



GMAU Journal

Volume 14 Issue 3
July 2000

GMAU Event Calendar

- July 2001 -

- July 2000 -

- 5th Annual Northeastern Regional Clinic: St. Johnsbury, VT, July 28 & 29. Contact Stephen Jones by writing him at 566 Stannard Mt. Road, Danville, VT 05828, or call: (802) 748-3844.

- October 2000 -

- 1st Annual Australian Regional Clinic: Maryborough, QLD, Australia, October 13 & 14. Contact Chris Foley at: chris@foleytruscott.com.au

- March 2001 -

- 14th Annual West Palm Beach Regional Clinic: West Palm Beach, FL, March 2 & 3. Contact Larry Phillips at: philipswpbdoc@aol.com

- May 2001 -

- 3rd Annual Rocky Mountain Martial Arts Clinic: Lewistown, MT, May 19 & 20. Contact Dr. Haralson at haralson@lewistown.net, or write to 129 Sunset St., Lewistown, MT 59457

- 1st Annual Pacific Rim North Regional Clinic: Japan, July 10 & 12 (Weds. - Fri.) Contact John R. Himes at: yohane@eolas-net.ne.jp

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:

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FEATURE ARTICLE...

Stretching to New Spiritual Heights

By **Johnny Russell**

Each time I attend a seminar in West Palm Beach with Larry Phillips, I am astounded with the flexibility of his students. During a break, I noticed several of the students attempting to reach the 10-foot ceiling with an aerial snap kick, and a couple of karateka actually achieved their goal!

These amazing demonstrations of skilled balance and kicking ability are a result of countless hours of hard work, conditioning and painstaking stretching. This reminded me of how we as Christians will need to work hard, condition our spiritual man, and stretch our conventional thinking as we embrace the Last Days.

I believe we are on the threshold of the mightiest moving of God since Pentecost. I also believe that the church as we know it today will not be left as we know it now. All of our sophistication, achievements and polish will be as sounding brass and tinkling cymbals when God comes in His mighty movement.

The Scriptures teach that the church will progress into two vastly different directions in the Last Days. Traveling the broad Ecumenical Movement road, the majority of churches will become more structural, neo-traditional

and social--eventually becoming apostate (St. Thomas, Summa theologica, II-II, Q. xii a. 1). Organized religious movements and the World Council of Churches are on this path. Those traveling the narrow road will become broken and humbled. Through persecution, they will be forced to put their faith to the ultimate test... stretching for a deeper and greater relationship with God.

In light of this, we must acknowledge that God will not reward our self-contentment or unbelief. His MO is to move on people and nations that are contrite. His moving will be across the lines of established groups since in various structures (regardless of their public professions) there are those who really seek Him and those who just go through the routines. Indiana is known for it's mass production of corn. An interesting application reveals itself when one watches the growing plants as a wind blows across a cornfield. Not every stalk was in the path of the wind but every row is affected. Jeremiah said: 'And ye shall seek me, and find me, when ye shall search for me with all your heart' (Jeremiah 29:13). Isaiah admonishes us: 'Behold, the Lord's hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear. But your iniquities have separated between you and your God, and your sins have hidden his face from you, that he will not hear' (Isaiah 59:1, 2). David said it this way: 'For thou desirest not sacrifice, else would I give it; thou delightest not in burnt offering. The sacrifices of God are a broken spirit; a broken and a contrite heart, O God, thou wilt not despise' (Psalm 51:16,17).

When we receive Christ, we get all of God there is to get. There is a vast difference, however, between

how much of Him we get and how much of us He gets! The issue at hand has to do with how much of us we give to Him. All of our sophistication, creativity and finesse will not enlarge His presence in and among us. I believe we should do everything we do with the best of our ability. However, understand that "doing our best" will not bring His favor and anointing--and that is precisely what is largely missing in the ministries of the church in America today. There is a difference in those things we do for Him and what He does through us. The things that will last into eternity are those things He does through us. It is extremely important that we understand this point and turn to Him with all of our being. Otherwise we will continue the drift into a Laodicean mentality which is the quagmire, or pitfall of this age. Jeremiah said: 'Let us search and try our ways, and turn again to the Lord' (Lamentations 3:40).

Having extravagant programs, worship services, personalities, etc. will not incite the presence of God neither will the lack of these things prevent it. These components are beside the point. Ultimately, all of such things are futile except to excite and stroke man's carnal senses if God does not manifest His presence.

It is very easy to drift into professionalism, doing all the right things, and lose our hunger and desperation for the manifested presence of God. We should never take His manifested presence and blessing for granted. When we do, we may go on to greater heights as far as man is concerned but as for as God is concerned, we will sink to new lows. Unfortunately, there are many ministry coordinators, church leaders and local church bodies who have never experienced

the manifested presence of God and have no basis of comparison. Having been in the path of His moving, experiencing Holy brokenness and seeing His people broken, it is difficult to go back to business as usual.

Again, I am not speaking of emotionalism and spectacular events. I am speaking of the presence of God being so powerful that sinners rush to their knees and saints are broken and contrite before Him. Let us all join together in prayer and fasting for God's mighty moving in our lives, homes, our ministries, churches and communities. Times are critical. While we stretch our bodies for optimum performance, let's also stretch our spiritual bodies in preparation for the battle that rages on all sides!

About the author: Johnny Russell is the GMAU representative for the Mideastern U.S. He also heads the Christian Martial Arts Fellowship dojo in Indiana. He holds a 4 th degree black belt in Jujitsu.

GMAU 1st Annual Australian clinic 13-15th October 2000

Sensei Christopher Foley will be hosting the first annual Australian GMAU clinic which will be held from 13-15th October 2000 In Maryborough, Queensland, Australia.

This will be a fantastic clinic weekend featuring International self-defense instruction from a number of World Class Martial Artists. Featured instructors include the Chairman of the board and cofounder of the GMAU Dr. Kent Haralson, The President of the GMAU Sensei Scott Hoffer, Sifu John Himes (Northern Pacific regional director of GMAU) from Japan, Sensei Brierley Bailey, the national secretary of The Australian Ju-Jitsu Association, and Sensei Christopher Foley (South

Pacific regional director of the GMAU) from Australia. This will be a great time of fellowship and learning for all involved as we look forward to our first clinic in "The Land Down-Under".

Recent GMAU Promotions



Rank Awards:

Angela McClure	10 th Kyu	Delray Beach, FL
Travis D. Payne	10 th Kyu	Delray Beach, FL
Jason Payne	10 th Kyu	Delray Beach, FL
Brian Daniels	10 th Kyu	Delray Beach, FL
Anthony Lee Johnson	9 th Kyu	Delray Beach, FL
Harvey Lee Johnson	9 th Kyu	Delray Beach, FL
Jesse Yancoskie	10 th Kyu	Delray Beach, FL
Anthony Maturo	10 th Kyu	Delray Beach, FL
Angela McClure	10 th Kyu	Delray Beach, FL
Flora Perez	10 th Kyu	Delray Beach, FL
Caridad Perez	10 th Kyu	Delray Beach, FL
Dalila Nieves	10 th Kyu	Delray Beach, FL
Corey Stern	10 th Kyu	Delray Beach, FL
Christina Campbell	10 th Kyu	Delray Beach, FL
John Lonsdale	10 th Kyu	Delray Beach, FL
Karly Chapman	10 th Kyu	Delray Beach, FL
Marlene Ramos	10 th Kyu	Delray Beach, FL
Michael McNally	10 th Kyu	Delray Beach, FL
Michael McNally	10 th Kyu	Delray Beach, FL
Simone Blair	10 th Kyu	Delray Beach, FL
Brian Daniels	8 th Kyu	Delray Beach, FL
Stephanie Diaz	10 th Kyu	Delray Beach, FL
Julian Diaz	10 th Kyu	Delray Beach, FL
Carl Brusch	10 th Kyu	Delray Beach, FL
Ryan Ross	10 th Kyu	Delray Beach, FL
Julian Diaz	9 th Kyu	Delray Beach, FL
Anthony Maturo	9 th Kyu	Delray Beach, FL
Marlene Ramos	9 th Kyu	Delray Beach, FL
Michael McNally	8 th Kyu	Delray Beach, FL
Alcadio Rincon Jr.	9 th Kyu	Delray Beach, FL
Stephanie Diaz	9 th Kyu	Delray Beach, FL
Simone Blair	9 th Kyu	Delray Beach, FL
Karly Chapman	9 th Kyu	Delray Beach, FL
Christina Campbell	9 th Kyu	Delray Beach, FL
Christopher Cooper	8 th Kyu	Delray Beach, FL
Brian Daniels	7 th Kyu	Delray Beach, FL
Dr. John Eidsmoe	Black 2	Pike Road, AL

New Members:

Sean Edwards	Brown	Lewistown, MT
Stuart Fischbeck	2 nd Black	Fort Collins, CO

New Instructors:

Sean Edwards	Asst. Sensei	Lewistown, MT
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..DOJO & EVANGELISTS UPDATE..

Mail from GMAU schools and evangelists.

Ishi-Ryoku Jutsu - Maryborough, Australia

We held our first grading for the year last weekend. In total we graded 14 students. Three to yellow belt, four to orange belt, five to green belt, and two to red belt. It is a real joy to have a new batch of green belts, (which is our first senior level). We have had a bit of a lack in this department for a while, but this will even our ratios up a bit between senior and junior classes. It was also very satisfying as a dad to have my seven year-old son Jared who started training this year pass his yellow belt with flying colours (he now runs around the house doing push ups everywhere and shows me his muscles). Also my eldest daughter Chelsea (almost fourteen) did a great job of her red belt grading. She is turning into a formidable fighter as well as a gracious kid. The skills she now possesses should be good for keeping the boys away.

We are now teaching around 40 students per week. We are very thankful to our heavenly Father for all that he is doing in the dojo and in the life of our students.

Chris Foley

Karate For Christ - Hampton Roads, VA

We continue to be blessed by God. New students continue to flood our dojos each month. This fall we plan to add a sixth church location and at least 6 more classes to keep up with demand for professional

martial arts instruction from a Christian worldview.

On Sunday, May 14th the ministry was featured on the front page of our local newspaper "The Virginian-Pilot". The article titled "Faithful try to integrate beliefs into all parts of life" detailed our commitment to live our faith in the public square and to transform culture with the power of the Gospel. It was also an excellent opportunity to share our philosophy on Christian martial arts. With a readership of well over 500,000 we have received many calls from interested students and parents. If anyone is planning on relocating to the Virginia Beach/Norfolk area, we are sorely in need of more coaches and instructors. Also in May we sponsored a Kick-a-thon for St. Jude Cancer Research. St. Jude is a much-respected international charity that provides free medical care and ongoing research for pediatric cancer victims. We had 59 students participate in the kick-a-thon. Our prize committee collected prizes from area business that ranged from free Slurpee and skating passes to a portable CD player, along with martial arts apparel and gear.

Our students kicked in teams of two alongside an adult coach/counter. In only 75 minutes the kickers threw over 114,000 kicks. Estimates are that we raised between 6 and 7000 dollars for St. Jude's. Our local Christian radio station WODC 88.5 sent a DJ for the day to cover the event. This really pumped up the students. If you are looking for a marvelous way to get exposure for your ministry, improve physical techniques and skills, and show the positive contributions the martial arts make to the community, not to mention sweat and kick to save young lives, St. Jude's is the one for you.

Following Doc Haralson's lead we endeavored to memorialize our curriculum on video. Almost a year ago we were blessed with the opportunity to shoot all of our physical techniques and belt level requirements from White belt to First Degree Black belt at CBN studios here in VA Beach. You may know the Christian Broadcasting Network from its popular international ministries or from the 700 Club. After months of editing our first two of ten videos are ready for distribution. We have already received a few local orders, as well as interest from folks in Pennsylvania, Georgia, Maryland and as far away as Alaska, and China!

Three of our students were blessed to be able to attend the West Palm clinic in March. Now more than two months after the gathering they are still pumped from the experience. Just being able to train under internationally known martial arts "celebrities" like Doctor Haralson, and Sherri McGregor was an inspiration. We look forward to sponsoring a Sparring clinic and Ki Combat seminar here in VA Beach with Shihan McGregor on July 28th.

Scott

Gilbert

The Master's Warriors - Lewistown, MT

The club reports a registration of 37 students in their classes. In the two years that this ministry has been operating, we have seen 38 of our students come to know the Lord as their own personal Lord and Savior. We rejoice in those decisions. In the past quarter, the devotional teaching time has focused upon teaching and training our students in martial arts Etiquette. We have used the GMAU Publication written by Shidoshi Johnny Russell as a foundation for these teaching times. The

instruction was also being done by one of our newest brown belts, Matt Danzer. We are now three-quarters of the way through a three-month series on the Biblical principles and applications of martial arts kata.

Recent promotions in the class include: Charrisee VanDyke, Pat Gallagher, Katie Butcher, Kamron Fordyce (white belt); Scott Weisenburg, Sherry Peterson, Ted Hair, Brittany Hair and Sarah Hair (yellow belt); Marsha Moore and Kristen McKennett (purple belt); Matt Danzer and Sean Edwards (brown belt).

The club was honored to host its 2nd regional martial arts clinic in May. This was a fantastic learning opportunity for our students and we were blessing with having some tremendously talented black belts come to our area as instructors. See a report on the clinic elsewhere in this issue of the GMAU Journal.

*Doc
Haralson*

Keichu-Do Ministry - Santa Maria, CA

Well we came, we saw, and Jesus Conquered. Our Keichu-Do Christian Karate team, along with three other Calvary Chapel Churches, returned from our missions trip to Australia Victorious for Christ Jesus cause. We distributed thousands of Bibles and the Jesus Videos. Three individuals gave their lives to Christ from our particular team and many more accepted the Lord as Savior, from the Serf, Drama, Skateboard, Balloon twister, and Street Evangelist and Praise bands. Wow! What an experience. It has been about 48 years since I was there and the changes were magnificent. Pray for the people in Australia, many more need Jesus in their lives.

*Pastor Karl W.
Marx Sr.*

Kirisuto Kyu Bushido - Carson City, NV

We're running about 100 active students, with a somewhat larger adult participation than the kids. We're drawing more from outside the church and know there are "seekers" in our midst. Great opportunities to share our testimonies and the Truth!

We've enjoyed some esteemed visitors recently and hosted the inaugural ATAMA Chapter seminar here. Twenty black belts were at the seminar and were able to see a "different" perspective of our church. We keep planting seeds and tilling the soil.

ATAMA is one of the oldest martial arts teaching associations in America, founded in the late 60's by Professor Duke Moore in San Francisco. While it is a secular organization, there are several born again Christians on the National board and our local chapter has believers in both the presidency (Hanshi Alexander Archie) and the VP & Secretary (me!). One of my talented students has been working on our website and I hope you'll stop on by. It has info on our ministry and ATAMA. Please visit us at www.vistaprimo.com

*Kevin
Schaller*

Christian Karate Plus - St. Johnsbury, VT

Some of our junior students competed in the Mount Mansfield "Junior" Karate Championship on June 3, 2000 in Stowe, Vt. This was the first tournament experience for them, and so, was a unique learning experience. We began offering a self-defense class on June 10th. Participants are required to attend two Saturday

morning classes in order to receive their certificates. A minimum amount of memory work is required including scripture verses. The Gospel is presented during the class time. Please for us!

The 5th Annual GMAU North Eastern Regional Clinic will be held July 28 & 29, 2000 in St. Johnsbury, Vt. Dr. Michael McClure, Mr. Larry Phillips and several other great teachers are scheduled. For information, contact Stephen Jones via mail at 566 Stannard Mt. Rd. Danville Vt. 05828, by phone 802-748-2318, or e-mail at sugarridgeVT@juno.com

Promotions: Kevin Kadamus 7th Gold, David Farnham 8th Gold, Fred Pike 9th White, Leonia Pike 9th White, Sandra Konkel 9th White, Lee Lasell 9th White, Christian Steriti 9th White, Timothy Steriti 9th White, Josi Konkel 9th White, Lydia Konkel 9th White, Tawny Konkel 9th White, Caleb Montour 9th White, Pastor Chris Paine self defense certificate and Gregory Paine self defense certificate.

*Stephen
Jones*

Valour School of Self Defense - Delray Beach, FL

The club continues to be active in many positive ways. In March one of our classes was observed by representatives from the Florida Association of Christian Colleges and Schools and received a very positive commendation. The FACCS people were impressed with the "blend of spiritual, social and physical" education the students were receiving. This, of course, is our goal. The School now has 5 weekly classes and students are advancing in knowledge and rank at a pleasing rate. Some recent rank promotions are:

10th Level White Sash: Angela McClure, Travis Payne, Jason Payne,

Brian Daniels, Jesse Yankoskie, Anthony Maturo, Flora Perez, Cari Perez, Dalila Nieves, Christina Campbell, John Lonsdale, Karly Chapman, Marlene Ramos DeJesus, Michael McNally, Simone Blair, Stephanie Diaz, Julian Diaz, Carl Bruschi, Ryan Ross 9th Level White Sash: Brian Daniels, Anthony Lee Johnson, Cari Perez, Corey Stern, Michael McNally, Carl Bruschi, Julian Diaz, Anthony Maturo, Marlene Ramos DeJesus, Alcadio Rincon, Jr. Stephanie Diaz, Simone Blair, Karly Chapman, Christina Campbell 8th Level Gold Sash: Brian Daniels, Michael McNally 7th Level Gold Sash: Brian Daniels

Students from the school are planning to attend the GMAU Northeastern Regional Clinic, hosted by Regional Representative Stephen Jones July 28 and 29 in St. Johnsbury, Vermont.

The students from the school are currently in a fund-raising mode for their anticipated trip to the GMAU Northern Pacific Rim clinic in July 2001.

*Dr. Michael
L. McClure*

Cariri Kenpo club of the Liga Evangelica das Artes Marciais - Brazil

A recent interesting development is the birthing of the Liga Evangelica das Artes Marciais, which aims to be a Brazilian (maybe South American) version of the Gospel Martial Arts Union. I have done up a brochure based largely on the GMAU brochure. I am in contact with a couple of missionaries involved in Martial Arts in Southern Brazil who are very interested. One, Tim Evans, is a former schoolmate, a missionary kid, and best friend, whom I've known most my life. The other one, Pete, knows of a top Karate practitioner, a Brazilian, who is also a Christian. And here in town

I have made contacts with another as well. I will be meeting with Sensei Tim Evans the end of this month at a school reunion on the coast, in Fortaleza.

Then there is also the Martial Artist, Julio, who is not saved, whom I met earlier, last month. Pray for my contacts with him. He teaches the Southern Chinese, 5 animal style, for those of you who are into Martial Arts.

The new group I started continues strong with an attendance of a regular 25 or so. And that is just because of word of mouth. That is how much I can handle right now anyway. Antonio, one of my black belts, may be able to take on some here soon as well. There is a possibility of a small private school using our court for some games, and then staying for some karate training with him.

Thank you for praying. It does make a difference. God has been strengthening us as you pray and providing for us. Thanks for your faithfulness and obedience in these areas.

*Phil
Lewis*

Gospel Karate Team - West Palm Beach, FL

On March 30th, the following students earned a rank advancement: Jorge and Gaby Baro both earned a White Belt, Brandon Sauter earned his Green Tip, Roxanne Daniels earned her Yellow Belt (already holds a Black Belt in another style), Susan James and Chris Henry both earned a Brown Belt. On April 27th Deloris McGill, Dr. Octavious McGill, and Frank Sauter all earned their Purple Belt. During testing on May 18th Daniel Millard earned his Purple tip. Congratulations to these who have worked so hard and have earned a new belt.

The next Semi-Annual Forms Tournament will be held on September 16th at Berean Baptist Church West Palm Beach, Fl.

*Larry Phillips,
Phillipswpb@aol.com*

Empire Baptist Karate League and Self-Defense - Sioux Falls, SD

We have a great summer in store it looks like. Our Saturday classes have grown to nearly bigger than our room will hold. Also, we have a large floor at our facility in Worthington, Minnesota and will be starting classes there within the next month. That will make two schools out of the Kirisuto Shensei Ji Ei Budo system now. We also recently had a small testing and promoted the following: Matthew Swenson, Roman Ruby and David Martin to 5th Green; Sac Cruz and James Bohl to 6th Green; Kevien Steppan and Roy Clyde to 8th Yellow; Hartley Branson and Eddie Steppan to 7th Orange. Congratulations to Dave Thompson and to Apath Aker (Sudanese) for their recent promotions to yellow and low green belts, respectively.

*Pastor Ron Tottingham
John C. Bennett,
john.c.bennett@gateway.com*

Karate Federation of India

We organized the INDO-NEPAL INTERNATIONAL KARATE CHAMPIONSHIP from April 15-20, 2000. Our team won the championship. The tournament was a great success. Many players from Nepal and Indian took part in the competition. Team members had worked very hard to make this ceremony a big success. Among the judges were top personalities in Karate. Players from many nearby countries attended the championship.

We organized a national advanced karate training camp for training coaches and players from all over the country. About 500 players

attended the Camp at the Talkatora Indoor Stadium New Delhi from June 17th - 27th, 2000.

Dhanesh
Sharma

Controversial Exercises

Are You Hurting or Helping Your Students?

By Keith Yates

Recent research has shown some exercises that martial artists routinely perform carry an increased risk of injury. Remember that any exercise program must be designed to maximize benefits while minimizing detrimental effects. To help you formulate the safest and most effective exercises for your workouts we present this article on controversial exercises.

Let us look at what some martial arts instructors and gymnasts call the "back bridge." The subject lies on the floor and puts his or her arms back until the hands are flat on the floor next to the ears. Then on command, the student is to simultaneously push up with both arms and legs, arching the back until the body forms a curved "bridge" in air.

While this may seem like a delightfully difficult exercise to have your martial arts students try, you are taking chances with this one. Some populations, young, flexible gymnasts, for example, probably won't have any problems. If, however, you are requiring older or heavier adults to try this stretch they may have problems. Positions like this that put a severe strain on the lower back are not recommended for those with pre-existing conditions.

And how do you know if they have pre-existing conditions unless you ask? Many black belts just start

yelling instructions. Physical appearances are certainly one tip-off that a person shouldn't be attempting certain exercises but it is better still to have either a personal interview or require a written list of limitations before the exercises start.

What about alternative to the "back bridge?" To stretch the front of the upper torso simply lie on the floor with the hands under the shoulders. Press upwards, slowly, until you feel a slight stretch along the abdominal muscles. Remember to keep the neck aligned with the spine.

To stretch and strengthen the lower back, slowly lift one arm, along with the opposite leg. Do not lift both the upper torso or arms and both legs at the same time however as this mimics the stress put on the lower back by the aforementioned "bridge."

<p>About the author: Keith D. Yates is a 9th Degree Black Belt in Tae Kwon Do, the President of A-Ka-To, as well as the Southwestern U.S. regional GMAU representative. He can be contacted at: Keith_Yates@dts.edu</p>
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THE VIEW FROM MT. FUJI

So, What Is Internal Energy?

by John R.
Himes

A few years ago our mission board had a wonderful fellowship meeting at the Japan Bible Home in the Japan Alps of beautiful Gunma Prefecture, where the 2001 GMAU Japan Clinic will be held. Now Tom Tierney, the director, was watching

Sumo, his favorite sport. Naturally the rest of us joined him. I will never forget the picture of a certain high official of our mission board (to remain unnamed) almost falling off his chair laughing at the sight of 600 pound "Ozeki" (2nd highest rank) Konishiki, who my wife and I call "Fatty #1, bending over in the pre-match ceremony. Now Sumo wrestlers have to be extremely tough. One entirely legal technique is the "nodowa," a full blast palm strike to the throat with what the Chinese call "tiger mouth" (fingers together and curved with the thumb in opposition). Takamiyama, my favorite wrestler (now retired), was the first foreigner ever to succeed in Sumo. However, if you asked him if he was able to take a full power throat strike because of concentrating his ki there he would probably say in his terribly rough voice, "Huh?"

Though I do not believe in ki/chi as a substance in the body, it can be used to describe internal energy rightly understood. My approach is that of the scientific method, which is a result of a Christian worldview. The question to be asked is, how do martial artists do those tremendous ki/chi stunts: breaking, taking full power blows, lying on a bed of nails, etc.? The key in one word is self-control; for a Christian this comes with the fruit of the Holy Spirit. (Gal. 5:22-23)

First of all, breath control is vital. It is no coincidence that all ki/chi training methods require abdominal breathing, and that the so-called "psychic center" of the martial arts (tan tien in Chinese, hara in Japanese) is exactly where the diaphragm is. It is a fact of physiology that breath controlled by the diaphragm is well-controlled breath, providing more air in the lungs and stronger exhalation. If you have ever had voice training,

for example, you were taught abdominal breathing. When applied to the martial arts, one who breathes correctly gains more power in a punch, and blows are easier to take with proper breath control. Thus, for example, kung fu "iron body" or "iron shirt" training requires breath control. Secondly, pain reaction control is often required, for example when lying on a bed of nails or having boards and bricks broken on your body. This is something that must be developed by training. Virtually all reaction to pain is instilled by cultural influences. In other words, reaction to pain is a learned response.

A physician named Berthold Wolff did studies comparing pain tolerance of members of different cultures. "Dr. Wolff had the good luck to test a nurse who had spent many years among the Eskimos, who deny all pain, and her tolerance was so great he could hardly believe it. But after she had lived in New York for a considerable period he managed to test her again and her tolerance had returned to the usual American levels. And a Sikh physician also demonstrated a fantastic tolerance but frankly admitted that with his background he just could not bring himself to even mention pain." (Pain, by Dr. Arthur S. Freese. Penguin Books: Inc., New York, NY, 1974, p. 77)

Thirdly, a high degree of muscular control is necessary for internal energy. An ability to control the tension and relaxation of one's muscles is essential to the martial artist who wishes to obtain internal strength. It is for this reason, among others, that the Chinese "internal martial arts" all teach that one must relax while doing the moves. For example, "A cardinal principle of Hsing-i is that all movements must be done lightly and briskly...." (Hsing I:

Chinese Mind-Body Boxing, by Robert W. Smith, p. 28.)

There is more to internal energy than just these three things (lowering the center of gravity, the control of adrenaline, etc.), but it should be obvious that to explain internal energy we don't need the Taoist view that some substance as yet undiscovered by Western science circulates in meridians in the body. All internal energy techniques can be explained either scientifically or by the fact that they are magic tricks. Just because I don't know the principle involved doesn't make it mysterious. "The simple believeth every word: but the prudent man looketh well to his going." (Prov. 14:15)

About the author: John Himes is the GMAU Regional Representative for the Pacific Rim and currently serving as a missionary in Japan. He holds a black belt in Kung Fu.
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Points of Interest

- *Miguel Jurna*

Miguel writes that his local church based martial arts ministry now has it's own webpage. You can view it at:

<http://www.geocities.com/Athens/Crete/1232/CMAA01.htm>.

In the front page, Miguel, who is the pastor of the Olivehurst, CA church, also links to the GMAU home page.

- *Kevin Schaller*

Kevin has a website up on his Carson City, NV ministry as well. You can get to it at www.vistaprimo.com. Kevin also has a courtesy link to the www.gmau.org site from his pages. Thank you Kevin.



- *Ron Shively*

Karate for Christ International founder Ron Shively, has retired and appointed our good friend Joseph Lumpkin as President. Joseph is the lead sensei of a martial arts ministry for his local church in Alabama.

- *Dr. John Eidsmoe*

Congratulations to Dr. John Eidsmoe on the marriage of his son David in a full-scale Air Force celebration. Dr. Eidsmoe had the joy of performing the vows for the couple on May 20. Brother John is also healing nicely from recent knee surgery. Dr. Eidsmoe also recently earned his 2nd degree black belt.

- *Keith Yates*

If you are a subscriber to NAPMA (National Assoc. of Professional Martial Artists) magazine "Martial Arts Professional", you will have noticed the nicely done monthly contributions by GMAU Regional Southwestern Representative Keith Yates in the last four issues. Keith, who is also the president and founder of A-Ka-To is doing some long overdue articles on "Fitness Follies" which are myths of martial arts exercises. We are also reprinting several of those in our quarterly GMAU Journals as they give instructors much needed insight on exercises that can harm students.

- *Clinic Update:*

We were honored to have 10 black belts converge on Big Sky Country as the Lewistown, Montana Master's Warriors Club hosted its second annual clinic. Instructors flew and

drove in from Vermont, Alabama, Minnesota and Colorado to teach topics on Arnis, Bo Staff, Chambered fist, ground fighting, power kicking, medical implications of martial arts practice, and kumite (sparing).

For those of you who like to plan ahead, please mark your calendars for May 18 & 19, 2001 for the 3rd Annual Rocky Mountain GMAU Regional Clinic.

Now it is on to the Vermont clinic, July 28-29, then Maryborough, QLD, Australia, October 13-14.

- *Christian Phillips*
Congratulations to Christian Phillips (2nd dan and West Palm Beach, FL Sensei) on the birth of his fourth child. John-Mark Phillips (grandson of 3rd dan and GMAU Editor and board member Larry Phillips) arrived on May 20 weighing in at 5lbs and 2 oz.

- *Gary Brown*
Congratulations to Gary Brown, who graduated on May 12th from Florida Baptist Theological College in Graceville with a major in Theology, and a minor in Psychology & Counseling.

- *Phil Lewis*
Phil, our South American GMAU Rep, has put together the start of his fledgling Website. Feel free to browse it and give him feedback:
<http://www.angelfire.com/wa2/liga/index.html>



"How Goes The Battle?"

by Michael L.
McClure

Everyone who reads this Journal is familiar with the idea of being a warrior. The truth is that most everyone who reads this considers themselves to be warriors or in warrior training. Many have chosen to be "Segei Bushido" or righteous warriors, or "Men of Valour", or "Master's Warriors" or similar ideas. The point is we are in a battle. We must never lose focus on the battle. We must never forget that ours is not, primarily, a physical battle, but a spiritual one. Now, dear reader, if you are not a Christian, you are not in the battle. Someone might say: "Don't you mean that if I am not a Christian, I am the enemy in the battle?" No, I do not! I mean what I said; if you are not a Christian, you are not in the battle. I will explain this further, below.

There are several concepts that we must not only understand, but also have at the center of our focus as God's warriors:

(1.) The battle is not between the believer and the unbeliever.

The battle is between God and Satan, between good and evil, between the flesh and the Spirit, between right and wrong, but the battle IS NOT between the Christian and the unbeliever. The Christian is in the battle; the unbeliever is not!

Look at what the Word of God has to say:

(Ephesians 6:10-17) "Finally my brethren, be strong in the Lord, and in the power of His might. 11) Put on the whole armour of God, THAT YE MAY BE ABLE TO STAND AGAINST THE WILES OF THE DEVIL. (capitalization is mine)." 12) for WE WRESTLE NOT AGAINST FLESH AND BLOOD, BUT AGAINST PRINCIPALITIES,

AGAINST POWERS, AGAINST THE RULERS OF DARKNESS OF THIS WORLD, AGAINST SPIRITUAL WICKEDNESS IN HIGH PLACES." (again, capitalization is this author's).

(2.) The battle is far more internal than external.

In the martial arts we talk about internal arts and external arts and in so doing we talk about internal strength as opposes to external strength. I am saying here that our battle is far greater internally than it is externally.

A. Again, the Word of God: (II Corinthians 2:3 & 4) "for though we walk in the flesh we do not war after the flesh: 4) (for the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds;)

I am not against owning or using weapons. I have a small weapons collection myself: a few swords, a couple of staves, a few knives, some shirikens, a set of nunchucku. I don't own a gun. I haven't owned a gun of any kind for many years. I have no immediate plans to purchase a gun. However, I am not opposed to private citizens owning guns. I am opposed to legislation that forbids private citizens to own guns or other weapons. That is because every government that has disarmed its citizenry has done so in order to have greater control over the citizenry and it has always, historically, worked to the downfall of freedom. The old saying, "if guns are outlawed, only outlaws will have guns" is not a Bible verse, but it is true. In light of all of this, however, we are not in a battle with our fellow human beings so much as we are in a battle with our own sin. We must be "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing

into captivity every thought to the obedience of Christ; And having in a readiness to revenge all disobedience, WHEN YOUR OBEDIENCE IS FULFILLED." (II Corinthians 10:5-6)

(James 4:1) "From whence come wars and fightings among you? come they not hence, even of YOUR LUSTS THAT WAR IN YOUR MEMBERS?" I Peter 2:11 "Dearly beloved, I beseech you as strangers and pilgrims, ABSTAIN FROM FLESHLY LUSTS, WHICH WAR AGAINST THE SOUL; "Galatians 5:17 "For the flesh lusteth against the Spirit, and the Spirit against the flesh: these are contrary the one to the other: so that ye cannot do the things that ye would."

(3.) The real enemies are the world, the flesh and the devil (see I John 2:15-18).

If you are a Christian your are in the battle, but the good news is that you are not in it alone. I. Christians are commanded to be in the battle:

A. A Christian soldier must realize that he has been called to war, (I Timothy 1:18.)

B. A Christian soldier must prepare himself for the battle.

I. He must be in a right relationship with the Lord: II Corinthians 7:1.

II. He must recognize who the enemy is: I John 2:15-18; Revelation 16:14.

III. He must realize that warfare is not easy: Luke 14:31; II Timothy 2:1-4.

C. A Christian soldier must lean upon the Lord for strength, realizing that the battle is not ours but His.

I. David understood this when he faced Goliath. In I Samuel 17:47 he said "And all this assembly shall know that the

LORD saveth not with sword and spear: for the battle is the LORD's, and he will give you into our hands."

II. Again, Jahziel got this concept right in II Chronicles 20:15 "And he said...Thus saith the LORD unto you, Be not afraid nor dismayed by reason of this great multitude; for the battle is not yours, but God's."

III. The psalmist wrote: "For thou hast girded me with strength for the battle: thou hast subdued under me those that rose up against me." Psalm 18:39

(4.) Christians must realize that battles have casualties.

A. Some don't take the battle seriously. In the early days of the American Civil War there were some that didn't take the battle seriously. They thought it would be over in a matter of days. On one occasion there was to be a battle near Washington, D.C. Some of the finer folk from town dressed in their Sunday best and packed picnic lunches to go out on a hill top and watch the battle below much as we would attend a sporting event. But the battle was not pleasant to watch. It was bloody and ugly and the Confederate forces drove the Union troops back so that the battle began to overrun these casual observers. The truth is that many who call themselves Christians are like those people. They want to sit peacefully and enjoy watching others fight the battle. They do not take the battle seriously.

B. Some have deserted in the heat of the battle. See Luke 9:62, Psalm 53:3, Job 23:12.

C. Some have become traitors in the battle. See II Timothy 3:1-4.

D. Some have grown weary of the battle and have given up. See Galatians 6:9 and II Thessalonians 3:13.

E. Some have been wounded in the battle. In every battle someone gets hurt and sometimes the wounds are deep. Thomas had a very difficult life, being orphaned at an early age. He struggled in school, but he did not give up. He graduated as a respected officer from West Point. His career was not glorious until he was called to serve in battle. His tenacity led his troops to victory after victory. He was wounded in one battle and yet he continued on. Then came the day when his side was in a forced retreat. One of the other officers looked at him as he stood steadfast, immovable and called out: "There stands Jackson like a stone wall! Rally around the Virginian, boys!..." defeat was turned to victory that day.

F. Some have fallen in the battle. Thomas J. "Stonewall" Jackson was cut down by "friendly fire". We have lost many good soldiers in our battle. We will lose more before it is finished, but we must not lose them to "friendly fire".

G. Some will be victorious in the battle. See I Corinthians 15:55-58. "For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith." I John 5:4

How goes the battle with you? Are you in the battle? If not, why not join today? Put your trust and faith in the Lord Jesus Christ. He will save you, forgive your sins, grant you eternal life and give you a place in His service. You'll let Him, won't you? Have you lost loved ones in the battle? If they were His soldiers, they are not gone,

but waiting for us on the victory side. Have you been wounded in the battle? We all get that way at times, but we must press on, the battle is not ours, but God's! Have you deserted in the battle? Turn around! Get back in! It's not over yet! How goes the battle in your life? Do you realize, dear believer, that you are on the winning side?

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



A Meal for the Mind

Wisdom for the Asking

By Dr. Kent Haralson

"If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him." (James 1:5) Ever since I started my first Christian martial arts ministry over 23 years ago, one of the constant requests on my lips during my prayer times has been for wisdom. I was blazing new territory as the concept of a martial arts ministry within a church that had spiritual, mental and physical growth dimensions was pretty much unheard of. I also needed help to become the master of circumstances rather than the victim of them. I took this verse as one of my claims.

What is "wisdom" spoke of here as so necessary if we are to become masters of circumstances and not servants thereof? The Greek word used here is sophia. It is the word from which the English name Sophie is derived. This quality is of the feminine gender. Abstract nouns are often feminine. It is important to remember that James is writing primarily to the Jews of the diaspora, the Jews who are dispersed through the known world

because of their faith in Jesus Christ. Life consequently was hard for them. Sophia among the Jews was primarily recognized as an attribute of God and later became identified with the Spirit of God. I believe that is what James is speaking of here. He does not speak of wisdom as the world thinks of it, but speaks of the necessity of the Holy Spirit's indwelling every believer, and then continually filling each, believer, and then anointing each believer. Then, and only then, can the Christian be the master of circumstances. Unless there is within us that which is above us, we shall soon yield to that which is about us. To whom does God give this wisdom? To him who asks for it, to him who recognizes his inability to face the circumstances of life. But why ask God for something which He already knows we need? Our prayer does not mean that God is ignorant of that which pertains to His children. It is just assuring Him that we are aware of our dependence upon Him.

God will never force His Holy Spirit to indwell anyone's heart. He only comes in as we invite Him. He will fill that believer who is immersed in the Word of God and is continually keeping his heart pure through confession. His anointing comes to those who are entering upon specific ministry and request the anointing. But He is not a respecter of persons, for our verse says that He gives this wisdom to all that will ask of Him. May you be among the all. If you are, there will be nothing that will move you. You will be like Martin Luther, who, when the devil came to him, and asked him to open the door of his heart so that he could come in and discuss some very important matters with him, said: "I don't have the keys to the door; God has them. Ask Him is you wish."

Needless to say, Satan took to his heels.

James also speaks of the manner in which God gives this wisdom, so necessary for our lives. The adverb used here is haplos, which is translated liberally (KJV, NKJV), generously (NET, NASB, NIV). The verb from which this adverb is derived is haploo, which means primarily "to spread out, to stretch." James wants to tell us that we have a God whose hand is stretched forth, whose bounties are spread out before us, who has abundant provision of wisdom, and that no one is to blame if we are lacking it but ourselves. Don't be afraid that God is going to run out of wisdom because there are so many who are asking of Him. His reserves are unlimited. His provision is boundless.

There is yet another interesting twist in this word. The adverb also means "singly." It yields the idea that this God is single-mindedly focused upon you and waiting for you to ask for this wisdom. It is as if God has nothing else to do in this universe, but to sit there and wait for you to ask, so that He can generously dispense His wisdom to you. What a marvelous God. What fools we are for not asking and applying His wisdom to our lives and our ministries. Now observe the beauty of this word, which leads us into the very character of God. This word haplos follows immediately after the word pasin, which means "to all." We are to ask of God who gives to all.

But don't for one moment think that God gives His wisdom in a collective manner, en masse. The greatest mystery of the Godhead is that He gives individual attention to men and women. Yes, He cares for all, but He cares for you, for me, in a very special and unique way. He does not give you the same

amount of wisdom as he gives to your brother or your sister. Oh, no! God is a God of individual attention, of individual salvation. When I attended a large secular college, one of the things I disliked was that in it I lost my individuality. Do you realize that there isn't one exactly like you among the billions of people who live upon the face of this earth? In the same way that God created everyone differently, individually, He is going to treat each born-again child of His in an individual manner. What a comfort, what an inspiration, to know that, although the eye of God is upon the whole world, His eye is particularly, singly (haplos), upon you.

And there is a still a third meaning to the Greek word haplos. It is "naturally." James wants to point out how different the giving of God is from our giving. We have to force ourselves to give something. It is not in our nature to give, while God gives naturally. Would to God that giving with us were as natural as it is with Him. Christian, if you give and then are sorry for what you have given, that means that your giving is not God-like, natural. God is a willing Giver and He wants you to be one, too (what do you give to your local church? Is it sacrificial? Is it generous? Is it cheerfully given)? Try it and see how great will be the blessing you experience.

Many of us Christians are tempted to regard our trials and temptation as signs of God's displeasure. Sometimes they are, but not always. That is the meaning that the next word wants to convey to us. It is translated "upbraideth not." Of course, this refers to God and His relationship to the circumstances of life. He sees us lacking many things, above all, wisdom. When He observes such a lack in our lives and gives us that which we need

most, wisdom, He does it very gently. He does not reproach us for our lack and need. He does not chide us for asking or ridicule our child-like faith in asking.

It may be likened to the case of a beggar whom we encounter in the street. He asks us for alms. Here comes one and throws a quarter into the outstretched hand, and as he does so, he says, "You deserve what you are going through, but I'll help you, anyway." Here comes another man, who throws no more than the first one, but says, "God certainly loves you, and one reason that you are in need is that I may have the opportunity of being a giver. I am not any better than you are, but I recognize it is more blessed to give than to receive. God's favor upon you may be as great as it is upon me. Our spiritual state cannot be measured by our temporal state of affairs." Such is the attitude of God when He gives.

When we realize our lack of wisdom, let us not be ashamed to come to Him to ask for it. Not to have something is forgivable, but if you do not ask for that which you do not have, God can hardly forgive you. Ask, therefore; ask for wisdom; ask for the Holy Spirits' anointing, and it shall surely be given you. Then use it to build your martial arts ministry and reach a lost world for Christ.

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

by Larry W. Phillips

We watch the fireworks, listen to concerts, picnic, and enjoy family and friends on

the 4th of July. May we remember the cost of that day and pass it on to those who follow least they forget. When the 56 men signed the Declaration of Independence, they knew they were to pay a price. Five were captured as traitors, tortured and died. Twelve had their homes ransacked and burned. Nine died as a result of the fighting itself. Braxton lost all his wealth and died in rags. McKeam died in poverty. Soldiers looted the homes of Dillery, Hall, Clymer, Walton, Gwinnett, Heyward, Rutledge, and Middleton. Nelson urged General Washington to open fire on Cornwallis' headquarters (Nelson's home).

Nelson would die bankrupted. Hart, Norris and Livingston lived in caves, their families killed, and later they would die from exhaustion.

Abraham refused free land to bury his wife in Genesis 23. He insisted on purchasing it. So take a couple of moments while enjoying your 4th of July holiday and be thankful for those who have paid the price. If something is worth having, it is worth paying for.

2nd Annual Rocky Mountain Regional Clinic

We were honored to have 10 black belts converge on Big Sky Country as the Lewistown, Montana Master's Warriors Club hosted its second annual clinic. Instructors flew and drove in from Vermont, Alabama, Minnesota and Colorado to teach topics on Arnis, Bo Staff, Chambered fist, ground fighting, power kicking, medical implications of martial arts practice, and kumite (sparring).

The weekend kicked off with two men from our local club testing for their brown belt ranks. Both have been with us for over two years and

passed with flying colors before an imposing board of black belts (one of the promotions was contingent upon completion of some spiritual growth projects). The clinic then got down to business Friday night at 6pm. Following the evening sessions, Dr. Haralson and his wife hosted the black belts and their families at their home for a meal and fellowship time. It is always such an enjoyable time to be able to sit back and share stories from the past as well as relax with brothers and sisters in the Lord who share a common burden and vision for equipping others to reach the lost for Christ through the ministry of the martial arts.

The clinic continued Saturday morning and ran throughout the day, as black belts also enjoyed separate seminars taught by Dr. Charles Owens in self-defense. Nine black belts were certified at level "C" by the Christian Self-Defense League (in addition to the black belts who taught in the clinic, those certified included Janet Felsing (MN), Sara Keafer (VT), Brant Bishop (AL). That evening, there was an awards banquet held at the Club House where participants were treated to spectacular views of the Judith Mountains (5 miles to the northeast) and the Little Belts (65 miles to the West), in addition to a great meal. Dr. Owens gave a challenge from Judges on Shamgar with tremendous application to the modern Christian and martial artist. Sean Edwards was presented with his brown belt rank. Receiving special recognition were the following five students for character traits demonstrated at the clinic:

- a.. Perseverance - Kamron Fordyce
- b.. Determination - Ted Hair
- c.. Diligence - Jayson Brand and Becky McKennett
- d.. Decorum - Georgianna Estell

The Spirit of Bushido Trophy was awarded to Sean Edwards. This trophy is presented to the student who has demonstrated the "spirit" of the Christian martial artist in his life in and out of the dojo in the most consistent way in the past year.

The students of the local club then put on a demonstration of the skills that they have learned including several partner drills, forms, self-defense, shoulder rolls and board breaking.

We would like to give a special thank you to those black belts who donated their time and talents to instruct our students for this weekend: Dr. Charles Owens (9th), Scott Hoffer (3rd), Sara VanDriest (3rd), Doug Haralson (2nd), Dr. Kendra Killpatrick (2nd) and Dwight Keafer (2nd). They joined four other black belts and 26 students for this action packed weekend.

We were thankful that several instructors arranged their schedules to spend Sunday worshipping with the host church, Emmanuel Baptist Church, which is pastored by Dr. Haralson. Dr. Owens preached in both the morning and evening service. The visiting instructors and families enjoyed a fellowship meal at the Haralson home following the morning services.

For those who like to plan ahead, mark your calendars for May 18 & 19, 2001 for the 3rd Annual Rocky Mountain GMAU Regional Clinic.

MY FIRST MARTIAL ARTS CLINIC

By Robyn

Haralson

I smoothed my crisp white uniform and checked myself out in the mirror. Was I ready for this? Did I

really know what I was getting myself into? Within a few minutes I would be participating in the May 2000 Rocky Mountain Martial Arts Clinic, the very first clinic for me. I had been taking one-on-one lessons from my husband (Sensei Doug Haralson, 2nd Black) for about six weeks, and had found them to be enjoyable but quite challenging. I had just passed my white belt test the week before, and was excited but nervous about this event.

I headed over to the church basement, the site for the upcoming classes and seminars, and began stretching out with the other students, most of whom I did not know. Moments later Sensei Kent Haralson clapped his hands and shouted "Attention!" We spent a few minutes sorting out our ranks and lining up appropriately. Then we began. The very, very fit Sensei Kendra Killpatrick ran us through a warm up drill for almost an hour. This was not for the faint of heart. We were challenged to keep moving with a variety of drills, calisthenics, and a jumping exercise using what she referred to as "Mr. Elastic".

What followed over the next two days was a series of seminars designed to teach us new techniques and enhance the ones we already had, as well as expose us to different types of weapons and their traditional and practical uses. Sandwiched between the seminars each day was a devotional meant to challenge us in our walk, as well as remind us what our focus should be, within the dojo and in the everyday world. Our highly skilled instructors gave of their time to share with us their areas of specialty, on topics such as stretching, balance, sparring, weapons techniques, kicking and punching.

Saturday afternoon as we finished our last session, I breathed a sigh of relief. I had survived! And I had even *enjoyed* some of it!

Was participating in the clinic worth it? On one hand, I did end up more stiff and sore for the next week than I'd been in my entire life, and I had gotten a solid kick to the stomach during sparing (this was the first time I'd ever sparred!). On the other hand, as I reflected on the level of skill as well as the level of character I'd seen in the upper belts and instructors, I felt a growing desire to continue in the martial arts and see how God could use it to mold me. Would I go to another clinic again? In a heartbeat!



ONWARD, CHRISTIAN SOLDIER!

*Know the Rules of Engagement,
part 2*

By

John Eidsmoe

Just as a martial artist needs to know the tournament rules to compete effectively, so the Christian who contends for the faith needs to know the rules of engagement that apply in the public arena.

When we don't know the rules of engagement, we may overstep our bounds and intrude upon the constitutional rights of others. We also may be fooled into thinking that our right to express Christian values is more limited than it really is.

In recent years Christians in various parts of the country have been told:

- It is illegal to have a Bible in the public schools.
- Students may not pray in school, even silently.
- Singing Christmas carols or saying "Merry Christmas" violates the First Amendment.
- Students may not witness to others or pass out tracts on a public school campus.
- Student religious groups may not meet in public schools.
- Students may not wear rosary beads or other religious symbols in public schools.

The fact is, the U.S. Constitution says no such thing, and the Supreme Court has never prohibited any of these activities!

Where does such misinformation come from? Sometimes public school officials mistake the ACLU's wishful thinking for reality. What the Constitution and the Court have actually said, and what the ACLU interprets the Constitution to mean, are often very different. And sometimes public school officials follow the path of least resistance, caving in to the ACLU's demands even when their position is actually very weak. Sometimes they assume the best way to be neutral about religion is to keep it out of the public arena entirely, not realizing that this prefers irreligion over religion.

But when you are told the law prohibits you from preaching, or witnessing, or renting a facility for your church, or otherwise sharing your beliefs, what do you do? If you don't know the rules of engagement, you are at your opponents' mercy. If your sparring

opponent says the rules prohibit you from kicking to the chest, and you haven't read the rules, how can you respond?

The "rules of engagement" include the U.S. Constitution and the decisions of the federal courts. The Constitution, when properly interpreted, gives Christians and others all the freedom they need to express and exercise their faith. And while several court decisions have interpreted the First Amendment more restrictively than they should have, they have still left us a lot more freedom than a lot of people believe.

I serve as legal counsel for the National Council on Bible Curriculum in Public Schools. Lots of people are surprised to hear that. They say, "I thought the Supreme Court prohibited the Bible in public schools back in the 1960s."

There's a grain of truth in that, but it's greatly exaggerated. In 1963, in the case of *Abington Township v. Schempp*, the Supreme Court struck down as unconstitutional a school district's requirement that the teacher read a Bible passage at the beginning of each school day.

I disagree with that ruling. I don't believe that's what the framers of the First Amendment had in mind at all. But the ruling is not as restrictive as we have been led to believe.

The ruling prohibits reading the Bible as an exercise of religious worship. But it does not completely prohibit reading the Bible in the public schools. As the Court went on to say in the same decision,

"(It) certainly may be said that the Bible is worthy of study for

its literary and historic qualities. Nothing we have said here indicates that such study of the Bible or of religion, when presented objectively as part of a secular program of education, may not be effected consistently with the First Amendment."

The Bible has had enormous influence on Western literature, and a teacher has every right to draw attention to the Bible's influence on passages of Shakespeare, or Dante, or Milton, or Bunyan, or others.

The Bible has influenced Western music, and a teacher may explain the biblical references in Handel's "Messiah," or Haydn's "Creation," or the works of Bach or Mendelssohn.

The Bible has influenced Western art, and a teacher may help the students understand the religious meaning behind the works of Michelangelo, or da Vinci, or Raphael.

In fact, a teacher who fails to do so shortchanges his students, giving them an incomplete education.

And a public school may offer a course in the Bible as literature or the Bible as history, so long as it is presented in an objective, nondenominational way without indoctrinating the students. In fact, the curriculum prepared by the National Council on Bible Curriculum in Public Schools (PO Box 9743, Greensboro, NC 27429) is currently being offered in 115 school districts in 29 states.

My point is, knowing what the Supreme Court has actually said about the Bible in schools helps you to know your rights and exercise them.

More on the rules of engagement in the next issue.

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



How To Develop Better Reaction Time

By Sherry

McGregor

One of the most important things to improve your fighting and self-defense is to improve the time it takes you to react to things coming at you. To be able to block or move out of the way and counter the attack. There are specific drills you can use to increase this timing. Many Martial arts instructors spend very little time on this which amazes me when the whole thing in defending yourself is to be able to react before you are seriously hurt or lose your life. Of course if you like sparring this is also extremely important, most fighters are not of the mindset anymore to take punches just to get in and give one or two.

We now know how much damage the one or two we take can do. I believe the reason you don't see this addressed enough in most classes is that the instructors have not been taught specific drills for that. They all know this is important, they are just not sure what to do about it. Just fighting won't do it. Many instructors feel that by just fighting you will gain it all. This is why many people get

frustrated with sparring. You do Not, just get better by doing it. It takes much more than that, analysis, drills and working on the individual elements of this science/art. Here is a way you can work on your reaction timing.

Drill:

1. Pair your class up into partners of 2.
2. Have one of each set have a focus pad, (you can use a sparring glove if you do not have pads).
3. Have the one without the pad face away from his partner with his back to the other.
4. Then close their eyes.
5. The partner with the focus pad will then set the pad in a place.
6. When the instructor gives the command the student opens his/her eyes and turns to focus on the pad and strike it with a strong Kiai or Yell.
7. They then turn back around and set up again.

Each time the student with the pad changes the location of the pad. Moving it high and low and side to side as well as very close to the partner and further away.

This drill increases you reaction time to focus on something and react to it. Kids as well as adults love this drill. We even used this on the US karate team. There are many drills for this I will share another one next month.

Fighting is a science and there are many aspects to it. Break it up and think of how you can work on all of the different elements of this science, don't just take it as a lump sum, it is not. This will help you find the strong and weak areas in your fighting.

About the Author: Shihan Sherry McGregor is an 8th dan in Shorin-ryu. She is also a member of the U.S. Karate team. For seminar bookings, contact her by phone at 407-382-2110 or e-mail at McSpunky1@aol.com.



2001, A JAPAN ODYSSEY!

Plan now for the trip of a lifetime!
Sifu John R. Himes, veteran missionary to Japan will be conducting the Northern Pacific Rim GMAU clinic in July of 2001!

Dr. Michael L. McClure is working to organize group travel for this event. A meeting place central to all those in the U.S. who are planning to go may be arranged. A group from South Florida has definite plans to go and we have heard from people in other parts of the country who are also planning to make the trip as well.

Presently, it appears that the total cost for the trip will be between \$1,000 and \$1,500. However, we are still negotiating this. Watch the GMAU Journal for more information or contact Dr. Michael McClure via email at: westpark1@juno.com

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