

**No Wine Before Its Time** *continued from pg 1*

be a nobody. The desire to be accepted, to be recognized, to be important, has pushed us to begin handing out eighth, ninth and tenth degrees like they were some common dime-store trinket.

Many years ago, I heard an excellent sermon by a pastor titled, "Don't rush the washing machine." His premise was that if you don't allow the washing machine to go through all the proper cycles, your clothes will not come out clean and ready for use. That is an analogy we can all understand and can also readily apply, as he did to rearing children. The pastor was concerned that we do not let our children be children. We "rush" them through the growing up process and cause them to face situations in life before they are physically, mentally and spiritually able to handle them.

I believe that we have also "rushed the washing machine" in the martial arts world. We have handed out black belts for no other reason than the student was on a monetary contract. He paid his money, put in his two years and now it's time to give him his belt. We have also given the belts away because of physical prowess in the ring or on the tournament circuit, regardless of whether or not the student has the mental understanding to go with his physical development. We have put black belts on five-year-old children, when they clearly do not possess the spiritual discernment to warrant such an honor.

We have lost our balance and we have slipped from our moorings. The only thing that can save us from this maddening cycle is self-discipline and restraint on the part of the current leadership. We must find within ourselves the ability to say "no" to those who push us to advance them before they are ready. We must be willing to value our personal integrity over our pocket book when it comes to awarding belts. We must have a desire to see a time once again when a black belt means that you are now a balanced person: physically developed, mentally prepared and spiritually mature.

**Gospel Martial Arts Union**

8334 Cash Road  
Martinsville, IN 46151

**BOOK REVIEW**

*By John Himes*

*Martial Arts America: A Western Approach to Eastern Martial Arts*, by Bob Orlando (Berkeley, CA: Frog, Ltd., 1997) Orlando is a Christian martial artist based in Colorado with long experience in Pentjak Silat, an Indonesian art, and Chinese Kuntao. He is also a very thoughtful writer. This book should cause you to rethink your approach to teaching the martial arts as a Christian in America. Orlando has produced a thought-compelling book that proves you can successfully teach traditional martial arts from a Western, Christian perspective.

*Points of Interest continued from pg 7*

- College of Christian Martial Arts Online: Thanks to the tireless efforts of Pastor Bill Fanska (bfanska@nirai.ne.jp), the CCMA is now available online at the following link: <http://www.eter-nalfellowship.com/ccma/> At this point the Equivalency Handbook is still being uploaded, but the regular handbook is now available via the Internet. The application forms, course listings and online courses are soon to come. Have you been looking for a way to advance your academic position? Or, perhaps a way to better establish your Martial Arts "knowledge" foundation? Then the CCMA might be just for you. We've processed two more handbook requests in just the last week.
- New Instructor: We rejoice with Scott Gilbert (shihan@karateforchrist.net) and the Karate for Christ International Ministries. Scott walked away from a lucrative legal career and followed the Lord's leading into full-time Christian martial arts ministry. His classes in the Virginia Beach / Norfolk / Chesapeake, VA area have now grown to the point where they have added our good friend Ed Lakeman as a second full-time staff sensei. Brother Ed tested for his 2nd dan when I was at their clinic last May and is a very Godly man who is also gifted as a martial artist and an instructor.

In His Grip,  
Prof. Kent Haralson

# GMAU JOURNAL

February 2003



**A MEAL FOR THE MIND!**

## No Wine Before Its Time

*Dr. Kent Haralson*

As I sat on my back porch during my morning quiet time with the Lord, my eyes fell upon Philemon 1:9 in my Bible. As I read the words of Paul and his appeal to a younger brother in Christ to behave in a manner appropriate to his calling, I lamented the product of our consumer-oriented 21st-century martial arts systems.

In his early days, Paul had done some foolish and immature things. At the stoning of Stephen (Acts 7:58), he is called neanias in the Greek, a young man. But now, he is presbutes, the aged, or an old man. Surely, as an aged man, he has earned the right to be heard by those who are younger than he. Surely, the years have given him something to offer of value. Paul used this word to imply that he had the authority to provide sound advice and direction, because in those days, older men were considered wise and thus authoritative. We find similar parallels in most civilizations and certainly in the annals of the Oriental martial arts.

Read any story of historical significance in the martial arts and one will quickly glean the bold truth that those who are aged are to be held in high esteem. They are to be followed, and sought after for advice. They were the ones considered qualified for honor. Upon them, tribes and nations could place the mantle of leadership. The Bible says it this way in Leviticus 19:32, "You shall rise before the gray headed and honor the presence of an old man, and fear your God: I am the LORD."

The Bible has much to say regarding the foolishness of advancing people too quickly. Young men were to be "tried" and "proven" before they were given leadership roles. Similarly, in the martial arts world of the past and even into the middle of this century, age was considered a prerequisite for advancement to power

and authority. Even the stories surrounding our martial arts forms (kata, hyung, poomse, kuen) support this principle. The warriors would engage in battle and only the victors would return to tell of their encounters. As they sat around the fires at night, they would share the techniques they used in destroying the enemy. Over time, only the best of techniques remained and therein we have the foundations for our forms. Our forms have been "tried" in battle and found that they can be trusted. They have the years of experience necessary to be reliable in any situation we may encounter.

I recall reading several years ago of the requirements of the All Japan Karate-Do Association for rankings. In their association, one must be at least seventy (70) years old to wear the tenth-degree black belt. There were similar age requirements for each upper black belt level. Is it quite possible they knew something that we would do well to remember? Are there not some things that just can not be learned without a bigger slice of life under your belt? In my own system, Seigi Bushido Ryu (The Way of the Righteous Warrior), I have comparable age expectations. Why? Because, I consider it unwise to place the mantle of leadership upon

a man or woman who has not yet proven himself in the battles of life and come out the victor. As the wine commercial once said, "No wine, before its time." By advancing a student too quickly, one degrades everything the historical martial arts represents and place a person into a role which he is not yet mature enough to properly discharge.

Yet, all around me I see tenth degree black belts. It seems that our economic systems are not the only ones to have been afflicted with inflation. Today, to be a fifth-degree black belt, is to

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### The Bible has much to say regarding the foolishness of advancing people too quickly.

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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 email along with your phone #, address, and a little bit about yourself to:

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

As I read daily about the coming war in the newspapers and see it on the TV, I am reminded that things are not always as they seem. In Joshua 9, Joshua is tricked into an alliance with the enemy. He doesn't seek Gods advice, works in his own wisdom and pledges to protect a people he should have destroyed. And is later called upon to go to war on their behalf. I think Joshua 9:14 is the saddest verse in the Bible, "...did not ask counsel of God." May we seek Gods advice in these times. May we follow that advice. And may we see things as they are, not as others would have them to appear. ■

## NOTES

### GMAU Event Calendar

March 7 & 8 - West Palm Beach, Florida, Larry Phillips  
philipswpb@aol.com  
May 2 & 3 - Virginia Beach, Virginia, Scott Gilbert cscottg@juno.com  
July 25 & 26 - St. Johnsbury, Vermont, Stephen Jones  
sugarridgeVT@juno.com  
September 19 & 20 - Indianapolis, Indiana, Johnny Russell  
jrrussel@iupui.edu

### Do We Have Your E-Mail?

We send out a periodic e-mail update that contains news of interest to Christian martial artists. It also shares motivational efforts that are going on by GMAU members around the globe. If you are not getting that update (once ever two or three weeks), and would like to, please send your name and e-mail address to Dr. Kent Haralson (kharalson@gmau.org) who coordinates the GMAU Updates.

### Reading Good Material?

It is important that Christians do their "homework" and be very knowledgeable about their art and the martial arts in general. There is much more to the martial arts than the average class teaches and there is also a whole history of the martial arts that the world knows nothing about. The GMAU has scores of books and booklets available at a very reasonable cost that will help you understand the principles behind the arts, as well as the history. Check out a list of the available materials at our website and order a couple today: [www.gmau.org](http://www.gmau.org)

### ADVERTISE IN THE GMAU JOURNAL!

Do you have information you would like announced to the entire Gospel Martial Art Union membership and highlighted in our quarterly publication? Things like: seminars, camps, equipment for sale, books, publications, weaponry, reference materials.

We are pleased to announce the GMAU is now accepting advertisements to be posted in upcoming GMAU Journals.

Please email GMAU Headquarters: [jrrussel@indiana.edu](mailto:jrrussel@indiana.edu) for complete details and advertisement forms.

By John R. Himes

# A TCBA Tour

What a furlough my wife and I had! We were not able to take a full furlough from our ministry in Japan at this time, so we took a "mini-furlough" of ten weeks—one of the most incredible ten weeks of our lives. We traveled six thousand miles visited fifteen churches and participated in five missionary conferences, including one at Maranatha Baptist Bible College, where our son is a student and heads up the Kung Fu Influencing Kids for the Savior (KIKS) ministry.

We started at the GMAU National Conference in Indianapolis on Sept. 20-22, where Shidoshi Johnny Russell was a wonderful host. On the morning of the 19th, I took a black rank test for the first time in many years, testing for my 5th black sash in Temple Chinese Boxing kung fu (TCB). I was somewhat intimidated and disappointed—just me, with no one else who knew my style, since Sifu Mike McClure was unable to make it. However, my wife and I were delighted when two TCB black sashes showed up for the test, Mark Yates (with his lovely family) and Jeff Rogers. Both men have been friends for at least 28 years, since we studied kung fu together in college! They turned out to be just as good "dummies" for my techniques as they were in college! I was also delighted when the chairman of my testing committee turned out to be Soke John Wilcox, who had become my friend at the 2001 GMAU Japan Clinic. Imagine my joy when I was awarded not a 5th degree, but a 6th degree black sash, and for icing on the cake the GMAU now recognizes TCB as a genuine style. I also appreciate making new friends of Paul Tarrant and "Judo George" Brich, also on my committee.

The rest of the conference was icing on the cake. I taught five sessions, and had a blast! I made many new friends and had good fellowship with old friends, including Dr. Haralson, TCB Sifu Rick Henault and his "cute as a button" daughter, Taylor.

My son, 2nd degree black sash in TCB, was not able to come to the GMAU event, so it was great to see him the next week at his home church missionary conference, and teach China joint locks to his KIKS members. I also sat in on a green sash and some yellow sash tests in this and another visit at the end of October. Sifu Paul is doing a wonderful job with this ministry. They will have put on six Gospel demos by the time the semester is over, and he has promoted a number of his students to yellow and green sash.

October 11-12 was spent in Connecticut with TCB 3rd degree black sash Sifu Rick Henault and his family. It was great to meet his lovely wife Debbie and Taylor's cute little sister Cassidy. The whole family practices TCB as well as Praying Mantis Kung Fu. I was able to bring Sifu Rick up to speed on the self defense and internal aspects of our art and on the areas he needs to work on for his 4th degree black sash, and teaching him some advanced forms as well.

Our next stop was in Vermont, where I was to be in a missionary conference at Soke Stephen Jones' home church and give a

clinic on internal theories of kung fu in his Christian Karate Plus dojo. It was a real blessing to see Soke Jones again and meet his lovely wife and family and students. We had some wonderful fellowship, and did lots of jawing about the old days when we went to tournaments with no protective gear but a football mouthpiece! At the dojo, I was quite impressed with Sifu Jones' students, especially his son-in-law Darwin, who has been working on kung fu from tapes and books. Darwin, a black belt under Soke Jones, successfully tested for green sash in TCB, and will go far in our style.

I also got enjoyed comparing kung fu knowledge with Soke Jones and hearing of his desire to add TCB to his curriculum. As a result, the TCBA Elders Council awarded Soke Jones a 2nd black sash in TCB and a special "Associate Master Instructor" rank to recognize his great knowledge of kung fu. And of course we took with us some of his and his wife's fabulous maple syrup!

October 31 to November 1 was spent at old friend Sifu Mike McClure's (5th black in TCB) in Delray Beach, Florida. I preached in his church and did a clinic at his Valour School of Self Defense on the southern Chinese form Lau Gar, or "House of Lau." It was a privilege to do two demos with him and his students and kids, including his talented daughter Amanda, the youngest sifu in TCB. I enjoyed meeting Sifu Alcadio Rincon, a 3rd black sash in White Dragon currently learning TCB. Sifu Mike is another friend from college kung fu days, and a faithful member of the Elders Council of TCB. The time with this good pastor brother was all too short.

From Delray Beach we went to Orlando, Florida, where I saw another old college friend and his family. Sifu Tony Ojeda put up with me as a college roommate for two years, and our friendship is special. He is a 4th black belt professional teacher in a very internal style of Tae Kwon Do, and owns his own school, where I taught animal techniques and "dog boxing" ground fighting. Sifu Ojeda trained in kung fu with me in our college days, and has since occasionally trained under me in White Dragon Kung Fu. It was an honor to award him a 2nd degree black sash in TCB, and help Sifu Ojeda in his plans to set up TCB as a second curriculum in his school. I was very impressed with Sifu Ojeda's son David, who has been studying TCB from his father and from videos. David tested successfully under his father and me for 3rd brown sash in TCB.

From there we saw my mother in Chattanooga, stopped by my father's grave at the Bill Rice Ranch near Murfreesboro, Tennessee, and then went to Lansing, Michigan, to wrap up things. We had been to see every TCB sifu except Warren Obenland, and we had a couple of great talks with him on the phone. On the way out of the country we stopped at my brilliant brother Andy's house in Seattle, where he is retired from Microsoft Corp. We enjoyed some great fellowship with him and his wonderful wife Alix, including a ride on their classic yacht "Seven Bells." From there, we flew back to Japan for a much needed rest. ■

# Cross Training For Peak Performance

By Keith D. Yates

You have heard about the benefits of cross training making you a better martial artist. For example a knowledge of both grappling and striking helps you to become a more complete fighter. But did you know there are also benefits as far as physical conditioning is concerned?

The classic example of a cross training athlete is the swimming, cycling and running of the triathlete. Many triathletes also participate in other activities like in-line skating, aerobics or even martial arts. Why would a triathlete jeopardize their bodies by doing other activities? Besides being fun it helps them become better athletes in several ways.

You probably know that every body movement occurs when one muscle contracts while an opposing muscle relaxes. During cycling, for example, the quadriceps contracts while the hamstrings relax. A champion cyclist will have very strong quads but probably relatively weak hamstrings. That's why many cyclists will do specific exercises to strengthen their hamstrings so they won't have an imbalance.

An endurance athlete, like a long-distance runner, knows all too well the burn of tired muscles. That sensation is actually a build up of lactic acid, a byproduct of heavy exercise, in the muscles. Cross training helps to transfer stress to a different muscle group. A martial arts example might be switching from a kicking routine on the heavy bag to a boxing workout. The use of fresh muscles is physically and mentally exhilarating.

In addition to this natural rejuvenating effect, switching to another activity helps to flush the lactic acid and other metabolic waste products from your system. This is, in essence, what a cooldown period does after strenuous exercise. It helps prevent injury and speeds muscular recovery.

And speaking of preventing injury, cross training distributes the stress of exercise over the whole network of your body's muscle makeup. Marathon runners are an example of athletes who would

be at high risk for over-use injury. Many long distance runners incorporate another activity like swimming into their training for just this reason. And obviously, if you have sustained an injury, a different activity can give the injured areas a chance to rest.

Another physiological benefit of cross training is exercising specific types of muscle fibers. Slow-twitch muscles are used in endurance activities like long-distance running or swimming while fast-twitch muscles are used in activities like speed drills or sprints. Exercising both types of muscles balances out your body.

You also might want to engage in cross training to give yourself some time away from your primary activity, especially if you have just achieved a hard-won goal like earning your black belt or winning a national title. If you have been training hard for 6 months

or so and now completed that goal it is not a bad idea to try something different for a while to keep yourself fresh (I am not advocating giving up your primary art, just focusing in on another goal).

I did that myself by trying a few ju-jitsu workouts back in the early 80s, way before the current popular grappling boom, and found out it was a great adjunct to my karate. By then I was so energized with the benefits of cross training that I took up weapons training.

Finally, I shouldn't have to even mention the additional benefits on your aerobic fitness level. You might not want to do judo every night of the week but if you intersperse your grappling with a boxing workout and then a little tai chi on the weekend you will be energized both mentally and physically and you'll be giving your most important muscle, your heart, the regular exercise it needs. ■



GMAU Southwest Regional Representative Keith D. Yates writes the fitness column for *Martial Arts Professional magazine* which gave us permission to reprint this article.

## DOJO & EVANGELISTS UPDATE

### Gospel Karate Team West Palm Bch Fl

In July, Parker and Clarley Blake, Scott, Megan, and Sierra Casteel, Krista King, and Francisco Pastoriza earned their White Belt. In September, Aaron Mondok earned his White Belt. Taking the assistant sensei test and passing in September, was Jerry Bell. The elementary class meets each Thursday at 3:30 p.m. under the leadership of Sensei Erin Askew. The adult and teens meet each Thursday at 6:30 p.m. in the fellowship hall. We have started a special time of instruction for the Black Belts each week at 6:30 p.m. On March 7th and 8th 2003 will be the 16th Annual GMAU Clinic. For info contact Larry Phillips at philipswpb@aol.com. Come and join us.

### Keichu-Do

Karl William Marx, Ph.D., announced on December 3, 2002 that he was resigning as Soke of the Keichu martial arts system that he founded over 40 years ago in Louisiana. He has named as his successor his son, Vaughn Victor Marx. Victor Marx began studying Keichu-Do at the age of eight. He is currently a sixth dan and has contributed a great deal to the Keichu system over the years. He has been a beloved sensei to his students, earning the respect and love of many.

In addition to naming Victor as Soke, Dr. Marx also announced that his two other sons, Twain and Michael Marx, have agreed to take over the business direction of Keichu and its subsidiaries, including Keichu-Hoshin-Jitsu and Keichu-Fudoshin-Ryu Kobudo. Both sons studied Keichu as adults, and were quite successful in their martial arts achievements. Both are also successful businessmen in the oil industry.

### Conway Academy - San Diego Ca.

Soke Scot Conway was promoted to 7th dan by Professor Julian Generalao of Kajukenbo and other masters representing a cross-section of Hawaiian and Filipino arts. Professor Generalao is the last surviving member of Soke Conway's last testing board. Scot and his wife Wendy own and operate the Conway Academy in San Diego ([www.conwayacademy.com](http://www.conwayacademy.com)), including three programs at their church, Grace Fellowship. The focus of their ministry teaching is discipleship for Christians and building personal, marriage and parenting skills before those skills are needed.

### Valour School of Self Defense Delray Fl.

The Valour School of Self Defense, under Michael L. McClure, is alive and well! Souls are being saved, lives changed and students are learning Kung Fu.

### Master's Warriors - Osceola, WI

This new club is now just four months old and developing a group of core students. The initial shock of a group of beginners, with no experienced students is over and a good routine is in place. We welcomed the addition of Dan Granot, a green belt from a GMAU school in Montana and the experience he brought to the school. Two of the students of this school have received Christ as their personal Lord and Savior and we have also had two students follow the Lord in believers baptism in the church which sponsors this martial arts club (First Baptist Church, pastored by Dr. Kent Haralson). The club is making plans to travel to Rochester, MN to attend a Feb. 8 clinic hosted by Sensei Sara VanDriest. The featured instructor will be Shihan Sherry McGregor.

### Gospel Martial Arts - CT.

Our school news includes the airing of our first Gospel Martial Arts TV show. The show included traditional Kung Fu forms, basic self-defense, Chin Na, a Romans Road message and a call to Christ. The show reached 6 towns and is airing for 4 Monday's in December on the local public access channel. Taylor Henault tested for her green sash, Debbie & Cassidy Henault purple sash, and Bayley Lefferd purple sash this past month. Our inner city after school program promoted 10 students, 7 white sashes, 2 purple stripes and 1 Blue sash.

Peace in Christ

Rick Henault

### Christian Martial Arts Academy - Olivehurst California

Chief Instructor (Pastor) Miguel Jurna was recently promoted to Shihan - 4th Degree Black Belt in Seidokan Shorin-Ryu Karate Kobudo and Toide. Also was awarded his Master Instructors license by his Instructor Hanshi Roy Hobbs. Pastor Jurna has been studying the MA since 1975 having obtained black belts in Tang Soo Do, Tae Kwon Do, Kenpo, and Aikijujitsu. Currently he is operating his third Church-sponsor MA ministry reaching the underprivileged of his community. Pastor Jurna can be reached at [fbco@attbi.com](mailto:fbco@attbi.com) or visited at his church web site: <http://home.attbi.com/~fbco/>

We would love to include the latest on your school or club. Send it to [editor@gmau.org](mailto:editor@gmau.org).

## POINTS OF INTERESTS

Dear Friends of the Gospel Martial Arts Union,

- Prof. Phil Lewis is back in the U.S. from Brazil for an extended furlough, and is making available six different Biblical katas on instructional videos: The Bible Kata, Book of Daniel, The Armor of God, Shepherd's Kata, Genesis Kata, and Way of the Cross. Tapes are \$20 ea. plus shipping. Those interested please contact Phil Lewis at philandlizi@hotmail.com.
- MINISTRY OPPORTUNITY The Hong Kong Gospel Martial Arts Ministry (HKG MAM) is looking for Christian martial artists to come to Hong Kong to teach martial arts and English during a three week period next July. Jeff Tam of the HKG-MAM suggests that you could raise money in the States for your trip. Interested parties please contact Jeff by e-mail at: jefftam@ykbc.org.hk or John Himes at yohane@eolas-net.ne.jp.
- Updates Online: In case you missed a previous update, or are trying to dig up an old issue because it had a web-site or an address or a contact in it ... rest assured. Past issues are available at our HQ website location: <http://php.iupui.edu/~jrrussel/pointsofinterest.html>
- Bremerton, Washington: The Westside Baptist Church opened the doors of its martial arts ministry on Jan. 11 under the leadership of Sensei Steve Walker (cudaboy\_24@yahoo.com). Steve began his training in West Palm Beach, FL prior to entering the Navy. After several postings in the Pacific, he is now stateside. We rejoice with yet another GMAU dojo entering the ministry of reaching the lost and equipping the saints.
- Promotion: Congratulations to Dr. Scot Conway (SokeScot@aol.com) of San Diego upon his recent promotion to 7th Degree black belt. He has been a friend of our ministry for years and has also contributed articles to the quarterly *GMAU Journal*.
- GMAU Publication: A new publication is in the works. Mr. John Himes (yohane@eolas-net.ne.jp) has written an excellent booklet for the GMAU on "Strength in the Inner Man - A Christian martial artist's view of internal energy." John holds a 6th degree black sash in kung fu and has served in Japan as a missionary since 1981. His knowledge of the internal arts and the Japanese language and culture uniquely qualifies him to do the research and write this material. Watch for an availability date.
- Expecting: Congratulations to Sensei Stu Fischbeck (stu\_fischbe@earthlink.net) and his lovely wife Julie on the expected arrival of their first child early next Summer. Stu is doing a great work for the Lord in Ft. Collins, CO.
- Clinic: Got your tickets for the 16th Annual National GMAU Conference to be held in West Palm Beach Florida on March 7 & 8, 2003? This could well be one of the longest running annual

martial arts conferences in the world (and definitely in the Christian realm). The teaching and fellowship opportunities are phenomenal. Contact our board member Larry Phillips for details (philipswpb@aol.com)

- Alaska. Word has it that we are on the verge of having a GMAU dojo in the bush country of Alaska. Port Alsworth is a small community accessible only by foot or by air. Sensei Becky McKennett (bmckennett@lpsd.com) and her family have lived there for a couple of years. She received her training at a GMAU dojo in Montana and is planning to begin a school (with 6am classes) shortly.
- Patch Redesign. After over 16 years, the GMAU is looking to redesign and release a new patch for uniform. A design team is at work to incorporate our fundamental beliefs and vision into an all new patch that should be available early in 2003.
- Cool Websites: Several of our associated schools have websites available where they display their philosophy, class schedules and offerings. Here are a couple that you might want to browse for ideas:  
Scott Gilbert—5th dan—our Eastern Seaboard Regional Director in Chesapeake, VA <http://karateforchrist.net/>  
Dr. Scot Conway—6th dan—on the board of directors for National Association of Professional Martial Artists in San Diego, CA <http://www.conwayacademy.com/pages/289352/index.htm>
- 5th Dan: Congratulations to Soke Chris Foley (Pacific Rim—South Regional Director) on his promotion to 5th Dan under the auspices of the AJJA (Australian Jijitsu Association). Our friend and perhaps the most influential man in the Australian Martial Arts, Brierley Bailey, chaired the examination panel which convened on Sept. 14.
- Expanding Ministries: Several of our schools are expanding their offerings to students. A martial art is often best tailored to a given physique and lifestyle. Tall and lanky people don't often find a best fit in Judo, while short and stocky folks are not the most likely candidates for Tae Kwon Do. Older folks find some of the high impact martial arts rather counter-productive, and young folks find the serenity of Tai Chi to be laborious. Often times, when a student earns their black belt, they also desire to branch out to learn other arts. This can bring added skill levels into the local school and enable you not only grow your students, but also meet a wider audience. Scott Gilbert (shihan@karateforchrist.net) in Virginia (our Eastern Seaboard Regional Director) has added Aikido and just recently added Tai Chi classes. Johnny Russell (jrrussel@iupui.edu), in Indiana (our Executive Director) has had Aikido and is in the process of added Judo. Should this approach interest you, you might want to drop one of these men a note.

- Rev. John: Congratulations to our good friend and superior martial artist, John Wilcox (jwilco01@intersil.com) who was recently ordained to the Gospel Ministry by his local church in Melbourne, FL. John has been a "fixture" on our regional and national conferences for nearly a decade and it is exciting to see him now moving into part time ministry in his local church overseeing fellowship groups and speaking to men's groups (in addition to serving the Lord through his Christian martial arts schools).
- Answered Prayer: January is National Bone Marrow Donor Awareness Month and this is a story of God's blessing through this medical procedure. Many of you have prayed for Keith Yates (kyates@ds.edu) and his daughter, Regan, regarding her battle with Severe Aplastic Anemia and her bone marrow transplant. Others have been helping financially. The following information comes from Keith ... "Regan's new bone marrow has continued to show no signs of rejection. She feels well and has even started to socialize with friends again. And I think I am starting to detect a little "peach fuzz" on her head." (editor's note: she lost her hair because of the chemotherapy.)
- What We're All About: We are all about bringing others into the kingdom of God and then equipping the saints for ministry. I appreciate instructors who are diligent about knowing the spiritual condition of their students and ensuring that they have an opportunity to hear and respond to the Gospel. In the Seigi Bushido Ryu schools, the students also learn to share their faith and by the time they are 4th kyu level, they are witnessing to others using either the Roman's Road or Wordless Book methods. I began a small martial arts program as a ministry of our church here in Wisconsin the first of October this year. After four weeks, I had a very good idea of the spiritual condition of each student. On 10/24, I took class time to talk to the students about heaven and hell and asked them where they stood. One junior high boy shared that he was not saved, but would like to be. He was sent out with a counselor and given the opportunity to trust the truth claims of Christ, which he did. In the end, it will not matter what "degree" black belt we held or how many tournaments we entered, but it will matter whether or not we allowed the Holy Spirit to use us to bring others into the Kingdom. Let's all make sure that we keep eternity in mind as we order our daily affairs.
- What's in a Name? Some of you have come across the "Christian" American Freedom University (now disappeared), and the American Liberty University, and NAPTI ... most a product of Jason Hunt. Please be advised that this whole "academic" offering is a moving target and by all reasonable measures a scam. Pastor Bill Fanska (4th dan) who operates two dojos in Okinawa had done considerable research in that area ... and then done the right thing ... contact the person responsible to confront him with questionable actions. Pastor Fanska (bfanska@nirai.ne.jp) is in

the process of writing more on this topic for our next GMAU Journal. In the mean time, please make sure that you check out any web offerings carefully prior to sending money.

- HQ Realignment. In our constant effort to better serve the GMAU membership and friends of the Union, we have realized that we need to increase our volunteer staff (actually, all of our staff are volunteers). On average, HQ responds to 85 - 100 inquires and requests each month. Michelle Lawrence has agreed to join the HQ staff. She is an active and serving member of her local Baptist church and her family is also a part of the Indianapolis martial arts ministry. The HQ staff is available to serve your needs as you reach the lost and equip the saints through the Christian martial arts ministries of your church:  
**Executive Director**—Dr. Johnny Russell: jrrussel@iupui.edu  
**Assistant to the Director & Fiscal Officer**—Bridget Eaker: eaker05@hotmail.com  
**Publications Coordinator**—Michelle Lawrence: mdlawrence@bww.com (in addition to handling orders and the development of new publications, she will also be working to upload all of our publications and documents and booklets into online "pdf" format.)
- Back in the Dojo: Thank you to the many who sent cards and letters and made phone calls and prayed for Kyoshi Gordon Garland (kyoshigg@yahoo.com) of Georgia. In early November, he suffered a serious of four mini-strokes. But through the might hand of the Lord, he has been lifted back up and is back in the dojo teaching his classes. He holds the 9th degree black belt and is the founder/director of the Supreme Way.
- The Main Thing: While we are to praise the Lord here on earth, we can do so only imperfectly (in Heaven we will do it perfectly). While we are to pray to the Lord, we can do so only imperfectly (in Heaven we will not have to pray, we will see Him face to face). If you stop to think about it, there is really only one thing that we are supposed to be doing, that we will NOT be able to do once we are in heaven. And that is lead others to a saving faith in Jesus. Of all the things we are to be doing, being evangelistic is the main thing. That should also be at the forefront of every Christian martial arts dojo. Do you know the spiritual condition of each student? Are you moving them forward spiritually, as you do so mentally and physically? Are you making and then taking advantage of opportunities to introduce your students to Christ. On Nov. 21, we had a 17 year old young man receive Christ in our local dojo. He had been coming to classes for two months, listening to the devotions and prayers, memorizing the verses and then after his white belt exam, he was given an opportunity to receive Christ ... which he did. He was also then baptized in the church which sponsors our ministry on December 1.

*continued on page 12*



## The Case of the Temple Sojourn

The young English student laughed nervously at my questioning. Ohara San (not his real name) took English with his mother from my wife Patty, and I had been discussing his martial art with him. Ohara San had graduated from college with a 2nd dan in Nippon Shorinji Kenpo (Japanese Shaolin Temple Fist Method) along with his bachelor's degree. I had heard about the style from Japanese martial artists, and had also done some research in Japanese about it.

Let's take time here for a linguistic note. I use the Hepburn System (invented by a missionary) of romanizing the Japanese language. In both this system and the other major system of romanization, the proper spelling is 'kenpo' and not 'kempo.' However, the pronunciation is 'kempo' simply because the mouth must close on the 'n' sound for the next consonant, the 'p' sound.

And now, back to our story. The style was founded by a man named So Doshin and originally called simply Shorinji Kenpo. So supposedly learned his martial art at the Honan Shaolin Temple in China. He claimed to have been visited and possessed at the temple by the spirit of Daruma, who supposedly told him to spread his martial art in Japan. Daruma is the Japanese name for Bodhidharma, the founder of Chan Buddhism, called Zen in Japanese. All Japanese children know about Daruma, since there is a roly-poly doll named after him and a snowman is called a "snow Daruma."

When he returned to Japan after World War Two, So learned that Douglas MacArthur's military occupation government had severely restricted the practice of Japanese martial arts. Upon learning this So had a sneaky idea. He decided to take advantage of the American belief in the freedom of religion, and so he presented his martial art as a form of Zen Buddhism. He was thus able to fool the occupation authorities and teach his martial art. To this day the art is practiced with a full slate of Zen worship, and the symbol displayed on all uniforms is the "manji" (backwards swastika), a symbol of Buddhism. Needless to say, a committed Christian could never train in the style with a good conscience!

The interesting thing is that the style looks nothing at all like any of the styles of Chinese martial art that I've trained in or researched, including many kinds of Shaolin kung fu. In fact, it looks like nothing other than a version of the Aikijutsu style of Jujutsu. There are no katas per se, but instead many joint locks and throws plus some "atemiwaza" striking techniques.

So, you may wonder why the young 2nd dan in Nippon Shorinji Kenpo laughed nervously at my questions. The reason is in the name of the style. As he explained with some embarrassment, the

style name had to be changed from "Shaolin Temple Fist Method" to "Japanese Shaolin Temple Fist Method." According to another source, "So's claim to teach a traditional form of Shao-lin have been called ludicrous by at least one noted martial scholar. A 1972 decision of the Japanese courts barred So's use of the name 'Shorinji Kempo' (sic); Chinese groups disproved So's claim to Chinese affiliation. As a result, he now calls his system 'Nippon Shorinji kempo (sic),' meaning 'Japanese Shao-lin fist-way.'" (Martial Arts: Tradition, History, People, by John Corcoran and Emil Farkas, p. 72)

There have been many cases in martial arts history of masters who invented a stay at a Buddhist temple to enhance the style they invented. A certain kung fu master claimed to have trained as a teen-ager at a monastery in northern Okinawa. However, when another martial artist went to Okinawa to check out the claim, no sign was found of the monastery. With that the master's story changed, and the claim was made that the monastery was destroyed in the Second World War. Who can disprove that, especially since the master is now dead?

A well-known Japanese kenpo master claimed to have been taught his family martial art at a Buddhist temple on the island of Kyushu. However, no one has been able to locate the temple with certainty. Also, there is no record extant in Japan to document the family style. The most authoritative reference work on Japanese martial arts does not mention the master's style of kenpo. Again, another Japanese reference book, which I have in my library, declares a kenpo style on Honshu to be the only traditional kenpo style outside of Okinawa, making this master's claim suspect.

Were these men liars? It may be. My scholarly friend "Uncle Miya" Miyakawa heard the story of the kenpo master from me and declared that there are many such cases in Japanese history. The founder of a martial art (or art such as flower arranging, or religious cult) often invents a face-saving history that makes his martial art look like a genuine traditional art. Saving face is extremely important in Asia, which is why these masters may have felt the need to invent a sojourn in a temple!

What is the moral of the story? Be careful what you believe about Asia and the Asian martial arts. Check every fact and investigate every history. Asia is the continent where history and myth are often mistaken for each other! "The simple believeth every word: but the prudent man looketh well to his going" (Pr. 14:15)

By John R. Himes

**There have been many cases in martial arts history of masters who invented a stay at a Buddhist temple to enhance the style they invented.**

## Exercise for a Cold-Free Winter

Colds run rampant during winter and surprisingly, that's a good reason to exercise. A study of 547 healthy people at the University of South Carolina found that regular exercisers suffered 25% fewer colds over the course of one year. Canadian researchers also found that people who get regular, moderate exercise produce more immunoglobulin A - an immune system enzyme that fights the common cold. Use the following tips to stay well all winter long.

**Exercise outside:** It might be chilly, but there are more cold-causing germs trapped inside homes and fitness clubs than outdoors, says Dr. Stephen Rice, director of the Jersey Shore Sports Medical Center in Neptune, New Jersey.

**Keep an easy pace:** Determine your maximum heart rate (that's 220 minus your age, or 170 beats per minute if you're 50 years old), and maintain an exercising heart rate that's 60 percent of your max (102, in this example). Also, keep your workout to an hour or less. More strenuous exercise can make you more susceptible to catching colds, says Rice. Use an electronic heart rate monitor (about \$50 and up), or make sure you can carry on a conversation as you exercise.

**While you exercise, sip a carbohydrate drink:** such as Gatorade, All Sport or orange juice, says Julie Walsh, a registered dietician in New York City and spokeswoman for the American Dietetic Association. Researchers in England found that cyclist who drank carbohydrate drinks produced more immunoglobulin A than those who sipped a no-carb drink. In an hour, you should consume 16 to 32 ounces.

**Sing along with your Walkman:** Researchers at Willamette University in Salem, Oregon, found that participating in music—by singing or dancing—boosts production of immunoglobulin A

**Disinfect the treadmill:** Wipe down any machine before you use it, advises Rice. Also, wash your hands thoroughly when you're finished. Use the doctors' rule: Keep your hands under warm running water for 15 seconds.

**Refill your tank:** Drink eight ounces of water for every 20 minutes of exercise. In this case, you should consume 24 ounces in the hour after your workout. Even mild dehydration may weaken your germ resistance.

**Eat the right post-workout meal:** In addition to some protein to help your muscles recuperate, try to include soybeans or tofu - which offer immune-boosting isoflavones, says Heather Greenbaum, a dietician in New York City. A salad with grilled chicken or tofu is a smart choice. Add a half cup of yogurt as a snack; studies have found that people who eat yogurt daily get fewer colds. The bacteria in it may help ward off cold viruses.

If you do catch a cold—You needn't hibernate. It's OK to exercise if you don't have a fever or any symptoms below the neck, says Tom Weidner, PH.D., of Ball State University in Muncie, Indiana. His research found that moderate exercise won't worsen or prolong a cold. Double your usual water intake after your workout, as stuffy nose and cough symptoms are often caused by dehydration, says Heather Greenbaum. Finally, consider taking 200 to 300 milligrams of vitamin C every five hours; it helps destroy histamines in your bloodstream that cause nasal passages to swell, says nutritionist Carol Johnston of Arizona State University, so it can help unplug your nose—without making you drowsy the way over-the-counter antihistamines do.

From November-December 2002 issue of *My Generation*, by Betsy Stephens

## Quarterly Report

### New/Renewed Members

|                      |            |                |         |
|----------------------|------------|----------------|---------|
| Henault, Rick        | 9/20/2002  | Stephen Jones  | RENEWAL |
| Pankratz, Denise Ann | 10/5/2002  | Johnny Russell | NEW     |
| Smoak, James A.      | 10/5/2002  | Johnny Russell | NEW     |
| Locchetto, Anthony   | 9/5/2002   | Johnny Russell | NEW     |
| Haralson, Douglas    | 11/25/2002 | Kent Haralson  | RENEWAL |
| Patton, Daniel       | 11/29/2002 | Kent Haralson  | NEW     |
| Bertrand, Didier     | 12/6/2003  | Johnny Russell | NEW     |
| Couts, Dennis        | 12/6/2003  | Johnny Russell | NEW     |
| DeWitt, Jason        | 12/6/2003  | Johnny Russell | NEW     |
| Ganahl, George       | 12/6/2003  | Johnny Russell | NEW     |
| Hyde, David          | 12/6/2003  | Johnny Russell | NEW     |
| Keaton, Mel          | 12/6/2003  | Johnny Russell | NEW     |
| Klutzke, Karen       | 12/6/2003  | Johnny Russell | NEW     |
| Potter, Chris        | 12/6/2003  | Johnny Russell | NEW     |
| Tarrant, Paul        | 12/6/2003  | Johnny Russell | NEW     |
| Tuttle, Denzil       | 12/6/2003  | Johnny Russell | NEW     |
| Yiesla, Jon          | 12/6/2003  | Johnny Russell | NEW     |
| Worrell Dr. Michael  | 12/6/2003  | Johnny Russell | NEW     |

### School Charters

Master's Warriors 12/15/2002 Sean Edwards

### Rank Certification

|                  |              |                |         |
|------------------|--------------|----------------|---------|
| Hyde, David      | Indianapolis | Johnny Russell | 4th Dan |
| Keaton, Mel      | Indianapolis | Johnny Russell | 2nd Dan |
| DeWitt, Jason    | Indianapolis | Johnny Russell | 1st Dan |
| Potter, Chris    | Indianapolis | Johnny Russell | 1st Dan |
| Tuttle, Denzil   | Indianapolis | Johnny Russell | 2nd Dan |
| Bertrand, Didier | Indianapolis | Johnny Russell | 3rd Dan |
| Tarrant, Paul    | Indianapolis | Johnny Russell | 5th Dan |

### Black Belt Promotions

|                |              |                |         |
|----------------|--------------|----------------|---------|
| Hyde, David    | Indianapolis | Johnny Russell | 4th Dan |
| Keaton, Mel    | Indianapolis | Johnny Russell | 2nd Dan |
| DeWitt, Jason  | Indianapolis | Johnny Russell | 1st Dan |
| Potter, Chris  | Indianapolis | Johnny Russell | 1st Dan |
| Tuttle, Denzil | Indianapolis | Johnny Russell | 2nd Dan |

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

# A Word to the Wise for the Warrior

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

At the Academy, basic training is really intense: up at dawn, endless calisthenics, turn square corners, stand at attention, salute and address officers as "Sir" or "Ma'am," even while being endlessly yelled at for seemingly minor deficiencies. It's a rough regimen, but it builds the strength and stability needed in a military officer. Mothers who complain to their congressmen about the harshness of Academy discipline, should reflect that their sons' lives, and those under their charge, may depend upon their ability to face much greater stress on the battlefield.

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

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

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

Integrity, because your fellow soldiers place their lives in your hands. When you fly, you certainly hope and pray that the safety inspection checklist was prepared by an airplane mechanic who has integrity.

Stability, because soldiers need to stand up under pressure.

Courage, because soldiers risk their lives for their country.

Devotion to duty, because a soldier is on call 24 hours a day. That's what I like most about military people: Even when having fun, they always retain a sense of mission and duty.

Courtesy, because the military cannot function without respect for authority. But this respect is not one-directional. Not only must subordinates respect their superiors; officers must respect their subordinates, and peers must respect each other.

Love, because a true soldier does not fight just to earn a paycheck or to do a job. The true soldier fights because he loves his

country enough that he is willing to lay down his life for his country if called upon to do so.

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

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

## General MacArthur expressed his faith and love in a touching way in his prayer for his son.



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

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

humble and gentle in victory.

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

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

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

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

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

## PUBLICATIONS

|                                                                   |         |
|-------------------------------------------------------------------|---------|
| Seigi Bushido Ryu - 40 Minute Video (price includes s/h)          | \$30.00 |
| Basic Principles of Youth Work                                    | \$ 4.00 |
| The Character of the Black Belt                                   | \$ 4.00 |
| Yin and Yang for the Christian Martial Artist                     | \$ 4.00 |
| Christians and the Martial Arts                                   | \$ 4.00 |
| The Fright Syndrome                                               | \$ 4.00 |
| Lessons from the Boxer Rebellion                                  | \$ 4.00 |
| Gideon the Black Belt                                             | \$ 4.00 |
| NEW-GMAU Generalized Ranking & Black Belt Requirements            | \$ 7.00 |
| Implementing a Martial Arts Ministry                              | \$ 7.00 |
| Ki/Chi Power and the Christian                                    | \$ 7.00 |
| Legal Aspects of the Martial Arts                                 | \$ 4.00 |
| The Martial Arts: A Christian Perspective, Philosophy and Program | \$14.00 |
| Martial Arts and the Old Testament                                | \$ 4.00 |
| Mind Leading: Its Definition and Biblical Illustrations           | \$ 5.00 |
| Ryus of the World - A Compendium of 365 Martial Arts Styles       | \$ 4.00 |
| A Scientific Basis for the Martial Arts                           | \$ 7.00 |
| A Short History of the Martial Arts                               | \$ 4.00 |
| Seigi Bushido Ryu- System description and ranking requirements    | \$ 4.00 |
| The Sensei — His Nature and Role                                  | \$ 7.00 |
| The Tainting of the Black Belt                                    | \$ 5.00 |
| A Christian Philosophy of Self Defense                            | \$ 5.00 |
| The Warrior's Code Dojo Etiquette and Protocol                    | \$ 5.00 |
| NEW- An Introduction to Acupuncture from a Biblical Perspective   | \$ 7.00 |
| 1 Year Subscription to GMAU Journal                               | \$15.00 |

## WELLNESS TIDBIT

**W**e all know that vitamin D is needed for strong bones. Without enough vitamin D the body can't adequately absorb the calcium we consume in our diet. But, did you also know that we need vitamin D for proper muscle function? As vitamin D is broken down in the body, the compounds it forms directly enhance muscle functioning. Many older people have unnecessary muscle weakness because they are not getting enough vitamin D. This makes them tire easily, unable to function as well as possible, and more prone to falls. The weakness occurs mainly in the legs, often as a feeling of heaviness. This makes it difficult to climb stairs or get up from a chair. Weakened handgrip may also be present. The good news is that vitamin D supplementation can reverse the problem. Look for a multivitamin with 400 to 600 IU's of vitamin D. Most older people don't get enough vitamin D in their diet. The only food with a significant amount of vitamin D is milk.

From: *Tufts Health & Nutrition Letter*, June 2002

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