, we are all called to be grapplers! God bless!

About the author: Soke Phil Lewis, 6th dan, is the founder of Tora Karano Shinsei Kenpo, and is an ordained minister and missionary to Northeast Brazil.

Points of Interest

1. Keep John Himes (Our Pacific Rim North Regional Rep - yohane@eolas-net.ne.jp) your prayers. He has been in the states visiting his father in Georgia, who has rapidly advancing Alzheimer's.

2. Pastor Jim Garrett (jgarrett1958@hotmail.com) of Ashland, Ohio just embarked on his first martial arts class as a ministry of his church. Dubbed Polished Arrow Christian Martial Arts Network (PACMAN), he began with 16 students. One of the stated goals of this new outreach ministry is that many will come to Christ through it.

3. On Palm Sunday, I preached a message in our church titled "You're still the one," which is a reminder to our folks that whatever else goes on, the focal point of all we do needs to remain "the message of the cross." (1 Cor. 1:18) I get feedback that our methods might be old-fashioned, or that we might not be relevant or slick. That may be so, but let's not lose sight of the reason that we are left here on the earth. It's not for worship or fellowship or pleasure. It's to point others to Jesus and the cross. That should also be the goal of each and every ministry of the church, including the martial arts ministries. Last week, we had the joy of leading another two of our students to place

their faith and trust in Christ. Since our martial arts ministry began here three years ago, we have seen 57 people receive Christ. No matter what else you are doing in your Christian martial arts experience, please don't forget, "It's still all about the cross."

4. In keeping with the previous item, I was excited to hear that one of Phil Lewis' (lewisline@baydejbc.com.br) black belts (Brazil) was conducting a Bible study in a prospects home this past week, and lead the husband, wife and child to the Lord.

5. Shidoshi Johnny Russell (jrrussel@iupui.edu) and his team in Indianapolis have been in negotiations for months on a new facility for their expanding ministries (Christian Martial Arts Federation). They just finalized the contracts and took possession of a 28,000 sq. ft. facility. A 10,000 square foot area will be set up as a permanent dojo with a boxing ring, Pankration fenced octagon, parquet flooring for kata, mirrored walls, an Olympic weight-training area, offices, and locker rooms. The rest of the area will be available for seminars, etc. This facility will also serve as administrative headquarters for the GMAU. Be looking for the announcement of the dates for our 2nd Annual Regional Seminar and Meeting of the Masters to be held there this September.

6. In a previous update, I shared with you that we were undertaking the development of GMAU Generalized Black Belt Ranking Guidelines. This document would identify the spiritual and academic expectations for advancement to each level of black belt within the GMAU. There will then be seven sections laying out the physical level of expertise to be demonstrated for promotion to each level of black belt for the major generic styles in the world. This will allow Christians to progress in the martial arts independent of unnecessary secular expectations. It will also provide a model for those who wish to train and grow in distinctively Christian martial arts systems. We have

assembled a world class group of highly ranked and respectable martial artists to develop these guidelines. Should you wish to provide your input or advice, I would encourage you to contact them directly. Each will also be soliciting input from their own circle of contacts to ensure a quality set of ranking standards.

Korean Styles (Style Head - Dr. Charles Owens - OwensSaks@juno.com)

Japanese/Okinawan Hard Styles (Style Head - Soke Stephen Jones - sugarridgeVT@juno.com)

Japanese Soft Styles (Style Head - Sensei Mark Horton - markhorton@hotmail.com)

Chinese Styles (Style Head - Dr. Michael McClure - westpark1@juno.com)

Japanese Jobudo/Kobujutsue (Style Head - Soke John Wilcox - jwilco01@intersil.com)

Okinawan/Philippine Kobudo (Style Head - Sensei Larry Phillips - philipswpb@aol.com)

Freestyle/Ground & Full Contact (Style Head - Shidoshi Johnny Russell - jrrussel@iupui.edu)

7. Academic degrees and the Martial Arts? Have you considered enhancing your martial arts skills beyond the physical technique? Are you a teacher or considering that option? You might want to look into taking some of the correspondence classes offered by the College of Christian Martial Arts (a division of Great Plains Baptist College and Theological Seminary). While you can earn your B.S., M.S., and Ph.D. through the college by extension work, you can also take individual classes for personal growth. Students in the Seigi Bushido Ryu style and black belts pursuing rank advancements to be sanctioned by the GMAU already complete such courses as a part of their academic rank growth. Taking such courses can greatly enhance your grasp and understanding of the martial arts and make you a better student and teacher. We just finished updating the six-credit course "Dynamics of Kata." Other courses you might want to consider would be "The History of the Martial Arts," "The Christian Martial Artist," "Principles of Biblical

Leadership," "The Christian Sensei," and "Principles of Ki/Chi."

8. 30,000 hits a month. That's the number of people that are checking in at the GMAU website ... Why does that matter? Because we are in the process of adding a page to the website that will list martial arts schools chartered by the GMAU. If you are a chartered school, you could get several leads and new students as a result of being listing at the site. We would be giving name, address, e-mail and other contact information. Now might be a good time to charter your school or if you charter has expired, renew it, by contacting our Executive Director, Johnny Russell at jrrussel@iupui.edu

9. Here in Lewistown, MT, we had another new student receive the gift of eternal life last week in our Thursday night class. We rejoice in that decision and I ask that each of you periodically take the time to evaluate your ministry to determine if it is geared for being "fruitful" in terms of eternity. As is often the case, we can get so caught up in business as usual, that we just don't take the time to determine the spiritual state of our students and act on the need to present the gospel to others. Since we require our students to learn how to share their faith as a part of the Green belt exam (6th kyu/gup), we then use them to witness to new students. This provides an excellent training opportunity and also enables more people to share the excitement of being a soul-winner. Let's not forget the main business of being a Christian.

10. Sara VanDriest reports from Rochester Minnesota that she has had three families recently join her class. All are Muslim, which is giving her not only a great challenge, but also an opportunity to reach others with the Gospel of Christ. The martial arts is a tremendous vehicle with which to reach the unsaved.

11. Eastern Seaboard GMAU Regional Clinic. The dates have been set for a new clinic for the year 2002. Each year, we have been able to add yet

another clinic to our schedule making it possible for more and more people to take advantage of a regional clinic. C Scott Gilbert (4th Dan) and his team will be hosting a clinic May 3 - 5, 2002 in Virginia Beach, VA.

12. We have had some rather exciting correspondence from martial artist in Kansas and Connecticut the past couple of weeks regarding highly ranked men who truly love the Lord and their desires to continue to advance in the martial arts and advance the cause of Christ through the martial arts. I am encouraged by the growing influence that the GMAU is able to have in helping Christians expand the Kingdom through the use of the martial arts. Speaking of that, we had the joy of leading another student to the Lord in our own classes a week ago. We have also had three visitors in our church services the past month that are a direct result of our church sponsored martial arts ministry.

13. GMAU Fee Structure. For the past several years, the various services and fees available from the GMAU have been scattered throughout several fliers, application forms and brochures. Our Executive Director (Johnny Russell) has combined all that information into one place. It has been placed on our website by Scott Hoffer (<http://www.gmau.org/>).

14. We have processed three applications for correspondence work through the College of Christian Martial Arts (a division of Great Plains Baptist College and Theological Seminary in Sioux Falls, SD - Dr. Ron Tottingham, President) in the past month. A great way to improve your academic standing and understanding of the martial arts from a Biblical perspective.

15. Congratulations to Dr. John Eidsmoe who earned his 2nd degree black belt on April 13 in Alabama. Dr. Eidsmoe is a world-renown Constitutional law professor and the GMAU Southeastern Regional Representative.

16. Congratulations are also in order

to Master Instructor Keith Yates who was promoted to 10th degree black belt by Allen Steen, the "Father of Texas Karate" at the 25th Anniversary Celebration of A-Ka-To on March 31. Keith is the Southwestern Regional Representative for the GMAU, located in Dallas, TX. He is also the founder and president of A-Ka-To.

17. Congratulations also to Sensei Christian Phillips in Wellington FL. He and his wife Janny are expecting their fifth child this winter.

18. Several GMAU affiliated schools have a systematic plan of instruction, whereby they present the truth claims of the Bible and ground the students in the Gospel. One such school is the one conducted by Soke Scot Conway in San Diego, CA. Their systematic presentation of the gospel lays a foundation for Christian and non-Christian alike, and also helps those who are "default Christians" really consider their faith. Dr. Conway also reports spiritual growth in three other adult students who are not yet Christians. A divorced father has started to take his son to church. A Jewish mother has now bought her own Bible and is starting to check out what is being taught on her own. A third agnostic parent who started with "a Christian thing won't hurt," is now asking more and more questions.

19. Congratulations to Dean Blakeney and his son Tim. Dean is an associate pastor of a church in Troy, MI where he also runs a Christian Dojo. For decades he was in full time martial arts evangelism. On May 5, his son received his BA from Bob Jones University. At the same time, Dean earned his Master of Ministry degree.

20. Rick Henault, a friend of the GMAU for years has just received church board approval to begin a Christian martial arts ministry in his local church (Wethersfield, CT). This will be a major shift for the class, as it has been under a secular setting for years. Rejoice in this decision and the promise it holds, as Brother Rick is now able to focus more fully

on reaching the lost for Christ and equipping the saints through his ministry. There are a lot of logistics to care for prior to the formal move later in June.

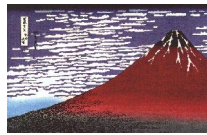
20. Scot Conway (sokescot@aol.com) reports from his Guardian Kempo ministry in San Diego, that a mother bought a Bible to check out the things that were being taught in the class her son attends. Within a month, this mother made a decision to trust in the truth claims of Christ and receive Him as her personal Lord and Savior.

21. In June, Sherry McGregor (Mckick1@aol.com) and Deb Lee (senseideb@hotmail.com) of Orlando, FL will be in Portland, Maine for black belt training and filming for the Learning Channel. Sherry recently filmed a special for the Discovery Channel that will air in September. While in Maine, Shihan McGregor will also be presented her 9th-dan level. Congratulations Sherry.

22. Have you attended one of our Regional Clinics yet this year? For your own personal growth and development, making it a priority to participate in at least one of these experiences a year would be a good idea. The clinics provide instruction, ideas, fellowship, spiritual nurture and opportunities to network as you pursue your own ministry for the Lord. The general schedule for these clinics is:

March - West Palm Beach, FL (Larry Phillips)
NATIONAL CONFERENCE
May - Virginia Beach, VA (Scott Gilbert)
June - Lewistown, MT (Kent Haralson)
July - Japan (John Himes)
July - St. Johnsbury, VT (Stephen Jones)
September - Indianapolis, IN (Johnny Russell)
NATIONAL CONFERENCE
October - Australia (Chris Foley)

In His Grip,
Dr. Kent (Doc) Haralson
Chairman - GMAU



THE VIEW FROM MT. FUJI

Father to Son

by **John R.
Himes**

"No, son, move the left hand further back. You need more leverage to whip the contact end around for more power." The boy, listening carefully to his father, adjusted his grip and whipped the quarterstaff out again, this time achieving a reasonable whiff of sound. Who was this? Yip Man teaching his son Yip Chun the basics of the Wing Chun long pole? Jesse teaching David how to defend his sheep with the shepherd's staff? It could have been either. Throughout most of history, the primary method of preserving the martial arts has been the teaching of fathers to their children.

True, there have been other methods. Military training is one. Witness the "700 chosen men" who could sling stones at a hair's breadth and not miss (Judges 20:16), or the soldiers of the Nationalist army of China who were trained in Yunnan Province "Ling Po" ("Consecutive Step") Kung Fu for their hand-to-hand combat method.

There is also the school method, where the instructor charges for his instruction, and rightly so, considering the hard work he has put in to learn his art. Sometimes the schools have been religious in orientation, from the Shaolin temples of China to the Bujutsu taught in Shinto shrines to the church-affiliated schools of the esteemed Gospel Martial Arts Union.

In Japan, the school system has largely failed. By forsaking their Confucian roots and worshipping at the shrine of money, the Japanese martial arts have lost

their soul. Some years ago I walked into the headquarters of a certain karate federation and was shocked to find on two walls huge pictures of one of the top yakuza (mafia) bosses in Japan. Then it hit me--the building I was in was owned by that same yakuza boss, who had made his fortune through his control of motorboat gambling in Japan, and other nefarious business.

I submit that the best and most effective method of preserving any given martial art is the passing down of the art to one's children. From a purely technical standpoint this must be true. Being of essentially the same genetic makeup, a son is more likely to grasp the principles the father is teaching than a stranger. Again, the father can teach in the same way we are to teach God's Word to our children, "And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up" (Deut. 6:7). That is, it is not only easier to teach and correct principles and techniques to someone who lives with you, it is easier to teach the ethical and moral principles needed to use the martial arts in a righteous way.

What a blessing it was for me to hear that GMAU Sifu Mike McClure's daughter is taking her black sash test very soon. When I have worked out at Mike's school in Florida, the sharpest movements and the crispest forms were done by his children, who have obviously put in many long hours of practice under their father's tutelage.

My own son, Paul, is currently home from college and in training for his second degree black sash. Paul and I have a truly great time as father and son practicing the martial arts. Sometimes our house will remind you of the scenes in the "Pink Panther" movies where Inspector Clouseau returns home and

is attacked by his Japanese houseboy. When we do this in public, my wife then gets that embarrassed look on her face, and I know I'll soon hear that certain way she says, "John!" But it is all worth it, and I'll enjoy it while I can.

It will seem like only moments before you wave good-bye to your kids after dropping them off at college or seeing them off on a honeymoon. They will only be home for a fourth of your life at the maximum. NOW is the time to develop and savor that special friendship with them.

Forget being "successful" (big name, big house, big car) as the world sees it. Forget having enough money to buy what YOU want, and decide to put your family first. If you do, you will have the deep joy and satisfaction of seeing your child follow God, having that special friendship a grown child can have with his or her parents, and, yes, seeing your child's growth in your martial art. THIS should be a big part of the reasoning behind your Christian martial art.

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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V for Victory

The "V" is for Angle Fighting

Shihan Sherry McGregor

Think of yourself as you face your sparring partner as standing at the closed point of a "V", with your partner standing at the center of the two open points. As you partner moves toward you with a straight-line attack (such as a front kick or punch), time your movement so that you slip out of contact range by moving towards one of the two open points at the top of your "V". This gets you out of the line of fire while allowing you to remain close enough to your partner to

effectively counter the attack. It seems simple and the movement requires little coordination, but I find that students have a difficult time learning to adjust their thinking away from the instinctual response, which is to back away from your partner's attack and maintain that linear space.

Here is a drill to help you gain the advantage of that victorious "V"

Step 1: Practice stepping to the open points of your "V". Use a visual guide, such as a couple of sticks to help you get the angle right. A common mistake is to step to the side, at about 90 degrees, rather than the 40-45 degrees that are most effective.

Step 2: Begin working with your partner at about half-speed. Have your partner attack with a linear technique; you practice your timing and movement.

Step 3: Now speed up the drill and add your counter-attack to your movement.

Step 4: Practice the drill without a count. Allow your partner to attack at will, testing your reaction time and technique. Begin this by first designating an attack technique, such as ten attacks with a front kick, ten attacks with a backfist. Then as you progress, allow your partner to choose the attack so that you can learn to react to any linear technique.

Next time we'll talk about what to do when you find yourself at the other end of that "V"



ONWARD, CHRISTIAN SOLDIER!

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

The Meaning of Courage

"Rough Riders" is an inspiring older movie about the 1898 Spanish-American War. In one of the opening scenes, a young man from a wealthy, aristocratic New York family wants to enlist, but his father is adamantly opposed. Why do you want to go to war? the father asks. The young man replies, "To find out whether I'm a coward or not." He goes on to say that he is less afraid of dying or being wounded, than of finding out that deep inside he is really a coward.

What is a coward? Or to ask the question from the opposite perspective, what is courage? The Random House Dictionary defines courage as "the quality of mind or spirit that enables one to face difficulty, danger, pain, etc., with firmness and without fear; bravery." It also lists "fearlessness" as a synonym. This definition may correctly reflect the way the term courage is commonly used. But it fails to give a good analysis of what courage really is.

It might help to consider what courage is not. First, while Random House may disagree, courage is not the absence of fear. *Courage is doing what has to be done despite your fear.* I remember survival training at a Boy Scout

About the Author: Shihan Sherry McGregor is an 9th dan in Shorin-ryu. She is also a member of the U.S. Karate team. For seminar bookings, contact her by phone at 407-382-2110 or e-mail at Mckick1@aol.com

camp when I was about twelve years old. Among other things, we were expected to cross a ravine by crawling across an overhanging tree branch. This didn't bother some of the boys, but I wasn't much of a climber and, quite frankly, I was scared! As I slowly climbed across that branch, I was shaking with fear. After what seemed like an eternity I arrived at the other side. Still shaking, I expected the Scout leader to criticize me as a coward. Instead he told me, "You showed a lot of courage up there, son. It's easy to do something that doesn't scare you. Real courage is overcoming your fear and doing what has to be done."

Second, courage is not foolishness. Driving too fast, playing on the freeway, needlessly taking risks is not courage. Nor is provoking a fight, physically or otherwise, with someone who is clearly more than a match for you. Dr. John Oliver, one of our former pastors, used to tell our congregation, "Don't slap tigers; or if you do, don't expect me to get you out of trouble." Sure, sometimes you have to take risks. If your buddy is lying wounded on the battlefield, you risk enemy fire to bring him back to safety. But you don't unnecessarily take risks. And if, as a martial artist, you need to come to someone's rescue, you resolve the problem nonviolently if possible. If not possible, you use the minimum force necessary.

So what is courage? Courage is the strength of character to do what is right, even if it hurts. Courage is obeying your parents and the law, and refusing to drink or smoke even when your "friends" want you to do so, and when they are likely to ridicule and ostracize you when you refuse. Courage is befriending an unpopular kid at school or church, even if that might jeopardize your standing in your own social circle.

Courage is speaking up for an unpopular cause, even when doing so is politically incorrect. Courage is refusing to lie or cheat on an exam, or a tax form, or a job application, even when honesty could cost you money or the job. Courage is being a faithful witness for the Lord, even in a world that doesn't want to hear about Him.

So, are you a person of courage? I can't answer that question for you; you'll have to examine yourself. You may be thinking of an instance in which you failed to stand up for the right, where you cut and ran, or went along with the crowd. I can only answer that one act of cowardice doesn't make you a coward. Sometimes an act of cowardice causes us to examine ourselves, see ourselves as we really are, and summon up the courage to act bravely in the future. Peter denied his Lord three times, yet he became one of the bravest of the disciples, ultimately suffering death as a martyr for Jesus Christ. Are you a person of courage? You can be. Courage is not something you are born with; courage is a decision you make, a habit or lifestyle you practice. And knowing that all things work together for good to those who love God (Romans 8:28), that He ultimately wins and we win with Him, gives us confidence that acts of courage will be rewarded, maybe not in this life, but definitely in the next.

"Be strong, and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee." (Deuteronomy 31) And did the young man in the Spanish-American War turn out to be a coward? Find out for yourself. Again, the video is called "Rough Riders."

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 Gooder Jones School of Law in Montgomery, AL, and Adjunct Professor of Apologetics and Systematic Theology at Birmingham Theological Seminary.



Exercise the Mind

We know that exercise is good for the body, and now we're beginning to find that exercise is also good for the mind. A large body of evidence suggests that regular exercise can have a positive effect in the management of mild to moderate depression, anxiety and other mental disorders.

Twenty minutes or more of exercise at least three times a week can confer benefits to one's mental health. In fact, exercise alone may benefit those who suffer from mild depression. In more serious cases, exercise alone is not effective and may need to be combined with other forms of medical treatment.

From "Another reason to Exercise -- Improved Mental Health"-- Mayo Clinic Health Letter, Oct. 1999

Bubishi - Martial Art Spirit

By George Alexander and Ken Penland

Bubishi literally means martial art spirit and is considered the textbook of the White Crane Style. It figuratively means martial arts training manual. It is historically significant in that it provides insight into the early forms of primordial Chinese martial traditions which influenced the development of Okinawan Karate. This 1993 (updated in 1998) translation of the original work is a collection of 32 essays containing over 50 illustrations and charts. It is a precursor to modern day atemi, acupressure and acupuncture. Much of the information in the Bubishi is incomplete and not detailed enough with regard to specific striking applications. As a result, that would suggest that the Bubishi is to be used merely as a guide and presupposes the reader already knows the techniques. It does however give an interesting overview and background of the art of pressure point manipulation.

Yamazato Publications; ISBN: 0963177516
Reviewed by Dr. Kent Haralson

Gospel Martial Arts Union

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*Do not add 10% on for the video. The \$30 price includes shipping and handling. All other publications, add 10%.