



# GMAU Journal

Volume 13 Issue 1  
January 1999

## Is This YOUR Last GMAU Journal?

Please see the article inside regarding new GMAU Membership policies and procedures that may affect your receiving future GMAU Journals. Don't miss out!

### GMAU Event Calendar

- January '99 -

- 7th Biannual Forms Tournament: West Palm Beach, FL - Saturday, January 16 starting at 9:30AM. Participants will be awarded certificates, ribbons, medals and trophies depending on how well they perform the "forms" of their specific style. Contact point is Orville Osbourne - [orvilleo@adelphia.net](mailto:orvilleo@adelphia.net) or call at (561) 795-1525

- March '99 -

- 12th Annual Southeastern Regional Martial Arts Clinic: West Palm Beach, FL - March 5 & 6, 1999. Contact point is Larry Phillips at [phillipswpb@adelphia.net](mailto:phillipswpb@adelphia.net)

- May '99 -

- 1st Annual Rocky Mountain States Regional Clinic: Lewistown, MT - May 14 & 15, 1999. Contact Dr. Kent Haralson at [haralson@lewistown.net](mailto:haralson@lewistown.net) or write to 129 Sunset St., Lewistown, MT 59457

- July '99 -

- 4th Annual Northeastern Regional Martial Arts Clinic: St. Johnsbury, VT - July 30 & 31, 1999. Contact Mr. Stephen Jones by writing him at RFD #2, Box 149, St. Johnsbury, VT 05819 or call at (802) 748-3844

- September '99 -

- 1st Annual Mideast Regional Martial Arts Clinic: Indianapolis, IN - September 17 & 18, 1999. Contact point is Johnny Russell - [jrrussel@iupui.edu](mailto:jrrussel@iupui.edu)

- October '99 -

- 1st Annual Australian Martial Arts Clinic: Stay tuned to the GMAU website for more info. Tentatively scheduled for October.

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/>**

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*Feature Article...*

## **Thinking of Training in Japan?**

**John R. Himes**

Japan, or course, is the Mecca of Karate, Judo and many other martial arts. It is only natural for martial artist to want to train where his art originated, especially if he is in an organization with headquarters still in Japan. I would like to give some common sense suggestions for such a person based on my life in Japan as a missionary since 1981. I am assuming that he or she



has the contacts in Japan already and makes the proper travel plans and reservations.

First of all, take plenty of money. Almost everything in Japan is expensive compared to America, and most things are about twice the price! At the current rate of about 130 yen to the dollar, (May, 1998), a hotel room will cost you \$60.00 (ryokan, a traditional inn, is cheaper), a bowl of "ramen" noodles will cost you \$3.00, a 20 minute train ride will cost \$5.00, etc. (By the way, make sure you check into a "business hotel," not a "love hotel" which is designed for lust.) You'll especially need plenty of extra money if you plan to buy souvenirs and go sightseeing.

It is important not to be a financial burden to your hosts. I once picked up an older lady and her 16-year-old grandson at Tokyo International Airport. The young man, a 1<sup>st</sup> degree black belt in karate, wanted to train in Japan. They dozed as I drove the two-hour trip back to Yokohama, paying on the way about \$80 in highway tolls!

An interesting note to the above incident is that when I took them to their federation headquarters in Tokyo, it turned out to be on the fifth floor of the building owned by a well-known "yakuza" (Japanese Mafia) boss. Indeed, in the karate headquarters were two huge photographs of the "oyabun" (yakuza boss). It would behoove you to take care about the contacts you make while there. Anyone with prolific tattoos (a sure sign of a yakuza) or a missing joint on his little finger (yakuza punishment) can be suspect!

Next, be in good shape and prepare to train hard. The Japanese train very hard on basics, and believe in very strict

discipline in all of their sports. For example, Japanese baseball has the "thousand fungo drill," in which the player must go until he catches a thousand ground balls or collapses. A newspaper article in my files tells of the death of a Japanese high school student from a heart attack when his karate club swam the river in the middle of winter!

Also, as a committed Christian you need to beware of idolatry. Many martial arts schools in Japan have a Shinto or Buddhist idol to which all students will bow before training. A Japanese pastor I know started his church in a karate "dojo," but always draped a cloth over the idol before his worship services.

You may also encounter idolatry if you visit the grave or a statue of the founder of your style. The Japanese will bow to the grave and pray to the dead master. I have seen an old Japanese man in the Kodokan (headquarters of Judo) in Tokyo bow and pray to a statue of Jigoro Kano, the founder of Judo. You may be expected to bow also, but be advised, that would be an act of idol worship. It is better to "insult" your host than Almighty God!

A dedicated Japanese Christian would never bow in the direction of an idol, statue or photograph, and neither should you. After all, the first of the Ten Commandments is: Thou shalt have no other gods before me. Thou shalt not make unto thee any graven image, or any likeness [of any thing] that [is] in heaven above, or that [is] in the earth beneath, or that [is] in the water under the earth: Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God [am] a jealous God, visiting the iniquity of the fathers upon

the children unto the third and fourth [generation] of them that hate me" (Exod 20:3-5).

During World War Two the Japanese government required all Christian churches to register, and then required each church to each have a picture of the Emperor in the sanctuary. Before each worship service, they were to bow in worship to the Emperor, who was considered to be a deity, before worshipping Jesus Christ. Many churches closed rather than bow, and many Christians endured persecution.

Hundreds of pastors were imprisoned by the Kempeitai secret police for the simple crime of saying that Christ was superior to the Emperor and would rule Japan at His Second Coming. How terribly offensive it is to the only true God and to His persecuted servants when a Bible-believing Christian bows in idolatry.

How then should you handle the problem? First of all, be polite in your refusal. Don't give the impression that Christians are rude people who do not respect teachers and elders. If you take a firm but gentle stand from the start, you will no doubt still be allowed to



train, though they may be angry at first. However, they will come to respect you for your strength of character and belief. In one case I know of, a young British man took a strong stand against idolatry in Kendo (fencing) school, but was respected for his stand and allowed to train.

So, do you still want to train overseas? Go with God and stand for Jesus!

**About the Author:** John Himes has been a missionary to Japan for the last 17 years. John's son Paul received his 1<sup>st</sup> degree black belt in June, and is now a student at Maranatha Bible College in Watertown, WI.

## **Is this YOUR last GMAU Journal?**

As part of the GMAU's spurt of reorganization and growth, GMAU Journal subscriptions and GMAU Membership have been recently examined in an effort to make our ministry dollars go further, and fine-tune our membership list to insure that those who receive the Journal are those who want it.

In the past, GMAU Membership was essentially open-ended. Membership was annual, but the GMAU never enforced this timeframe or actively solicited for annual renewals. With the GMAU Journal mailing list once again growing to a level which requires substantial financial support, it has been decided that GMAU Membership will, from January 1, 1999 on, be annual. The GMAU Journal will only be mailed to those who are current GMAU members or have subscribed to the Journal apart from membership (\$12 per year).

New membership is just \$15 for the first year, and includes a subscription to the GMAU Journal (4 issues per year), 10% clinic discounts to select GMAU sponsored clinics and events (NEW Benefit), 10% discount on all GMAU publications (NEW Benefit!), embroidered patch, and frameable membership certificate. Membership renewal is just \$10 per year, and includes all benefits above with the exception of the certificate and patch. Extra certificates and patches are available for \$5 each.

If you have already been a member for more than a year, there's no

need to fill in a new membership form, just mail us a check for \$10.00 to GMAU, 512 Laurel Ave. #6 St. Paul, MN 55102. If you're not sure, or were never a GMAU Member, please drop us a line at the above address or e-mail [scotth@gmau.org](mailto:scotth@gmau.org) and we'll check and send you a membership application immediately (if you were a member, we'll let you know and you need only send \$10). Reminders will be mailed before each member's anniversary date.

*Don't* let this be *your* last GMAU Journal!

## **Running Is Just the Start**

*By Dr. Kent Haralson*

This past month, a devoted servant of the Lord named John Ireland was called home to glory. He was 73 years old and passed away while on vacation with a church group. I had only known John for about six months, but was impressed with his love for the Lord. As I spoke with my missionary/pastor friend Ray Finsaas regarding John, Ray said, "What a blessing. He died loving the Lord. He didn't tarnish the Lord's name. He finished well." What a testimony. Not only to run the race, but to finish well. I would like to challenge you, the martial arts instructors, with some thoughts about "finishing well." We all have a race to run in life. The Lord has called each of us to fulfill a certain ministry while on this Earth. The writer to the Hebrews tells us, "Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us." (Heb 12:1) Paul continues that theme in telling us that we are not just to run the race haphazardly, but we are to run it well. We are to run

it intending to win a prize. "Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain." (1 Cor 9:24) Here the word for run is *trecho*, meaning to exert oneself, to strive hard, to spend one's strength in performing or attaining something. The word occurs in Greek writings denoting to incur extreme peril, in which it requires the exertion of all one's effort to overcome. As Christians that is our call. As Christian martial artists, we are uniquely equipped to run this race and to accomplish a mighty work for the Lord.

But, there is a cost involved. If we are going to make a difference for Christ, we must be willing to set goals, willing to deny ourselves worldly pleasures, willing to yield our preferences to others, willing to work when others rest, and willing to be bold in confronting a generation that scoffs at the Bible. Jesus reminds us to count the cost of running the race. "For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?" (Luke 14:28) In my experiences, I have seen about one out of fifty students with the perseverance to stay with the martial arts to obtain a black belt. Amazingly, half of the students quit even before earning a white belt. But, my questions are not directed to the students, rather they are directed to the instructors. The majority of black belts quit before earning the master rankings (just one in a thousand will make it to the 4<sup>th</sup> degree). Many start teaching, but few remain. Many start a "Christian" run in the dojo, but only a small percent remain faithful to that calling. Many follow in Demas footsteps, who is described as having "forsaken me,

having loved this present world." (2 Tim 4:10) When I was quite a bit younger I used to run the mile. Some runners would start out with a burst of speed, take the lead, put on a good show for two of the four laps, then run out of steam, falter, and finish last. When running the mile, it's not so important to start strong as to finish strong. The same things can happen organizationally.

Paul expressed his desire that he "finish well" in Acts 20:24. "But none of these things move me, neither count I my life dear unto myself, so that I might finish my course with joy, and the ministry, which I have received of the Lord Jesus, to testify the gospel of the grace of God." There have been Christian dojos and organizations that have started out strong, then in the process of time their effectiveness peaked, they faltered, and stumbled along toward a goal that was no longer well defined. The Gospel Martial Arts Union has been serving the Christian martial arts community nearly thirteen years. Yes, the ministry had a good beginning, a solid start. But we cannot be satisfied with an impressive first two laps. As a ministry organization, we want to maintain our strength, run the whole race with energy, and press strong toward a continually well-defined goal. In other words, we not only want to run well at the beginning, but when the trumpet sounds, we want to hear His "Well done!" We want to stand with Paul and proclaim, "I have fought a good fight, I have finished my course, I have kept the faith." (2 Tim 4:7)

So what will it take to finish well? You might well be asking yourself that same question. You might well hold your own ministry up to the microscope and examine it. I believe that the answer is

continued faithfulness: to the centrality of Christ, to sound Biblical doctrine, to being members in and servants in Christ's local church, to clear vision and a well defined purpose, to trusting Christ for direction, to be willing to run when others stumble, fall and rest. Does your dojo have a solid Christian curriculum? Do you set goals and plan to have unchurched visitors to your classes? Do you purposefully present the Gospel to all new students? Do you maintain a servant's heart and a personal testimony that is above reproach? Do you disciple your students enabling them to be "conformed to the image of Christ"? Do you grow future leaders? Do you pray for your students?

When we hear the sound of the trumpet cutting through the din of our frantic world, may we also hear those words of commendation, "Well done, good and faithful servant ... enter thou into the joy of thy Lord." (Matt 25:23)

## **Karate and its Effects on Life Span Development**

*Gary Brown*

Karate, or the martial arts, as with all sports, has effects on life-span development. It is a physical sport, which impacts the body in various ways, this being especially true in the growing body of a child.

The Martial Arts, unlike other sports, expands to other areas of life-span development. It affects the mental make-up of the practitioner, as well as cultural and/or spiritual development. Through this writing I intend to discuss these three areas and how they affect development. The growing body of a child is remarkable. During the primary

years (elementary school age), children grow an average of two to three inches per year. This extreme growth no doubt keeps the young body very busy. Also during these years the child is becoming more coordinated, and fine motor skills are developing. Nevertheless, the young girl or boy seems to have an abundance of energy that needs to be burned off. Therefore, physical exercise is very important for the child, as well as for adults.

To put it plainly, exercise plus diet equal good health for people of all ages. As adults, we must guard against the attitude that kids will naturally get enough exercise. Over the past few decades, we have moved from the "Leave it to Beaver" days, where children ran all over the neighborhood from daylight to dusk, to days where no one even considers the possibility that there is a lack of physical exercise for children. With the 90's, the majority of a young one's time may be spent indoors with an emphasis on television and video games.

However, while you can plainly see that physical exercise is a benefit of karate (or the martial arts), you must also realize that there are limits. It is imperative that the instructor realizes that children are children and not just small adults. Children generally do not understand their limits, and, therefore, a constant eye must be kept on them to ensure that they don't exceed their capabilities. Most karate injuries come from either carelessness or lack of supervision.

As a karate instructor, I have found a great difference in teaching children and adults. Adults must be motivated, almost to the point of pleading, in order to get them to try something that may seem beyond their capability.

However, children are constantly pushing their limits and often (without supervision) exceed their capabilities. This difference between adults and children is largely because kids are in a developmental stage where their limits have not yet been set.

Children are constantly trying to establish and re-establish limits. Adults, on the other hand, have pre-established limits which are often set by past experiences. These boundaries for adults are often short of their actual capabilities due to a fear of failure.

The martial arts, as most study it today, shrouds itself in an Eastern culture which puts much emphasis on mental toughness. That is to say practitioners are taught that their mind is (or should be) in control of the body at all times. The mind, therefore, with proper training, can override the body's natural impulses. One good example of this control is when a student experiences pain, they are nevertheless able to continue their exercise without succumbing to the body's cry for attention (with respect to adrenaline and other body coping mechanisms).

The mind may also be developed into a logical sequence where it refuses to acknowledge emotions, thus making the individual appear confident and without fear. This is most often seen when two well-trained fighters stand across a ring looking at each other prior to a fight. Modern culture may best recognize this as "psyching out the opponent."

Finally, there is the Japanese word "Mushim." This word is defined as literally, 'no mind,' a mastering of technique, focus and concentration, which allows conscious acts to be performed unconsciously. The mind is free to

make counter-movements to an opponent without mental deliberation or interfering. This technique (or ability) is not mastered without many years of training, but nevertheless, would have influence on some area of life-span development.



The last area of martial arts training to be addressed is the spiritual aspect. I am sad to say that this training is largely faulty (occult-Eastern Mysticism), or nonexistent in the modern culture. However, it does have an impact on life-span development, whether right or wrong. In the area of the occult, many teachers of the martial arts attribute special powers to Ki or Chi, but they never really nail down what that exactly is. They seem very content with having everyone believe it is just some kind of mystical power that is reserved for the elite martial artist. This mystery, therefore, should alert serious seekers of the truth to the probability of fraud or false teachings. The truth should be tested and tried, needing no reason to hide. Some, on the other hand, attempt to do away with the spiritual aspect of the martial arts by explaining that physical and mental training is enough, and religion should be left to the Theologians. However, a teacher is accountable for what they teach, and teaching any form of physical techniques without the proper spiritual foundations is a recipe for disaster.

This paper has addressed three aspects of the martial arts, physical, mental, and spiritual. I have made the claim that these

aspects effect life-span development.

However, in conclusion, I will attempt to clarify the connections. First physically: a martial arts practitioner can achieve physical accomplishments, which gives him or her higher self-esteem, and self-confidence. These tools will assist him or her when dealing with peer pressure, adolescence, the opposite sex, and many other difficulties experienced as one grows. Second, mentally: this area of the martial arts also gives the edge to its students when dealing with life-span development problems, as well as the ability to stay in control of situations that may at times seem overwhelming. It may be argued that mind control reduces the tendency to be dependent on pain control or other types of drugs. "For God hath not given us the spirit of fear: but of Power, and of Love, and of a Sound Mind." (II Tim 1:7). Third, spiritually: this training is extremely dependent upon the source. If the source is any other than the Holy Spirit, it is faulty and should be scrapped for better training, perhaps underwater basket weaving. However, if the training is truth, it is some of the best training around and can assist life-span development with smooth transitions through all of its stages. It can be depended upon when all others fail, and it is absolutely the only training that can give assurance of victory every time.



## Recent GMAU Promotions

<b>Rank Awards:</b>
Orville Osbourne Sho Dan

Seigi Bushido Ryu	West	Palm Beach, FL
Jim Hernandez Jr.	Ni Dan	
Seigi Bushido Ryu	West	Palm Beach, FL
<b>New Members:</b>		
Gary Fechter		Streator, IL
Phil Lewis		St. Petersburg, FL

## GMAU Announces Regional Representatives

For the past three months, the board has been working on a plan to add several qualified martial artists to our ministry in the role of regional representatives. We are in the process of contacting them and plan to announce several of these positions in the April issue of the GMAU Journal. The ministry of the GMAU has grown to the point where the addition of this position became a necessity. These representatives will greatly enhance our ability to service the needs of our membership and also increase the influence of our vision to a greater community of martial artists. Contact Dr. Michael McClure who is the board focal point for this aspect of our ministry ([westpark1@juno.com](mailto:westpark1@juno.com)).

## Ice Cream Christian Martial Artists

by Dr. Kent Haralson

I don't know about you, but I love ice cream. Unfortunately I don't stick with just ice cream. I also love to heap on the nuts, cherries, fudge, whipped cream and just about anything else that the lady behind the counter says I can add to the pile. Now I suppose that it isn't too bad if I indulge in a sweet treat like that on occasion. But, if I were to make it a ritual for every meal, I would be asking for a lot of trouble. I suspect the chances are also good that my



overall physical condition would suffer dramatically, and that my dental bill would soar along with my belt size.

The thought occurred to me, that several Christians operate along the same line of reason each week. They love the morning worship service (ice cream with all the toppings), but they just don't seem up to the Sunday school and Bible study hour (potatoes). Sunday night just doesn't fit into their schedule either (there goes the carrots and bread). And by Wednesday night, there is just so much to do that church is out of the question (so much for the salad and fiber to make you strong). The thought of personal daily devotions and serving in your church is remote at best (there went the meat from the diet).

The parallel to the weekly martial arts class is so similar. The class is fun, but forget the daily conditioning and practice sessions that make the weekly class effective and meaningful.

If you find that you and your family are "sick" a little more than they ought to be, or better yet if you would like to practice a little preventative medicine, you might want to consider rounding out your meals a bit. You don't have to drop the ice cream, but don't forget the staples.

### **New GMAU Publication**

The GMAU is proud to announce a 16 page new etiquette guide, *The Warrior's Code: Traditional Martial Art Etiquette*. Unlike the existing *Dojo Etiquette and Code of Behavior*, *The Warrior's Code* explains in depth, not only the history and logic behind traditional martial arts etiquette, but the spiritual mandate for it as well. Written by 4<sup>th</sup> degree black

belt Johnny Walker, *The Warrior's Code* is an excellent addition to any Christian black belt's library.

It is strongly recommended that every instructor get one to assist in teaching etiquette to his/her class. It is also recommend that those students of purple belt and higher purchase their own copies for reference and to assist in the "trickle-down effect" within the GMAU and classes in general. The booklet price is \$3.00 per copy, and can be ordered from: GMAU, 512 Laurel Ave. #6, St. Paul, MN 55102

### **GMAU Announces Self-Defense Certification**

Dr. Charles Owens, a nationally recognized and certified martial artist and self-defense instructor, has developed an extensive curriculum and certification program of self-defense. This is a growing need in the cultures and society that we are facing as we approach the next millennium. Dr. Owens is a member of the board of the GMAU with decades of experience in this area. Now, through the GMAU, Christians may obtain curriculum and certification for self-defense offerings through their dojo or personal ministries. For more information, contact Dr. Owens of GMAU headquarters. See related article in this issue of the GMAU Journal titled *Ministry of Defense*.

### **Why Your Martial Arts Instructor Should Be A Christian**

**Dr. Michael McClure**

Before I begin my treatment of this subject, let me say that I am fully aware that there will be those who will disagree with the premise I am setting forth. I am

convinced of the validity of the material given below. I have been a student of the martial arts for more than 25 years. I have studied under some great teachers. I have had training in Pai Lum Kung Fu, Bei Lium Tao Kung Fu, Koushou Federation Kung Fu, GoJu Karate, Kenpo Karate, Red Dragon Kung Fu, Shorin Gi Karate, Tae Kwon Do, AiJudo, Kali, Wing Chun, Tai Chi Chuan and a few other arts here and there. I currently hold ranking in Kenpo Karate, Pai Lum Kung Fu, Red Dragon Kung Fu, Sheng Ling Ch'uan Pai, Shang Ti Kempo, Qing Bai Long Pai, and, of course, my own school, the Valour School of Self Defense. I have also been awarded certificates from the Koushou Federation, the Society of Gospel Black Belts and the Gospel Martial Arts Union. I have served for several years as a member of the board of governors of the Gospel Martial Arts Union. I say all of this simply to demonstrate that I have been greatly involved in the martial arts for more than a quarter century.

I have had the privilege of studying under some Grand Masters, some Masters and several other highly qualified and able teachers. I have studied and ranked in schools that were secular and commercial, secular and yet not for profit, Christian and yet commercial and Christian and not for profit.

In all my years of training I have come to some conclusions. I would like to share a couple of those conclusions with the reader: 1. There is no end to the knowledge that one may gain; therefore, learning, in this life, is not only a continual process, but an endless process. 2. The philosophy of the teacher has a tremendous influence upon the student.

Therefore, the student should consider what the philosophy of a particular teacher is before choosing to place himself under that teacher. In simpler words: if we know where the teacher is coming from we can have a good idea where he is going to take us. During the many years when I was a student in college I had a practice of taking notes on a professor's lecture on the main body of my paper and then making notes on the professor's philosophy in the margin. Everyone has a philosophy; therefore, every teacher has a philosophy. If one listens carefully to his teacher one will not only hear the technical material as it given, but he will also hear the philosophy.

The Scriptures give us a wise warning in this area: "Beware lest any man spoil you through philosophy..." (Coloss 2:8) Quite often in Christian circles someone will say something like this: "If you study martial arts you will get all of that New Age, Eastern mysticism." Now that is precisely my point. Although the Martial Arts in and of itself is neither "New Age" nor "mystical," if the philosophy of the teacher is such it will come across in the teaching. Because of the Eastern influence in the martial arts it is true that many teachers have connection to Eastern religious thought. But that is not necessarily the case. None of the secular and/or commercial teachers that I have had in the martial arts strove to teach me "New Age" thought or Eastern Mysticism. Although at least two of them had some connection in that area it did not seem to be their primary philosophy. What I did see in some of my secular and/or commercial teachers and what I continue to see in many secular and/or commercial martial arts teachers was and is a

worldly philosophy. The Scriptural warning continues: "Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world..." (Coloss 2:8) Again: "There is a way that seemeth right unto a man, but the end thereof are the ways of death." (Prov 14:12 & 16:25).

I have heard many secular martial arts teachers use profanity and profane humor, talk of their own exploits into alcohol and immorality, and even blasphemy in the class structure. Now I am not saying that all do this, but I am saying that the teachers' philosophy, the teachers' own training, the teachers' traditions and "rudiments" will come across in the teaching. I do not believe it is wise for the Christian to place himself under the tutelage of such philosophy.

A few years ago I was counseling with a young person who was getting ready to go to college. I strongly urged this young person to attend a Christian college, while they had chosen a state college known as one of the top "party schools" of the country. Now this young person was going to study music. I was not at all concerned that this young person would not be able to learn music at this school. I was quite sure that the student would be under some very capable musicians there. What I was concerned about was the philosophy of some of those musicians. The same concern will apply regardless of the subject matter. If one is to have a truly Christian "world view" or philosophy one should study under a Christian.

Now I am not saying that we can learn nothing from those who are not Christians. Many capable

teachers are in many fields who are not Christians. But their philosophy will be taught with their curriculum. Many a young person has been lead astray by a teacher with a wrong philosophy.

In all of this the opposite is, of course, also true. If one chooses a Christian as one's instructor one may well expect a Christian philosophy from that teacher. In the Valour School of Self-Defense as in many other martial arts schools we seek to train the whole person, physically, mentally and spiritually. Each ranking level has requirements in all of these areas. Biblical principles, philosophy, traditions and "rudiments" are taught in every class. Why? So that the student may be taught "after Christ" and not "after the tradition of men".

Why should your martial arts teacher be a Christian? Quite simply: so that you will be taught a Christian philosophy along with your technique and principles.

<p>Dr. Mike McClure is the Senior Pastor, and operates a Martial Art school in his church at Delray Beach FL.</p>
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## **The Ministry of Defense**

*by Dr. Charles Owens*

The martial arts have many aspects. Within them one can find sport competition, physical fitness, and artistic beauty. There is one aspect, however, that is the most serious of all - self-defense. There are rules in the sport aspect, there is a relaxed approach in the physical fitness aspect, and there is attention to detailed form in the artistic beauty aspect. But in self-defense, there are no rules ... there is no relaxation ... and there is any attention to form. When training is purely for self-

defense, a unique and narrow mindset is required. So these three things must constantly be kept in mind when learning or teaching self-defense: 1) there are no rules; 2) there is no relaxation; 3) there is no form. As a martial artist of 32 years and having earned 8<sup>th</sup>, 7<sup>th</sup>, 5<sup>th</sup>, 2<sup>nd</sup>, and two 1<sup>st</sup> dans in six different martial arts, having learned every hyung in sorim mit soryong yu, every tul in ch'ang hon, and every one-step and three-step known to man, I know how this flies in the face of tradition. But as a reserve law enforcement officer with hundreds of duty-hours logged, many search warrants served, quite a few felony arrests made, and a cantankerous inmate having to be dealt with from time to time, I can tell you first-hand that tradition doesn't win fights. There is still no substitute for good, solid technique, but it had better be simple, quick, and effective. My focus in the last few years has narrowed into that specialized area of martial arts training dealing strictly with self-defense. Now, as a certified police instructor, and having become affiliated with various self-defense organizations, I am organizing an effort within the GMAU to implement a program for certifying Christian self-defense instructors. Teaching personal safety and security is worlds apart from traditional martial arts instruction. Personal safety clients are generally not interested in belt rank or competition. They don't have a "fighter's mentality" or a desire to win trophies. They usually have experienced something in life that has created the desire to be more secure. Professional safety trainers take clients on an individual basis and structure a program for their particular needs. Most people have the same defensive needs, however. It is possible to

find a common program that meets the needs of the vast majority of people seeking self-defense training.

Believe it or not, the greater part of personal safety and self-defense training is more philosophical than physical. As much attention must be given to helping people identify and assess threats as to fight them. When a person knows by whom, where, and when he or she is most likely to be attacked, and what kind of personal safety strategy is the most effective and legal, a situation is more likely to be avoided than engaged. That's good self-defense.

Proper self-defense training includes philosophy of self-defense, personal safety strategy development, understanding the use of force continuum, personal safety options, and effective, appropriate response. Groups (including church groups), organizations and businesses are looking for speakers to lecture on personal safety. There are always people in need of self-defense training.

I believe that good, solid self defense training is a field ripe for ministry development. Not long ago I taught a 30-minute session at a Baptist Association singles conference. I am often invited to speak on Christian self-defense. Self defense can be offered to diverse clientele (women, teens, and police/security), taught at various levels, and in courses of varying lengths. I offer courses from two to seventy-two hours. Clinic subjects can be offered without end. I offer follow-up courses for advanced clients on subjects such as chin and jaw manipulation, kubotan, attacking the eyes, weapons-at-hand, front seat self defense - the list is endless. Because of its unique nature, self-defense/personal safety instructors should be

certified. Certification requirements are designed to help an instructor properly teach the philosophical and legal aspects of self defense, and to introduce him to methods in use by law enforcement academies to get the most out of the allotted time. And as a tool for ministry, the Christian instructor needs to be ready to give Biblical reasons for self-defense, and to seize the moment as an opportunity for evangelism and discipleship.

If you are interested in becoming certified as a Christian self defense instructor (you must be at least a brown belt and 21 years of age), please feel free to contact me through the GMAU. Certification will be offered in the following areas: Ladies Self Defense; Self-Defense for Teens; Defensive Tactics (six levels of training); The Short Stick; The Walking Cane; The ASP Key Defender; The Hestitan; The Hand Spike; The Expandable Baton.

Contact:  
Dr. Charles Owens  
([OwensSaks@aol.com](mailto:OwensSaks@aol.com)) or  
Scott Hoffer ([scotth@gmau.org](mailto:scotth@gmau.org)) for  
more details.

## ***A Meal for the Mind***



- - by *Dr. Kent Haralson*

We as martial artists take pride in being in shape. But, just what kind of shape are your morals in? I once read a comment from a well-trained martial artist as he responded to the question of what it took to successfully follow a martial "way." His answer was stunning. "Moral stamina," was his response. We don't often associate morals with stamina. We are more likely to equate stamina with some sort of physical activity. Most budoka (followers of the martial path) are

willing to undergo the challenges required of their bodies in pursuing the martial "way." The demanding practices, the aching muscles, the inevitable injuries -- we accept these things as part of the overall package.

The budo (warrior ways), however, involve much more than merely the development of physical aspects or the perfection of technique. Each systems founder made it clear that the development of character was the primary goal of karate-do, judo, kendo, tae kwon do, hapkido and aikido. The root word "do" in each of these phrases actually connotes a way of life, not just a set of physical techniques.

Conventional wisdom has it that most practitioners are initially drawn to the budo for reasons of self-defense or getting in shape. I suspect, though, that many of us who achieved the black belt were attracted to the martial arts because of the courage and integrity we saw embodied in their exponents. We saw these things in others, hoped to achieve them in ourselves, and to polish and nurture them we continued along the martial path. But noble ideals can come crashing down just as hard in the dojo or dojang (training hall) as anywhere else, maybe harder. For example, that invitation for some "extra practice" from the petite brown belt with the big blue eyes is tempting --- even if you're married; her admiration for your skill is obvious, so why not take advantage of the situation? Or, the organization you quit in disgust because of its unfair policies was going to promote you anyway, so why not claim the rank you feel you rightly deserve? And, naturally, you demand long-term contracts from your students --- for their own good, of course. And there is always the urge to show off a bit, to slack off a bit, to trade off a

bit. The ideals with which we began the martial path are slowly eroded each time we exchange them for added prestige or give in to our greed, lust or laziness.

It is at such moments that the stamina of our morals comes into play. Have we the endurance to stay the course? Or, once off it, have we the resources necessary to get up, brush ourselves off, and start back again on the right path? ("For a just man falleth seven times, and riseth up again." - Prov 24:16)

It would be nice to say that a lot of us do have the ability to recover for such pitfalls, but the truth is that a lot of us don't. The martial way is long and steep and not always well lit. And it is devilishly easy to convince yourself you are still going in the right direction when you are, in fact, headed the opposite way ("The heart is deceitful above all things, and desperately wicked: who can know it? - Jer 17:9). It is all too simple to convince yourself that you are moving forward, when in fact you have stopped and are no longer serving as a model to others on the journey, but are instead just another obstacle for them to get around ("There is a way which seemeth right unto a man, but the end thereof are the ways of death." - Prov 14:12). Just as you should assess your physical fitness from time to time, so too is it a good idea to occasionally stop and think about what kind of shape your morals are in.



...DOJO & EVANGELIST UPDATE...

**Mail from GMAU schools and evangelists.**

**The Gospel Karate Team West Palm Beach, FL.**

On January 16<sup>th</sup> we will hold the Bi-annual Forms Tournament. Sensei Osbourne heads this and can be reached at [orvilleo@adelphia.net](mailto:orvilleo@adelphia.net). On March 5 & 6, 1999 we will host the 12<sup>th</sup> Annual Southeastern Regional Martial Arts Clinic. There will be black belt testing on that Friday with the Clinic starting on Friday evening at 6:30pm. Contact point is Larry Phillips at [philipswpb@adelphia.net](mailto:philipswpb@adelphia.net). Tyler Wagner received his White Belt. Bob Wallace received his Purple Belt. Sensei Orville Osbourne received his full Black Belt. Sensei Jim Hernandez Jr. received his II degree Black Belt. Sensei Hernandez Jr. also heads up the Demo team, which continues to be active at churches, schools, bowling alleys, or wherever the Lord leads. He can be reached at [jim.hernandez@ssc.siemens.com](mailto:jim.hernandez@ssc.siemens.com)

**Men of Valor-Delray Beach, FL.**

On Saturday, October 17, our Kwoon (Valour School of Self Defense) hosted a dual track seminar with Hanshi Sherry McGregor. Hanshi McGregor was very gracious and taught her classes in women's self defense and tournament-style sparring very well. Many people were invited, particularly, of course, the Christian martial arts community of our area. One secular dojo had received notice of the seminars and had responded that at least one of its sensei would attend. I was a little surprised, therefore, when I did not see anyone from that school. Hanshi McGregor had finished her teaching and was in the process of getting ready for her 3-hour drive home when a car I did not recognize pulled into the parking lot. I

thought, perhaps, it was just someone turning around and so I didn't pay a lot of attention until the car parked and the driver got out. Instantly I recognized Master Mitch Mandel! He approached me, shook my hand and handed me an envelope. I introduced him to Hanshi McGregor whom he was already familiar with by reputation and they exchanged courtesies. After he drove away I opened the envelope. In it was a note of explanation and apology for not being able to attend the seminar. Also included in the envelope was some cash to help with the expenses of the seminar. I was very impressed with his thoughtfulness, his etiquette and sense of honor. His actions spoke well of the man, his training and his Karate. It occurred to me that this is a good lesson for all of us who are Christian martial artists. Men of Valour is under the leadership of Pastor Michael McClure.

#### **The Master's Warriors Club- Lewiston, MT.**

The Master's Warriors Club of Emmanuel Baptist Church reports a registration of 52 students in their classes. This club is just ten months old and has already seen 11 new students accept Christ as their personal Savior and watched 21 of their students follow the Lord in believer's baptism. The class skill level is also developing nicely. This past three months, eleven of the students have been promoted to green belt: Dave Fry Jr., Connie Fry, Becky McKennett, Jessica Fry, Lauren Simpson, Desiree Rauch, Jayson Brand, Matt Danzer, Sean Edwards, David McKennett, and Autumn Danzer. Congratulations to these class leaders. During the devotional period, we spent 17 weeks studying the 15 spiritual disciplines that would strengthen the spirit, the mind and the body and unite them

into a balanced and formidable Christian martial artist. We are now undertaking a year long study of classical techniques that will contribute to better performance and drawing in the Biblical parallels to substantiate those methods. Thus far we have considered kokoro, shibumi, haragei, kime and kokyu chikara. This club is under the leadership of Dr. Kent Haralson and is also gearing up to host its first clinic (1<sup>st</sup> Annual Rocky Mountain Regional Clinic on May 14 & 15, 1999)

#### **Christian Karate Plus - Johnsbury, VT.**

The 4<sup>th</sup> Annual Northeastern Regional Martial Arts Clinic July 23 and 24, 1999, and will feature GMAU Chairman Dr. Kent Haralson, President Mr. Scott Hoffer and many more great instructors. For more information contact: Mail - Stephen Jones 566 Stannard Mt Rd, Danville, VT 05828 Phone - 1-802-748-2318 e-mail: [sugarridgeVT@juno.com](mailto:sugarridgeVT@juno.com)

#### **Ishi Ryoku Jutsu - Maryborough, Queensland, Australia.**

On the 21<sup>st</sup> of November, we had our last grading for the year, which saw 5 yellow belts, 7 orange belts, 6 blue belts, and 1 red belt test successfully for their respective ranking. The students are responding very well in their understanding of our philosophy of grace and mercy. My most senior student has been appointed an Assistant Dojo Sensei. Our pastoral activities continue to be rewarding. May the Lord bless you all as you continue to serve him in this important ministry.

#### **St. Petersburg, FL.**

We are asking for prayer for returning to Brazil in the fall of '99. Support is desperately

needed. If you would like to contact us via e-mail, feel free to do so at [lewisline@juno.com](mailto:lewisline@juno.com). A praise note from the club in Brazil: One of our brown belts has felt the Lord calling him to study at the Baptist Seminario for the ministry. He was saved under our ministry. Prof. Phil Lewis, 5<sup>th</sup> Dan, soke of Tora Karano Shinsei Kenpo/Brazilian Kenpo-Arnis, and missionary to Brazil has produced some training videos. If you would be interested in supporting his ministry by purchasing these tapes, the following titles are available: "Arnis & Wing Chun Partner Drills," "Arnis Single Stick Complete," "Arnis Double Sticks," "Kicking Drills," and "Cross-Ranking Requirements for Tora Karano Shinsei Kenpo." All tapes are \$20.00 (includes shipping). Make checks payable to Phil Lewis [6987 54<sup>th</sup> Ave. N. St. Pete, FL 33709].

**Cypress Academy of Self-Defense, Houston TX.**

Brian Burks was awarded the Expert Degree in Yih Joung Kyuhn. Mr. Burks is a deputy with the Harris County Sheriff's Department. In recognition of the dedicated and sincere effort, we do hereby congratulate Mr. Burks on his achievement. Cypress Academy of Self-Defense is under the leadership of Paul Mann

**The Master Warrior's-West Palm Beach, FL.**

The class has been maintaining about twenty students per class. We have been blessed with several new students in the past month. For some reason most of our new students have been young kids. This has given Sensei Katie Merrell and Erin Askew lots of opportunity to teach and encourage. David Merrell and Erin Askew passed their assistant sensei exams. This has added more support in the teaching area. Since we have had a

difficult time attracting adult male students we are going to open a "Russian Martial Arts" division the first of the year. Sensei David and Rick Merrell will teach this additional class. At this time we have over 15 adult males that have given verbal commitment to the class. We see this as a huge opportunity for evangelism. The best news of all is that our only adult student that is not a Christian accepted the Lord last week in Rick's office. We are rejoicing with the heavenly host. The Master's Warriors is under the leadership of Sensei Rick Merrell

**Grace Karate Team-Graceville, FL.**

The GRACE (God's Riches At Christ Expense) Karate Team is growing strong in Graceville, Florida. We are excited about having a



profoundly deaf young lady, Kaitlin Register, on our team. Kaitlin also happens to be Little Miss Graceville. She is studying hard and has since been joined by her two sisters. This has been a learning experience for us all, as Kaitlin is teaching us how to communicate with her through sign language. In addition to the Register family, we have had another father and daughter team join, David and Ashley Thedford, as well as a brother/sister combination, PJ and Leah Paley. Rounding out our new membership is Megan Camery. We are looking forward to an exciting New Year with GRACE Karate Team. Advancements are: November 19, 1998 Barry Lindamood Jr. Yellow Belt, Zachary Lindamood Yellow Belt



Kaitlin Register Yellow Belt, Megan Camery White Belt, Ashley Thedford White Belt, Patrick Paley White Belt. December 17, 1998 David Thedford White Belt, Leah Paley White Belt. GRACE is under the leadership of Sensei Gary Brown.

## ***Lessons From History***

***by Larry Phillips***

About 350 years ago, a group of believers felt their homeland was evil. Out of concern for the children, they gathered all they owned, rented a boat and set sail for a new country, where they could worship as they pleased. Soon after starting out their pastor fell ill and soon was dead. The ship sprung a leak, and some 120 men, women, and children had to transfer to the sister ship, a cargo ship that carried wine. To add insult to injury, the crew made fun and hurled insults day and night at the group in the 5-ft high by 15 ft by 60ft-cargo space. Our little church group spent their time praying and singing. During the trips 2nd week, the crewmember who led the jeering became ill and died. It so disturbed the remaining crew that

the insults stopped. For the balance of the 66-day trip they were treated with the greatest respect. Upon landing, they discovered they were several hundred miles north of the desired location. Unable to sail south, they chose to stay in the clearing left by an extinct tribe of Indians. They had reached land in the winter, not the fall, and half of their number would die over the next few months. In the spring, an Indian walked into camp. He was looking for his people, but he was the last. He had been sold into slavery not once but twice. He had lived in England, came back, escaped, and spoke perfect English. This Indian would teach the farmers how to trap, hunt, and plant corn.

The following fall, the church group had a great day of Thanksgiving. In spite of great hardship, trial, and even death, they kept on going. They would not give up. They set into motion a great nation. Let us remember that this upcoming year. Folks gave up their very life so that we might enjoy ours. Let us be as thankful as the Pilgrims were.

## ***Tsubo - Vital Points for Oriental Therapy*** ***by Katsusuke Serizawa***

When we go through the ranks learning Karate-Martial Arts we progress through basic techniques, locks and restraints, forms, kumite, vital points, etc. We learn that these 365 vital points occur in places that are physically weak; for example the depressions at the junctures of muscles, the places where nerves emerge from muscles, the trunks of muscles and nerves, etc. This book describes each vital point or "tsubo" and how these vital points are used to promote well being and health. Tsubo treatment is based on science and is a therapy of proven validity and a natural step for martial artists as they mature and wish to transcend the knowledge of vital points to hurt or disable and instead use the knowledge of these same vital points to promote physical well-being and health. This book will be well received by a Christian martial artist, because of its large number of helpful illustrations, detailed explanations and lack of New Age mystical baggage.

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Reviewed by Homer "Butch" Kennedy - 6th Dan - Tae Kwon Do

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