



By

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The foundation of martial arts includes health, fitness, stance and movement.

Martial artists would do well to concentrate on those four areas.

Foundation

If we are not healthy, we cannot defend ourselves or people we love successfully over a long period of time.

If we are not fit, we cannot defend ourselves or people we love successfully over a long period of time.

If we do not have a strong stance, we cannot defend ourselves or people we love successfully during an attack.

If we cannot move quickly and effectively, we cannot defend ourselves or people we love successfully during an attack.

The foundation of Christianity includes **Faith, Commitment, Power** and **Praise**.

Faith

“For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.”
Ephesians 2:8-10

“Therefore we conclude that a man is justified by faith apart from the deeds of the law.” Romans 3:28

“I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.” Galatians 2:20

“As you therefore have received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.” Colossians 2:6-7

“Now faith is the substance of things hoped for, the evidence of things not seen.” Hebrews 11:1

Commitment

“A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another.” John 13:34-35

“Then He said to them, ‘Follow Me, and I will make you fishers of men.’” Matthew 4:19

“When He had called the people to Himself, with His disciples also, He said to them, ‘Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me.’” Mark 8:34

“For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it— lest, after he has laid the foundation, and is not able to finish, all who see it begin to mock him, saying, ‘This man began to build and was not able to finish’? Or what king, going to make war against another king, does not sit down first and consider whether he is able with ten thousand to meet him who comes against him with twenty thousand? Or else, while the other is still a great way off, he sends a delegation and asks conditions of peace. So likewise, whoever of you does not forsake all that he has cannot be My disciple.” Luke 14:28-33

“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” Romans 12:1-2

“For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps.” 1 Peter 2:21

Power

“For the kingdom of God is not in word but in power.” 1 Corinthians 4:20

“And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.” Matthew 6:13

“Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.” Romans 15:13

“Therefore I also, after I heard of your faith in the Lord Jesus and your love for all the saints, do not cease to give thanks for you, making mention of you in my prayers: that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places, far above all principality and power and might and dominion, and every name that

is named, not only in this age but also in that which is to come.”
Ephesians 1:15-21

“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.” Ephesians 3:20-21

“But what things were gain to me, these I have counted loss for Christ. Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ and be found in Him, not having my own righteousness, which is from the law, but that which is through faith in Christ, the righteousness which is from God by faith; that I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death, if, by any means, I may attain to the resurrection from the dead.” Philippians 3:7-11

Praise

“The Lord is my strength and song, And He has become my salvation; He is my God, and I will praise Him; My father’s God, and I will exalt Him.” Exodus 15:2

“I will praise the Lord according to His righteousness, And will sing praise to the name of the Lord Most High.” Psalm 7:17

“Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved.” Ephesians 1:3-6

“Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.” Hebrews 13:15

“In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ, whom having not seen you love. Though now you do not see Him, yet believing, you rejoice with joy inexpressible and full of glory, receiving the end of your faith—the salvation of your souls.” 1 Peter 1:6-9

“Then a voice came from the throne, saying, ‘Praise our God, all you His servants and those who fear Him, both small and great!’”
Revelation 19:5

Christians would do well to concentrate on these four areas during their life.

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