



# GMAU Journal

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Volume 13 Issue 4  
October 1999

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## GMAU Event Calendar

- September '99 -

- 8th Biannual Forms Tournament: West Palm Beach, FL - Saturday, September 25 starting at 9:30 a.m. Participants will be awarded certificates, ribbons, medals, and trophies depending on how well they perform the "forms" of their specific style. Contact Orville Osbourne at [orvilleo@adelphia.net](mailto:orvilleo@adelphia.net) or call (561) 795-1525.

- October '99 -

- Seminar/fellowship, Oct. 23, Delray Beach, FL - contact Pastor Mike McClure for more details at [westpark1@juno.com](mailto:westpark1@juno.com)

- March '00 -

- 13th Annual GMAU Southeastern Regional

Martial Arts Clinic: West Palm Beach, FL, March 3 & 4 - Contact point is Larry Phillips at [philipswpb@aol.com](mailto:philipswpb@aol.com)

- May '00 -

- 2nd Annual Rocky Mountain States Regional Clinic: Lewistown, MT - May 19 & 20. Contact Dr. Kent Haralson at [haralson@lewistown.net](mailto:haralson@lewistown.net), or write to 129 Sunset St., Lewistown, MT 59457.

- July '00 -

- 5th Annual Northeastern Regional Martial Arts Clinic: St. Johnsbury, VT - July 28 & 29. Contact Mr. Stephen Jones by writing him at RFD #2, Box 149, St. Johnsbury, VT, 05819 or call (802) 748-3844.

- October '00 -

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



## **NEW GMAU BOOKLET ON SELF-DEFENSE**

Sifu John R. Himes of Hokkaida, Japan has written an excellent work entitled the Christian Philosophy Of Self-Defense. Sifu Himes is a missionary in Japan and has served there for many years. He is an excellent martial artist and a true scholar. This work reflects all of the above. Sifu Himes gives us a scriptural explanation of why self-defense is not only morally right and Biblically based, but how it also may bring glory to our Lord Jesus. He answers a number of the "hard questions" often asked about a Christian's involvement in self-defense, then goes on to explain the correct

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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:

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## **Recent GMAU Promotions**



### **Rank Awards:**

**Dwight Keaffer** 2nd Degree  
Black Belt  
Kenpo Karate Vermont

**Sarah Keaffer** Black Belt  
Kenpo Karate Vermont

**Dawn Jurentkuf** Black Belt  
Kenpo Karate Vermont

**Darwin Jurentkuf** Black Belt (Prov.)  
Kenpo Karate Vermont

**Autum Danzer** Purple Belt  
Seigi Bushido Ryu Montana

**Sean Edwards** Purple Belt  
Seigi Bushido Ryu Montana

**Matt Danzer** Purple Belt  
Seigi Bushido Ryu Montana

<i>Desiree Rauch Purple Belt</i> Seigi Bushido Ryu Montana
<b>New Members:</b>
Peter Liciaga Marlton, NJ

thought process that a Christian needs to follow in regard to this subject. This is a work that every Christian martial artist should have in his library. It makes a great teaching tool for properly educating our students. Every GMAU instructor wants his students to have the right philosophy; this is yet another tool to aid us in reaching that goal. It would also be good for pastors or others who have dealt with or are dealing with the morality and scripturality of self-defense.

Reviewed by Michael L. McClure, LHD, Pastor of West Park Baptist Church in Delray Beach, Florida. Pastor McClure is the Sifu at the Valour School of Self Defense, an outreach of West Park Baptist Church, and also serves as a member of the Board of Governors for the Gospel Martial Arts ..

**Water**

*by Yew-Por Ng, M.D.*

"And God said, Let the waters under the heaven be gathered together unto one place, and let the dry land appear: and it was so. And God called the dry land Earth; and the gathering together of the waters called he Seas: and God saw that it was good." (Gen. 1:9-10)

Next to oxygen, water is the most important element for sustaining life. Whether we are healthy or ill, pure water is one of the richest gifts we could ever be given. Properly used, it restores, maintains, and promotes health. It quenches thirst for all, animals and man alike. If we will drink it freely, it will help to supply the needs of the entire body and

fortify the natural resistance to disease.

Water is the major constituent of the body, making up approximately:

- a. 70% of the body weight,
- b. 50-70% of muscle tissue,
- c. 70-85% of brain gray matter,
- d. 20-30% of bone, and
- e. 80% of blood cell composition.

From these figures alone, we can see the need to put water back into our system. Water in its pure state makes no changes when taken into the body. It goes in, does its job and is eliminated, all in the same state. But this is not true of other drinks such as colas, coffee and tea. Water taken in these forms must first be filtered by the kidneys before it can be utilized in the body. This taxes the kidneys and concentrates the urine, as the waste stagnates, creating disease.

Furthermore, there are many chemicals in these drinks, which put a burden on the whole internal digestive system.

For instance, the phosphorus in cola drinks is so high that it affects the calcium/phosphorus ratio in the body, creating calcium deficient diseases, such as osteoporosis and poor teeth. The caffeine in the coffee and tannic acid in the teas affects the heart, kidneys and other vital organs. They give the heart a false stimulation and overburden the kidneys in their function.

Respiration, digestion, circulation, glandular secretion, temperature regulation, waste elimination and virtually every body function require water. Water also helps to lubricate, insulate, protect and give flexibility to muscles, ligaments and joints.

How much water should be taken in each day depends on the person's size, activity and the temperature of the day. The average amount needed to replenish the water utilized in the body is approximately eight 8-oz. glasses per day. The best indication for the amount of water is the color of the urine - it should be very pale yellow in color.

Water when used in an excess amount can be harmful because it tends to dilute and eliminate the important ions or electrolytes in our body. Water or liquid should never be taken with meals in any quantity. It tends to dilute the digestive juices in the stomach, slowing down digestion. Bloating is another side effect of drinking water with meals. Water should be taken 30 minutes before eating and no sooner than one to one and one-half hours after meals.

When ice cold water or other liquids are taken with meals, it retards digestion. The stomach operates efficiently at 100-degrees F; cold drinks can lower the temperature by 30-degrees. Before digestion can start, the stomach must be returned to 100-degrees by circulation, then it must rid itself of the liquid before digestion of the solids can occur.

Insufficient water intake can result in:

a. Kidney disease - wastes tend to stagnate in the kidneys foreshadowing cystitis and bladder cancer. It may cause a burning sensation when the urine is concentrated.

b. Constipation - sufficient water is vital for elimination through the bowels. Without enough water, the fecal waste becomes dry and

hard and sticks to the walls of the colon, making bowel movement extremely difficult. Two glasses of lukewarm water in the morning will help the elimination process.

c. Frontal headache - the brain needs good circulation to operate. Lack of water makes the blood thick and sluggish. Often increased intake of water (3 glasses) will reduce a headache in 30 minutes if dehydration is the cause.

d. Fatigue - with insufficient water to "bathe" the system, lubricate the joints, and remove the waste products, the muscles and organs tire quickly from the concentrated blood flow, leaving the body feeling weak and tired.

e. Circulatory diseases - with the blood being thick and sluggish, the cells tend to stick in the minute capillaries and the blood fails to return to the heart as it should, putting a strain on the heart and arteries. Wastes cannot be "washed" out of the blood stream, allowing for the quicker building of plaque and for the possibility of strokes.

f. Colds - occur more frequently when the water level is not adequate to meet body needs. Water is needed to keep the mucus membrane moist and to ward off bacteria. Water acts as a cleaner.

Water is also used as a treatment commodity. When used externally, it is a tonic, stimulant and has a sedative effect. Warm water is relaxing. A short, cold bath or shower tends to stimulate, and a prolonged cold shower depresses. An alternating hot and cold shower stimulates the action and production of germ killing white blood cells.

Water, one of God's natural remedies, is versatile,

inexpensive, easy to apply, nontoxic and safe, and can be found nearly everywhere. We know that as we apply the eight laws of health (God's natural remedy), i.e.; Nutrition, Exercise, Water, Sunlight, Temperance, Air (pure and fresh), Rest and Trust in Divine power (NEWSTART), we have a promise in 3 John 2, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

(Dr. Yew-Por Ng is the Staff Physician at Hartland Wellness Center in Rapidan, VA. This article was reprinted from the June-July 1999 issue of *Helping One Another*, published by The Christian Care Ministry, PO Box 120099, West Melbourne, FL 32912-0099, by permission)



### **..DOJO & EVANGELIST UPDATE...**

Mail from GMAU schools and evangelists.

#### **Mighty Warrior Ministries, Pompton Lakes, NJ.**

A four week Martial Arts and Bible Study Program, "Full Armor", was presented by Rev. John Porta and members of the Mighty Warrior Ministry team for local home school children from the North Jersey area. The program was well received by both the thirty-five children attending and the local Home School Association. An expanded program is scheduled for the fall. Home school children can invite friends to the program as a local outreach project.

*-John Porta,*

*Pastor*

#### **Valour School of Self- Defense, Delray Beach, FL**

Two students from the Valour School of Self Defense recently followed the

Lord in believer's baptism! The students, Andrew Ammer (yellow sash) and Michael Allen (no rank as yet) both trusted the Lord as their savior and were baptized and received into the membership of the West Park Baptist Church of Delray Beach. Congratulations on this important step taken by these two promising young men! Pray for their continued spiritual growth.

In June Sifu Michael McClure and student Amanda McClure participated in a tournament hosted by the Black Dragon GoJu school. This was an excellent tournament with fair judging and an excellent display of martial arts talent and of respectful attitudes. In addition to the competition the McClures had opportunity to witness for the Lord Jesus. Amanda McClure (competing at Brown level) received trophies for: a 2nd place in kumite, a third place in weapons competition, and a 4th place in form competition. Sifu McClure (competing in tournament for the first time in 17 years) placed fourth in black level kumite and form competition. He was also extremely sore for several days afterward.

In July Sifu McClure had the privilege of participating in the 4th Annual Northeast

Regional GMAU clinic hosted by Stephen Jones. Sensei Jones was a most gracious host and many new friendships were established. There was also excellent instruction by Dr. Kent Haralson, Sensei Scott Hoffer, Stephen Jones, Adam LeClair, Rick Menard and others.

During the Summer months the West Park Baptist Church conducted its 16th annual Summer Day Camp. Among the many highlights of the Summer were the weekly Kung Fu classes (culminating in a mini-tournament in August) conducted by Sifu McClure and the Valour School of Self Defense. Brother Jim Hernandez and the Gospel Karate Team from Berean Baptist Church in West Palm Beach conducted two evangelistic demonstrations at the camp. A number of spiritual decisions were made during the summer.

Recent rank promotions: Andrew Ammer to 8th level gold sash in April and Maria Victoria Adkerson to 9th level white sash in August.

-Dr. Mike

McClure, Pastor

**Stolas Leukas, Moldova, EU**

Thank you for being interested in how God is working in our country Moldova though our Taekwon-Do Club Stolas Leukas. This summer we had an excellent camp in the period of July 5-24 with 98 of my students. More than a half of them were Christians, but others were not. In the camp we had a hard training program practicing 5th cup techniques and studying Epistle of James, precept upon precept. It was so wonderful to see how God was working and as a result 31 of them received Jesus as their Savior. The best 15 of my students decided this year to go to the villages where there are not evangelical churches to start an evangelistic program using Taekwon-Do training. So, we hope to have 200 new students in our club this year. Next year we are planning to have 3 camps. Pray for us.

-Vasile Filat, david-  
pm@ch.moldpac.md

**EBT Karate League Sioux Falls, SD**

Brother Kurt Smith and his son, Jay, joined EBT Karate League shortly after transferring their church membership to Empire Baptist Temple, not so long ago. Brother Kurt was recently promoted to the rank of seventh level (Yellow belt). Jay is progressing well. Charity Cook has been faithfully attending and participating in our Kirisuto Shinsei Ji Ei Budo training classes for several years. She was recently promoted to the rank of fifth level (Green belt). Faithfulness does pay off!

Plans are being made to begin Jyoshi Goshin Jyutsu (ladies' self-defense) training in January, 2000. Several of the ladies and teen-age girls in our church have expressed interest. It should be a very fruitful ministry, with the Lord in the center of it all. I will be co-instructing these classes along with some of the ladies in our church under the guidance of our pastor. The need is great.

I encourage others to begin such a ministry in their churches where there is no such ministry. Let us do all things in the name of the Lord Jesus Christ, and let Him have all the praise and glory. For some to plant, and some to water, but it is He that gives the increase.

-John C. Bennett,  
john.c.bennett@gateway.com

**Cornerstone Karate Club, St. Petersburg, FL**

Greetings in His precious Name! I just want to touch base with all of you and let you know how our trip to Brazil went. God is faithful! He blessed us in such wonderful ways. Not only did our trip go smoothly but we were also well received back to our home. Our place that God had given us had been zealously guarded and kept in great order. The house and patio had been painted inside and out, and the garden looked really terrific!

The karate club is doing well also. I had the privilege of testing Antonio, who has been in charge in my absence,



for his Nidan (2nd degree black belt), and his nephew, Sivanildo for his 1st degree black belt. I was able to share the Gospel with the class a couple of times, and two of the young men accepted the Lord as their Saviour at the meeting we held later. God gave me complete freedom and power to preach again in Portuguese.

I also had the privilege of preaching at my fellow missionary's (Paulo) church. We also were able to share alot with the small core of Christians from our neighborhood. God gave us such a burden and a vision for those people. Just in the last year and a half, six or more unwed girls of 14 or 15 years old have had babies. Most of these were really open to Elizabeth and asked her to pray over their babies. God impressed on Elizabeth their need for mentoring, and for teaching how to be godly mothers.

The English school which Elizabeth's sister, Rachel, teaches at is really anxious to have us all help out as they are really growing. They need help especially in the area of special programs. This is just another opportunity to minister. At every turn God was showing and confirming His call for us to return to minister in Brazil. All of us felt it. And we believe God would have us return soon. Our desire is to return even by the end of this year. We are excited about what God has done in our lives, and about what doors He is opening for us, and what vision He has given us.

In September we will be traveling up to Indiana and Michigan. We are willing to visit anyone who would like to see us in the next few months, to share our burden, and to show the pictures and video of what we did and saw in Brazil.

If you would like us to visit you, preach at your church, or do a karate demo or clinic, please e-mail us at: lewisline@juno.com. Or call us at (727) 546-4512. If you would like to be a part of this ministry and vision, please contact us. Please pray with us as we embark upon this new chapter with our Lord.

-Phil

Lewis

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

We held our mid-year grading on Saturday 14th August. Students tested for various levels from Yellow to Purple. The kickboxing component of the higher level grading was (as usual) fiercely contested with tears, asthma attacks and some decisions needing the wisdom of Solomon. Overall it was a great day with an average mark of 94% for all students.

We have a Shodan grading coming up in about 6 weeks, and as usual students are slower at submitting their academic work than their physical prowess.

-Chris

Foley



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

Last month, Dr. Haralson flew to Vermont, where he helped conduct four black belt examinations and taught several seminars in the Northeastern Regional GMAU Clinic. He also had the privilege of preaching the Sunday morning service for Union Baptist Church in St. Johnsbury while he was there.

The local club, The Master's Warriors currently has 33 registered students. They just completed a four-month study of the concept of Bushido, studied during the devotional teaching time. Literally this is "the way of the warrior." This study is based on a book titled Bushido - The Warrior's Code, written in 1899 by Inazo Nitobe. They are currently studying the life of Gideon

in their devotional period. Gideon characterizes the life of a black belt in the Judges 6 & 7 passages. There are a remarkable number of martial arts principles to be drawn from this section of Scripture. Each student has an outline of the material that is being taught. This will also give them valuable teaching materials for the day when they become instructors.

This club is now 19 months old and finally has a group of maturing students. There are now seven students at the Purple Belt level. This does provide a challenge for a club with just one instructor, but holds great promise for the future. This club is a ministry of Emmanuel Baptist Church.

*-Dr. Kent Haralson,  
Pastor*

#### **Karate for Christ, Virginia Beach, VA**

The Kicks For Christ ministry in Virginia Beach changed its name this summer to "Karate For Christ." The change was brought on by a N.C. instructor getting a federal trademark on "Kicks For Christ". We are happy with our new name.

This fall the Karate For Christ ministry will begin an extensive daytime program to serve the local home school community. We have added nine new daytime classes and three evening classes to keep up with the demand for the Lord's ministry. Your prayers as we grow are appreciated.

In our most recent rank promotion exam we promoted 42 students ranging from white belt to brown belt. We are also excited about our two new assistant instructors: Mr. Ed Lakeman (3rd kyu) and Mr. Mark LaPlaca (3rd kyu) are both in the process of completing the GMAU written exam for assistant instructor certification.

*-Scott  
Gilbert*

#### **Gospel Karate Team, West Palm Beach, FL**

During testing, in the month of June, the following students earned a rank advancement: Catherine Brunson and Daniel Robinson earned a White Belt,

Shirley Hoffman earned her Yellow Belt, Octavious McGill earned his Green Belt, and Chad Adams earned his Green Belt. In August, Crystal Fenner earned her White Belt, and Frank Sauter earned his Green Belt. At the last class of the month Professor Phil Lewis came and did a mini clinic. It was a great time of learning and fellowship.

Here is an update on the last Gospel Karate Team Demo:

Jim Hernandez Sr. was able to coordinate a karate demo for Summer Camp at Westpark Baptist Church (Pastor Mike McClure) located on Lake Ida Rd., Delray Beach. The team members who participated were Jason Woodroff, Bob and Kesia Wallace, Frank and Derek Garguilo, Julie Bare, Jesse Hernandez and Jim Herendaz Sr. They performed two demonstrations for the different age groups (5-7 yr. olds and 8-12 yr. olds) attending Summer Camp. At the end of each demo a gospel message was presented. A total of eleven (11) kids came forward and prayed to accept Jesus Christ as their Savior. It was very pleasing and exciting to see how the Lord uses His Karate Ministry at Berean to reach others with the Gospel.

*-Larry  
Phillips*

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

Three students recently tested and passed for Gold belt. We praised God for the one student and his mother who came to know Christ this past year. We will be offering a Self Defense course Sept. 11 & 18 and would appreciate your prayers. The classes in Websterville are going well and they now have twelve Gold Belts. We will be starting beginners classes in September also on a newly refinished floor which is an answer to prayer.

The 5th Annual GMAU Northeastern Regional Clinic will be held July 28 & 29, 2000 in St. Johnsbury, VT. Contact Stephen Jones, 566 Stannard MT RD, Danville, VT 05828, (802) 748-2318.



-Stephen  
Jones



## **A Meal for the Mind**

- by Dr. Kent Haralson

### **Excuses**

Okay, let's be truthful with each other. I'll go first. As a senior ranked black belt, have I ever felt like skipping class? Probably a couple hundred times over the course of the past two decades. It's always something, but those who have made black belt will tell you, "You have got to get yourself there anyway!" Here's some of my favorite reasons my own students have given me for not coming to class: tough day at the office; family's driving me nuts; the traffic is horrendous; the weather stinks. Tonight it's PTA; tomorrow it's PMS. Probably the biggest one that every instructor hears on a weekly basis, "Man, I'm just too tired!"

The final irony is that for all the reasons for not attending class -- those are the exact reasons that you need to be in class. Perhaps you've heard of the physical benefits that physical activity such as the martial arts can bring about. Energy produces more energy. Lethargy produces more lethargy. Chemicals are released during physical activity that can help alleviate mild depression and feeling melancholy.

The metaphysical aspects of martial arts are even more incredible. Those who have trained for a relatively stable amount of time can testify to the fact that the dojo becomes a refuge. It's a safe place, a refuge that always remains the same when the rest of your world seems to be changing faster than the speed of light. If you walk in feeling out of sorts, I

guarantee by the end of the class, you'll see things in a different light.

So why should you push yourself to go to class? Someone once said that discipline is doing something because you know that the benefit outweighs the pain. If you want to learn how to have discipline and willpower, you've got to start by developing a pattern of consistency with your training.

Mom's and dad's can help here... because it means making the kids go when they're whining about not wanting to. That may also mean juggling your schedule so that nothing can stop you from having "your own time" in the dojo. This is something you are doing for you. That's why you signed up and you need to remind yourself of this from time to time. It has been said that the test of character is not what it takes to start a man, but what it takes to stop him. Once you miss a class, it is very easy to miss another... and another and another. Before you know it, you have dropped out of the martial arts. This pattern continues through taking care of pets, music lessons, and hobbies and on into marriages.

Our nation is a nation of dropouts and people who do not finish what they start. "As for you and your house," will you draw the line?

Here's some more incentive. We all know students who have been green belts for years. They were a green belt, when you were a white belt. Now you are wearing a brown belt and they are still a green belt. Why? More than likely they fell victim to the excuse factor that each and every one of us faces after a trying day.

Is there ever a reason not to come to class? Most definitely. If you

are sick (not just not feeling well, but honest to goodness sick), please stay home. Though your dedication is appreciated, if you're wheezing, hacking, or secreting any kind of body fluid uncontrollably, you need to stay home. Otherwise you're not only slowing down your own healing process, but also transmitting your sickness to others as well.



## **Lessons From History** *by Larry Phillips*

### **The Pig War of 1859**

As we go through life, many problems, conflicts and stresses press in on us. Sometimes we walk around the issue, ignore it and then sometimes we fight back. Sometimes with little thought as to the consequences of our actions. Sometimes we don't pick our fights well, but charge forward headlong.

In 1859, an American farmer living near the Canadian border shot a pig that had dug up one too many potatoes. The pig belonged to a British gentleman, who didn't take kindly to his pig being shot. Words were exchanged. Lines were drawn and governments became involved. War ships from Britain and America squared off facing each other just off the coast of Washington State. At the last minute, cooler heads prevailed and an all out war was avoided. Sounds silly doesn't it? A war over a pig!

"Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools", Solomon said, about 3000 years ago. So choose your fights well ...or you might end in a war over a pig!

### **Regional Clinic Report**

*by*

**Stephen Jones**

On July 23-24 of this year,

Your instructor understands that things like death, giving birth, or family vacations are always going to interfere with one's training, but when these things become more than a temporary leave of absence, a red flag is going to go up somewhere. Here's a little list to help you decide whether or not to go to class:

- I got a new job (Go)
- I got fired (Go)
- The cows need milking (Go)
- The X-Files is on (Go, tape the X-Files)
- My mother died (Don't Go)
- Elvis Died (Go - he's already dead)
- Bad hair day (Go)
- Ran out of Vitamin C (Go)
- I hate my boss (Go)
- Ran out of prozac (Go)
- I hate my body (Go)
- I hate my life (Go)
- I'm feeling down (Go)
- My dog died (Go)

Those who persevere in the martial arts to the black belt tend to be those who will succeed in all other areas of life also. When the going gets tough, the tough go to class.

Christian Karate Plus of St. Johnsbury, VT hosted its 4<sup>th</sup> annual GMAU Martial arts clinic. We had an attendance of 49, which included 17 black belts from states such as Florida, New Jersey, Maine, Minnesota, Montana, and Vermont. We were blessed with Christian fellowship, and challenged physically, mentally and spiritually. There were 13 different workshops - basic Kung Fu, basic basics, basic Chin-na, sparring, basic cane techniques, surviving on the ground, firearms awareness, Shaolin Nan (dog fighting), Power Kicking and others.

Instructors present included: Dr. Kent Haralson, MT.; Richard Menard, VT.; Dr. Michael McClure, FL.; Stephen Jones, VT.; Diane Brindley, VT.; Scott Hoffer, MN.; Adam LaClair, VT.; Dr. Larry Newman, ME.; Dwight Keafer, VT.; and Darwin Jurentkuff, VT. We were blessed to sit under such quality instructors! Isn't God good!

The black belt testing on Friday morning prior to the clinic resulted in four promotions: Dwight Keafer to Nidan, Dawn Jurentkuff and Sarah Keafer to Sho Dan, and Darwin Jurentkuff to Sho Dan Ho.

The youth rally Saturday evening following the banquet was the capstone and a fitting climax to the whole clinic. This event was publicized in the surrounding communities and churches and was planned as an evangelistic outreach. Dr. Newman once again proved his musical skills at the piano. Dr. McClure gave the message, into which he integrated demonstrations of martial arts skills both by himself and with clinic participants. This made for a powerful presentation. At least one person responded to the gospel and several others made inquiry. Opportunity for continued follow-up

and fellowship were provided afterward as we all relaxed and enjoyed ice cream sundaes together.

We were blessed Sunday to have Dr. Haralson speak to us on the topic of "excuses" - seven came forward for a variety of decisions. Dr. McClure also shared his testimony that morning. Our sincere thanks to everyone involved.

## **Regional Clinics Expanded**

When the GMAU was organized nearly fifteen years ago, we hosted just one regional clinic. Over the years, as our ministry has expanded and the Lord has brought Spirit-filled Christians to us who are also excellent martial artists, we have been able to add more and more clinics to our schedule.

Twelve years ago, we added the Southeastern Regional Clinic in Florida (March). This is currently under the leadership of GMAU Board Member Larry Phillips. We were later blessed by the addition of Stephen Jones (GMAU Northeast Regional Representative) to our ministry and the Northeastern Regional Clinic (Vermont) became part of our schedule.

Last year the Lord called Dr. Kent Haralson to pastor a church in Montana and this allowed the GMAU to add a Rocky Mountain Regional Clinic (May) to the yearly offerings. This year, the Lord honored us by bringing Johnny Russell to our leadership team (Mideast Regional Representative) and as a result the Mideastern Regional Clinic (September).

As we close the books on this year, we will have enjoyed the spiritual enrichment and learning opportunities of four regional clinics.

As we enter a new millennium, we will see the GMAU expand overseas. The Lord brought Chris Foley (GMAU Board Member) to us three years ago, and next year as the Pacific Rim (South) Regional Representative, he will be hosting a Regional Clinic in Australia in October. Similarly, God blessed our ministry with the addition of Missionary John Himes several years ago. In June of 2001, he will begin hosting an annual clinic in Japan as the Pacific Rim (North) Regional Representative.

For specific dates and contact points for all of our clinics, check out our website at [www.gmau.org](http://www.gmau.org)



## TEACHING SPARRING

*By Sherry McGregor*

Sparring is something most martial artists instructors consider great exercise and fun, but few instructors truly teach it. Too many consider letting students spar while the instructor stands at ringside barking out commands to competitors such as "get your hands up" or "move around". It's precisely this style of instruction that frustrates so many students.

It reminds me of the "sink or swim" theory. You remember, when someone bigger and stronger than you throws you into the water and then hollers instructions from pool-side while you contemplate death by drowning. We all know now that this isn't the most effective way to teach future swimming champions, why do we see the same theory applied over and over to sparring? Many students get tossed

into the ring just to keep getting beat up. This is discouraging, frustrating and even frightening to all but the best natural fighters. Many times, students taught in this manner learn to hate sparring. Worse, some students even quit over this humiliation. In schools where sparring is required during rank testing, this is especially true.

Think about this for a moment. Yes, some of us learned by the old "sink or swim" method and survived. Yet that old adage of "it worked for me" doesn't prove that we were taught using the best possible method. Not everyone can process the commands given on the sidelines while in the heat of the battle. Only the most advanced fighters among your students are able to really conditioned enough mentally to be able to process that type of coaching. (Please understand that my reference to "advanced fighters" is not meant to include every blackbelt. I mean experienced fighters, there is a great difference between the two. )

In some schools sparring is not taught much at all, and other schools delay sparring until higher ranks. Yet, the general assumption is that blackbelts know all about the martial arts, including teaching and sparring. It's simply not true.

I try to give all of my students a great well-rounded education in the arts, including sparring. I think the majority of instructors do likewise, however it isn't easy. Just like college professors, we all have an area or two where we are more gifted and we tend to specialize in that area. It only makes sense if I want real help in math to seek the math professor, not the English professor.

The same is true of the martial arts, yet there is this stigma held

over us that claims that our one instructor (or we, the instructors) should know all there is to know and, of course, the one and only right way to teach them. In the 27 years I have been in the martial arts I have only seen three blackbelts I felt were that talented and had that much versatility. Only one of the three thinks of himself as that knowledgeable, and all three still seek specialized instruction from others. Sparring is 90% MENTAL yet in most classes 90% of the time is spent making sure students are physically worn out. Hum ... what's wrong with this picture?



There are many mental and physical drills to improve sparring skills yet few instructors are aware of them. Instead, too many instructors blindly follow the same routines used years ago. The most common drill being taught is simple and familiar to nearly every martial artist. Face a partner and practice pre-determined combinations.

How about timing? What about learning to react? When do students focus on footwork, angle fighting, distance, breathing, or stances? And those are just some of the physical skills. Or are they expected to extract all those finer points from one tired drill? When are the mental aspects taught? I

guarantee you I can tell which student will win the match before it begins by observing the eye contact and body language of each competitor. Not everyone can just pick up mental toughness on their own or by taking their knocks in the ring.

One thing my Aunt Val (a blackbelt and a schoolteacher) says is "a teacher has not taught until the student has learned". It is the responsibility of the teacher to be creative enough to find a way to reach each individual student. Not every student responds to the same type of instruction. Teachers in every field sometimes blame the student for not learning. It's easy to say a student did not work hard enough or did not listen to direction. No. You have not fulfilled your responsibility to teach that student. Instructors do get into ruts, fall into routine and prefer a certain way of doing things. After a while, it is easier to insist that students learn a certain way or that they just don't get it rather than continuously seeking innovative ways to reach those students who aren't "getting it".

In my humble opinion, if this describes your style of teaching, you are irresponsible and without the heart needed to teach. Quit. If you are willing to explore new ways of teaching and have the desire to reach out to each student and help bring each to full potential, read on.

There are many ways instructors can better their teaching skills. Attending seminars, reading books and watching other teachers especially skilled in sparring at work are all viable methods for gaining new ideas and insight.

People learn through three basic ways. We are either a) visual, b)

auditory or c) kinesthetic learners. With a little practice, you will usually be able to determine a person's learning type by listening to that person talk for a few short minutes. Instant Rapport by Michael Brooks is a great book on this subject. Brooks teaches his readers how to reach people through understanding learning types. He also teaches how to speak the same language, to see through their eyes in order to be able to help them understand your point. As a teacher, this skill is of utmost importance. Many large companies give personality profile tests to new employees to know more about how to reach them communicate with them. These companies understand that their employees are more productive when they are sure of their abilities and have learned the skills necessary to be successful on the job.

Think of the potential for us as instructors! If we could learn to identify our students' learning style and use this to connect with our students, how much more would they learn and how much easier would it be? More importantly, how many fewer students we would lose? No student can reach his or her full potential unless he or she is in class and open to learning.



As a Christian instructor, I believe in holding the highest standard possible and being the best instructor I can be for the Lord. I believe He has given me a gift for teaching as a means to reach people for Him. One of the

best ways to get respect and attention is to strive to be your best at whatever God has given you to do. I challenge you to study not only your physical technique but also how you can improve your teaching skills. Ask God for help to reach the students He has put into your hands.

This is the beginning of a series on teaching martial arts with an emphasis on sparring. I believe teaching sparring is complicated and difficult. Together with streetfighting, and above the other main aspects of the martial arts, it requires more teaching skills. The combat aspects of the arts bring out many emotions and reactions in students. These have to be handled delicately to prevent harming the student's ability to learn these important subjects. I will continue more on this in the next issue.

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## **ONWARD CHRISTIAN SOLDIER!**

*By John Eidsmoe*

### **BADGE OF HONOR, MARK OF SERVANTHOOD**

As the Roman Empire declined and fell in the fourth and fifth centuries, Europe teetered on the brink of collapse. Two institutions reserved Europe from anarchy and chaos - the Church, and Christian knighthood.

Becoming a knight involved extensive training. At age 7 a young boy became a page, or servant around the palace. At age 14 he became a squire, an apprentice to a knight. He served the knight faithfully, setting his

table, polishing his armor and even riding with him into battle. The knight was his mentor, teaching him not only military skills but also the ways of chivalrous knighthood.

Around age 21 the squire was ready for knighthood. The night before the ceremony, the squire placed his armor on the church altar and kept an all-night vigil of fasting and prayer.

The morning began with a ceremonial bath which symbolized spiritual cleansing, then the dubbing ceremony by which he was made a knight. Many took special vows as Militis Christi, or Knights of Christ.

Around this same time, on the other side of the world the Samurai knights of Japan had comparable training, comparable rituals, and even a comparable code of chivalry. And in Central America during this period, the Aztec and Maya warriors had special societies of knighthood called the Order of the Jaguar and the Order of the Eagle.

In a very real sense, the conferring of the Black Belt is like bestowing the honor of knighthood.

But the responsibility, the obligations, the servanthood is often missing from Black Belts today. You pay your money, you take the classes, you learn the kata, you break the boards, you test, and you pass. And when your name is announced before the class, you come forward, accept your certificate and black belt, shake hands with your sensei and say "Thank you, Sir," and you go your way. Isn't something missing here?

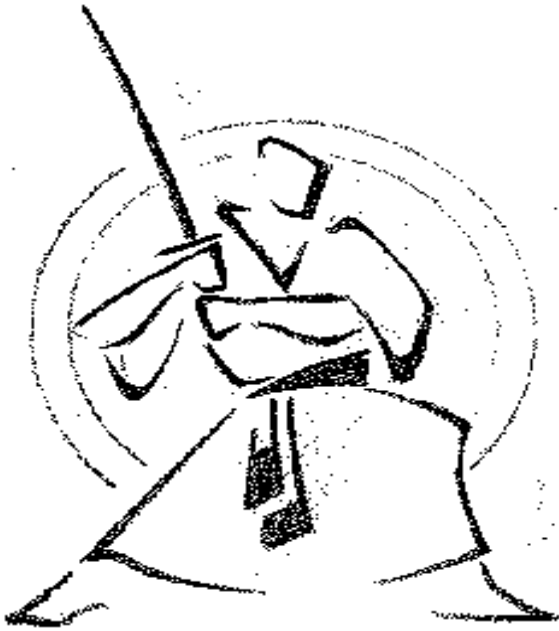
Becoming a Black Belt should involve more than a recognition that you have attained a certain skill level in the martial arts.

It should also be a recognition that you are a mature, responsible, stable person. If the public knows that you are a Black Belt, the public should be able to assume from this that you are a mature, responsible, stable person who can be counted on to keep your head in a time of crisis, to come to the aid of someone who is wrongly attacked, to use your martial arts skills only when necessary and justified, and to provide moral leadership for the community.

When we confer degrees, our ceremonies should impress upon the recipient and the community that the Black Belt is like a modern-day knight. Certainly it is a badge of honor. But it should also be a mark of servanthood.

"...whoever desires to become great among you, let him be your servant." *Matthew 20:26*

**About the author:** John Eidsmoe is a newly appointed Regional Representative for the GMAU. A retired Air Force Lt. Colonel, he serves as Professor of Constitutional Law at the Thomas Goode Jones School of Law in Montgomery, AL, and Adjunct Professor of Apologetics and Systematic Theology at Birmingham Theological Seminary.



## **The View From Mt. Fuji:**

*By John R. Himes*

### **Should I Start My Own Style?**

It was 1954. The young Korean black belt returned to his country following his travels. He had defeated everyone he faced in every match, amateur or professional, except for a little Tai Chi Chuan teacher in Hong Kong. Now, since there was no one in his home country that would listen to his newfound knowledge and experience, he was forced to start his own dojo. That young man's name was Masutatsu Oyama (yes, he was a Korean-Japanese), and the style he founded was Kyokushinkai Karate, in my opinion the most effective of the styles from mainland Japan.

Mentioned in articles or ads in the September 1999 issue of Inside Kung Fu are the following American (or other Western) men are who successfully started their own styles: Al Dacascos (Wun Hop Kuen Do), the Gracie family (Gracie Jujutsu), Ralph Castro (Shaolin Kenpo), Bruce Lee (Jeet Kune Do), Ed Parker (American Kenpo), Bill

Wallace and Joe Lewis. Your question may be, "Can I or should I join those guys and start my own style?"

The Japanese have a saying: "The nail that sticks up gets hammered down!" What that means is that independent thought is discouraged. Therefore kids in school, men at work and martial artists in the dojo are discouraged from asking questions and indeed, often don't, a result of the Confucian ethic that rules Asia. Don't be fooled - the ethical foundation of Japan, Korea and China is much more Confucian than Buddhist. This means that if you are an Asian, the group rules, you owe unquestioning respect to those over you in your society, and your thinking patterns will flow on the lines of human relationships rather than Western-style logic.

What I am trying to say here is that if you do start your own style and you know what you are doing, there is a good chance that it will be an improvement on a traditional Asian style! So, other questions you might ask include, "What is my motive for starting a style?" "Would I be glorifying God?" "Would I be doing harm to my teacher or anyone else?" Consider a Biblical view of the matter. If you are starting a style to bless your own little ego, that is totally wrong and God will require it of you. (Prov. 16:18) All that we do, including the martial arts, should be done for the glory of God and not our own glory. (1 Cor. 10:31)

Next, it would be wrong to start a style in order to lure students away from your old teacher or another school. Revenge and greed are never worthy motives for God's people. Remember the Lord's Golden Rule: "And as ye would that men



should do to you, do ye also to them likewise." (Luke 6:31)

So who should start a style? First of all, those who have the ability to both fight and teach often start successful styles. Ask yourself, "Do I have what it takes? Is my experience and training good enough for the task? Am I skilled as a teacher?"

In a recent K-1 tournament (a form of kickboxing) on Japanese TV, Mike Bernardo of South Africa once again won convincingly. Mike is at the top of the heap in K-1 fighting worldwide. He is also an unashamed Christian. On his trunks he has a cross, and before his hand was raised for the victory he put on a hat that said, "I love Jesus." Hey, if Mike starts his own style, I'd love to study under him, wouldn't you?

Another reason for starting one's own style is necessity. Are you an

advanced black belt with many years of training but, for whatever reason, you've lost contact with your old teachers and styles? Are there students depending on you for teaching and rank? Maybe you should start your own style. Or maybe you've already done so and didn't know it!

My advice is, if you have a good teacher and are in an effective and fun martial art, don't start a new style to add to the plethora already out there. It will only confuse things. However, if you have the experience and ability, and the need is there, have at it and may God bless you!

**About the Author:** John Himes has been a missionary to Japan for the last 17 years. John was recently named the GMAU regional representative for the North Pacific Rim. Plans are in place to have the first Pacific Rim regional martial arts clinic in Japan in 2001.

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