



# Grace Martial Arts Fellowship Newsletters

1998



**Grace Martial Arts** began in 1990, years before blogs and social media. We started the Grace Martial Arts website in 1995 and began sharing Christian martial arts information online. It wasn't long before we began hearing from Christian martial artists around the world and started a small community of instructors and students.

At first that communication was primarily through email, but as the community grew in number we saw the opportunity to communicate through a regular Christian martial arts newsletter. The purpose was to help unite and inform martial artists from many countries and share ideas about how to improve what we were all doing through Christian martial arts.

That opportunity became known as the **Grace Martial Arts Fellowship Newsletter**, which we started publishing 20 years ago.

Membership in Grace Martial Arts Fellowship (GMAF) was available to any Christian who practiced martial arts. GMAF did not charge dues or fees. The stated purpose of the free membership was to support and encourage Christians in their lives and ministries.

Our expressed purpose was (and still is) –

- Reaching the lost and building the Body through Christian Martial Arts.
- GMAF exists to encourage and support Christian Martial Artists around the world.

We were fortunate to have many Christian martial arts instructors join GMAF in the early years and write articles for our newsletters published from 1998 – 2008. We transitioned from publishing articles on the GMAF Newsletters to Facebook in 2008 and the GMAF Blog in 2009.

Because of the quality of information found in those early newsletter articles and the fact they are no longer available online, we decided to re-publish many of them on our [GraceMartialArts.com](http://GraceMartialArts.com) website and as an eBook series. Our hope is that a new generation of Christian martial artists will be blessed by the wisdom of those who were on the path before them.



# **GMAF NEWSLETTER**

## **SEPTEMBER 1998**

Welcome to the “first” GMAF Newsletter! We pray it will encourage you in your Martial Arts and Outreach for Christ.

### **THOUGHTS FROM THE MASTER**

*“Just as Moses lifted up the snake in the desert, so the Son of Man must be lifted up, that everyone who believes in him may have eternal life. For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because he has not believed in the name of God’s one and only Son.” Jesus Christ*

*“Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the*

*riches of God's grace that he lavished on us with all wisdom and understanding." The Apostle Paul*

## **MASTER NOTES**

The following are questions and answers about developing a Martial Arts Outreach Program. We appreciate Master Ron Shively of "Karate for Christ" sharing his wisdom with us.

Q: What is an Outreach Program?

A: An Outreach Program, by definition, is some specific activity or special program designed to interest people within a local community. Through such a program people of similar likes and talents are drawn together. The inherent purpose of any outreach program then is to develop fellowship and/or comradre in and around a central purpose, goal, or idea. The general idea is that there may exist a want, a need, or a desire within a community that is not readily offered or available to the general public. Most anything that can be physically and/or verbally taught within a classroom or gymnasium can be readily classified under this category.

Q: Who then can offer an Outreach Program?

A: Most anybody who has an inherent desire, hobby, or interest within a subject or physical activity may be the one who initiates an Outreach Program. Also, Outreach Programs are not limited to federal, state, or local

governing agencies. As well as to any specific church group, and/or denomination.

Q: What then is the difference between an Outreach Program and a Ministry?

A: Actually, they are both one and the same. However, to avoid confusion and to give general direction to this outline, a Ministry is something that has a religious attachment to it. That is it may (or may not) belong to a specific church group and/or denomination within a local community.

Q: What then is a Martial Arts Ministry?

A: It is an Outreach Program to the local community. It is not limited to any specific denomination or church group within the local area. In general terms, it is non-denominational. Meaning, that it, or we, choose not to exclude people or individual(s) because of any personal philosophy or opinions he/she/they may have concerning their own individual religious beliefs.

Q: What are some of its goals, or purposes?

A: We recognize that there exists a need for an effective alternative to the senseless violence that is becoming so common place in our world today.

We recognize that no amount of social experimentation, and/or legislation has been successful in helping to curb or control the rise of crime and/or violence that exists within our nation today.

That as citizens within our community we recognize that this responsibility is first and foremost ours and ours alone.

That while authority can and is delegated to those whom we elect to govern, to serve, and to protect us; it is also each and every citizen's obligation to be the first line of deterrence against crime in our community, state, and nation.

That only as a last resort when no other alternative presents itself, when no other option is available, then and only then is it necessary to use some means of physical deterrent or force to either repel and/or subdue an attacker.

Only when no other means is available is force recommended or prescribed to deter, repel, or subdue an attacker.

Unnecessary force is to be avoided at all possible costs. Reason being, is that it is harmful, wrongful, and unlawful to cause unnecessary bodily harm to another individual.

Q: How then can a Martial Arts Ministry be an effective Outreach Program?

A: By definition, an outreach program is something that offers a service. It is designed to fill a need that may exist within a local community as a whole. However, unlike aerobic exercise classes, baseball, softball, or basketball, a Martial Arts Ministry is not limited seasonally. It is not fueled by pop-culture fads or trends. Much of the appeal that exists within a Martial Arts Ministry rotates around a general need, a feeling of helplessness that is all too common in the U.S. and abroad today.

## **TRAINING TIPS**

Most Martial Arts have a process of Warming Up and Cooling Down. Both are important to the health and well-being of the Martial Artist. The Style and Discipline dictate the type of Warm-Up. Judo and Jujutsu use Joint Rotation and Full Body Stretching for combinations of throwing and being thrown, joint locks, holds, chokes, and pins. Karate and Kung-Fu use Joint Rotation, Full Body Stretching, and Dynamic Stretching for combinations of blocking, striking and kicking. Cool Downs include Isometric and Relaxed Stretching.

Joint Rotation and Stretching have a long history in the Martial Arts. Rigorous stretching exercises were an integral part of the Shaolin monks' daily training. It has continued through the centuries.

A good training session should include the following:

1. General warm-up that begins with a cardiovascular warm-up and is followed by dynamic stretches.
2. Specific warm-up where movements resemble the Martial Art about to be practiced. The entire warm-up process should take no longer than 30 minutes.
3. The Martial Art Workout. This is the specific Discipline of the Art and Style you study. Many Styles include Ballistic Stretching within Forms and Sparring. The Workout will usually vary in length from one to three hours, depending on the Style.
4. Cool-down that includes Isometric and Relaxed Stretching. This usually takes 20-30 minutes.

## **MARTIAL ARTS AND STYLES**

### **Judo**

Our first Martial Art will be Judo. Many people are introduced to the Martial Arts by learning Judo at dojos, fitness gyms, YMCA's and YWCA's, high schools, colleges and military posts.

Japanese educator Jigoro Kano was a student of Jujutsu in the 1800's. He began his studies with Master Hachinosuke Fukoda. Dr. Kano founded his own Martial Art style in 1882. He first called it Kano-ryu. He later named it Kodokan Judo. The Kodokan in Tokyo, Japan is the world headquarters for Judo. Judo means "The Gentle Way." Dr. Kano removed the most dangerous techniques of Jujutsu from his Judo. He traveled around the world introducing Judo. It became a required subject in Japanese schools in the early 1900's and an Olympic sport in 1964.

Judo students (Judoka) wear a reinforced jacket and pants (Judogi). It is similar to a Karate uniform, but is stronger in construction. Judoka learn how to fall safely. They exercise their bodies in ways to strengthen the muscles and joints. They also learn about etiquette and respect. They train to throw, trip, choke, hold and pin an opponent. Some schools teach students basic striking and kicking techniques for the purpose of self-defense.

Judo has two types of competition: Kata and Randori. Kata are specific Judo techniques that students perform in a specific order. Randori is freestyle competition (sparring). About 80 percent of Judo practice is Randori. Speed is essential in winning at Judo.

### **Next Month: Tang Soo Do Moo Duk Kwan**

I hope you have enjoyed this first GMAF Newsletter. Please let us know what you'd like to see in future editions. Our desire is to encourage and support you in your service to Christ and humanity.



## **GMAF NEWSLETTER**

### **OCTOBER 1998**

Welcome to the October GMAF Newsletter! We pray it will encourage you in your Martial Arts and Outreach for Christ.

#### **THOUGHTS FROM THE MASTER**

*“What man of you, having an hundred sheep, if he lose one of them, doth not leave the ninety and nine in the wilderness, and go after that which is lost, until he find it? And when he hath found it, he layeth it on his shoulders, rejoicing. And when he cometh home, he calleth together his friends and neighbours, saying unto them, Rejoice with me; for I have found my sheep which was lost. I say unto you, that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance.” Jesus Christ*

*“Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God. Whosoever therefore resisteth the power, resisteth the ordinance of God: and they that resist shall receive to themselves damnation. For rulers are not a terror to good works, but to the evil. Wilt thou then not be afraid of the power? do that which is good, and thou shalt have praise of the same. For he is the minister of God to thee for good. But if thou do that which is evil, be afraid; for he beareth not the sword in*

*vain: for he is the minister of God, a revenger to execute wrath upon him that doeth evil. Wherefore ye must needs be subject, not only for wrath, but also for conscience sake. For this cause pay ye tribute also: for they are God's ministers, attending continually upon this very thing. Render therefore to all their dues: tribute to whom tribute is due; custom to whom custom; fear to whom fear; honour to whom honour. Owe no man any thing, but to love one another: for he that loveth another hath fulfilled the law. For this, Thou shalt not commit adultery, Thou shalt not kill, Thou shalt not steal, Thou shalt not bear false witness, Thou shalt not covet; and if there be any other commandment, it is briefly comprehended in this saying, namely, Thou shalt love thy neighbour as thyself. Love worketh no ill to his neighbour: therefore love is the fulfilling of the law." The Apostle Paul*

## **MASTER NOTES**

The following are questions and answers about developing a Martial Arts Outreach Program. We appreciate Master Ron Shively of "Karate for Christ" sharing his wisdom with us.

1. What are some of the reasons as to why people study the Martial Arts? By and large, the main reason why almost each and every one of us ever begins, or develops an interest in the martial arts is because we have somehow lost control of our lives. When a boy, a girl, a man, or a woman walks into a karate school or dojo for the first time they may have several reasons as to why they are there:

- They're having trouble at school, on the job, in the home, their neighborhood, etc.
- A friend, neighbor, or loved one may have been recently physically attacked or molested
- They're having trouble with an abusive spouse or relative
- Their kids want to start taking lessons
- They were watching TV
- They were at the movies
- They want to lose weight
- They feel the need for more discipline in their lives
- They like the "philosophy" of the martial arts, etc.

As they look around in their own homes, their workplace, at school, on the street, in their community, they have become afraid. But, unlike so many others who choose to stay behind locked doors, who choose to ignore what is happening around them, they have made a choice. A viable choice to become responsible. To take back their lives, a piece at a time if necessary.

1. What do you feel is the main reason as to why the martial arts are so popular today? As I stated earlier (and it will bear repeating), people who are tired of being the proverbial "door mat" are looking to the martial arts for answers. No one in their right mind would allow another individual, another human being to abuse or mistreat them at length without feeling some shame or humiliation for their lack of effort at correcting the situation. Society has reached a level of intolerance, or critical mass as it were, with regards to the violence in our streets and homes throughout America. All of our laws and codes

of conduct, our social experiments and institutions of higher learning cannot grasp the simple idea that in order for there to be peace in our land there must be a change in the way in which we value life as a whole. It cannot be over stated, over rated, or belabored enough that mankind needs to re-learn, or un-learn his ideas and opinions he has for himself, and his fellow human beings. Only when we as human beings begin to learn to see one another as how God, our Father in Heaven sees us, only then will the need for the study of martial arts be outdated and at an end.

2. So then, is Fear the main reason as to why there is such an interest in the Martial Arts? In Physics there is a common saying, "for every action, there is an equal and opposite reaction". We accept this statement not just an opinion, but as an established, proven fact of life. Fear is not an action, but is the result of an act. It's that natural part in each of us to react to some thing that is out of the ordinary. That is somehow different from our daily routine.
3. What then is a Martial Art? It is an organized method of self-protection. It is where someone has developed their own physical and mental responses to specifically "react" a certain way to a dangerous situation. But, it is not limited to the physical skills of self-defense: blocking, punching, kicking, joint locking, or throwing. Any type of avoidance of something you deem as a threat to your person is considered to belong to the same category. Ignoring a slanderous remark, or the ability to walk away from a possibly violent altercation is just as viable, if not more valuable than any well practiced combative maneuver.

Next Month: Philosophy, Religion and why some Christian leaders are opposed to the Martial Arts

## **TRAINING TIPS**

### **Warm-up exercises from Tang Soo Do Moo Duk Kwan**

Tang Soo Do (Soo Bahk Do) uses the full range of body movements during training, so the warm-up exercises are designed to prepare the body to move fully and easily. The stretches begin with the head and neck and continue through the entire body to the legs and feet. The exercises begin with the student standing with feet shoulder width apart, knees slightly bent, hips and buttocks rotated back and under the body slightly.

These are “examples” of Tang Soo Do warm-ups. This is not meant to be an exhaustive list. The Tang Soo Do warm-up portion of your workout will take between 20 and 40 minutes (depending on age and condition), so you will not be able to do every exercise at every workout. The number of exercises available for each part of the body also offers a variety to keep the warm-up portion of your workout interesting and challenging.

## **Head and Neck Exercises**

- Move head down and up slowly ... head should move down until chin touches chest – head should move up until back of head touches neck ... do this five-to-ten times.
- Move head side to side slowly ... head should move toward right shoulder, then left shoulder. The side of your chin should touch your neck when you reach the end of your stretch. Do not stretch until it hurts ... do this five-to-ten times.
- Rotate head in both directions slowly ... begin by moving head down until chin touches chest ... keep chin down as you move your head to your right shoulder ... move your head up as you continue to rotate from your right shoulder until the back of your head touches your neck ... move your head toward your left shoulder ... keep chin down as you move your head to your left shoulder ... move your head from your left shoulder to your chest ... keep your chin down as you move. Repeat this motion in the opposite direction ... do this five-to-ten times.

## **Finger and Wrist Exercises**

- Stretch your fingers slowly ... place your hands in front of you with your arms outstretched at shoulder height ... place hands and fingers together ... use your right fingers to push your left fingers back as far as they will go comfortably ... use your left fingers to push your right fingers back as far as they will go comfortably ... do this five-to-ten times.

- Stretch your wrists slowly ... move your arms in front of your body about 12-15 inches in front of your chest ... keep your hands open with fingers pointed out ... move your hands up slowly while pointing your fingers to the ground ... move your fingers to the point where you feel the wrist stretch ... when you move your hands as far up as you can, point your fingers to the sky and move your hands down slowly ... feel the stretch in your wrists ... When you move your hands as far down as you can, point your fingers to the sky and repeat the movement ... do this five-to-ten times. You can also perform the same wrist stretch from front to side ... point fingers of your left hand toward fingers of your right hand ... feel the stretch in your wrists ... move your hands and arms away from each other until you go as far as you can comfortably ... point your fingers away from each other and move your hands and arms toward each other in the middle ... feel the stretch in your wrists ... do this five-to- ten times.

### **Shoulder Exercises**

- Lift your shoulders upward slowly ... make a fist with each hand as you lift your shoulder as high as you can comfortably ... move your fingers from a fist into a knife hand as you lower your shoulders as low as you can comfortably ... feel the stretch in your shoulders ... do this five-to-ten times.
- Lift your arms forward and backward slowly ... stretch your shoulders comfortably as you move your arms forward, then backward fully ... feel the stretch .. do this five-to-ten times.

## Elbow Exercises

- Begin with your hands in front of your face with fingers facing each other about six inches apart ... move your hands down and away from each other as each hand rotates until your palms face upward comfortably ... this will cause your elbows to face the sky ... feel the stretch in your elbows ... reverse the movement so that your hands return to the front forward position ... without stopping, move your hands and arms outward so the palms of your hands face up and your elbows face down ... feel the stretch in your elbows ... do this five-to- ten times.
- Make a fist with each hand and move your hands in front of elbows out and even with each shoulder ... move fists outward until you reach full extension ... keep arms at shoulder height ... return fists to beginning position (#1) ... move fists outward and to the side like a back fist ... return fists to beginning position (#2) ... perform #1 and #2 as a complete movement ... do this five-to-ten times ...

## Arm Exercises

- Begin with arms at side ... make a fist with each hand ...swing right arm up above head, then move left arm up above head as right arm swings down and slightly behind hips ... repeat this motion so that arms are swinging in opposite directions ... feel the stretch in your arms and shoulders ... do this five-to-ten times.
- Begin with arms and hands down and about 12 inches from your hips ... swing arms up and across your chest until your left hand touches your right shoulder and your right hand touches your left shoulder ... swing

arms out and behind your body until fingers from both hands touch behind your back ... do this five-to-ten times.

Next Month: Lower-body warm-up exercises from Tang Soo Do Moo Duk Kwan

## **MARTIAL ARTS AND STYLES**

### **Tang Soo Do Moo Duk Kwan**

Tang Soo Do has a long Martial Arts history. It is a combination of the ancient Korean art of Soo Bahk Do (60%), northern Chinese Tang Kung Fu (30%) and southern Chinese Kung Fu (10%). Tang Soo Do is both a hard and soft style: hardness from Soo Bahk Do and softness from Kung Fu.

Grandmaster Hwang Kee mastered the Korean arts of Soo Bahk and Tae Kyun in his 20's. He traveled to northern China in 1936 and studied the Tang method of Kung Fu for several years. Grandmaster Kee combined the best methods of Soo Bahk, Tae Kyun and Tang into a new art he called Tang Soo Do Moo Duk Kwan; which translates as "a brotherhood and school of stopping inner and outer conflict and developing virtue according to the way of the worthy hand." Grandmaster Kee returned to Korea in 1945 to teach his new art of Tang Soo Do. He established his world headquarters in Seoul. Grandmaster Kee's son, Master H.C. Hwang, is head of the organization in the United States.

Tang Soo Do is not a sport. It is a martial art that is concerned with theory, form, and aesthetics. It is not essentially competitive, but has great combat applications. It is a classical martial art with the purpose of developing every aspect of one's self. The purpose is to create a mature personality, totally integrating the intellect, body, emotions, and spirit. The integration helps to create a person who is free from inner conflict and who can deal with the world in a mature, intelligent, forthright and virtuous manner.

Tang Soo Do is known for its powerful kicking techniques. About 60% of the training time is kicking. About 40% is hand techniques. Tang Soo Do practitioners also train in the areas of combination drills, forms, one-step sparring, three-step sparring, free sparring, self defense and weapons. Some schools also include a variety of Kung Fu training along with Tang Soo Do.

Tang Soo Do is one of the few Martial Arts that uses the color of Midnight Blue for its Dan rankings. The idea of Midnight Blue is that it is the color of the evening sky. It is a goal that a plant strives to reach yet may never attain. Midnight Blue symbolizes infinity and perfection. Perfection is the quest of the practitioner of Tang Soo Do. They are not satisfied with anything less. They continually strive to improve. (Some Tang Soo Do schools now use the color Black for Dan levels.)

Moo Duk Kwan is the Style. The word "moo" means martial art. The word "duk" means a feeling of affection tempered with respect. The word "kwan" means school. Tang Soo Do is the Art. Tang Soo Do is sometimes translated as the "Art of the Knife Hand." The word "tang" comes from the

Tang method of Chinese martial arts. The word “soo” (which also means hand or fist in Chinese), comes from the ancient Korean martial art of Soo Bahk Do. The word “do” means way of life. The “style” of Moo Duk Kwan is known around the world today in three martial “arts”: Tang Soo Do, Soo Bahk Do and Tae Kwon Do.

Next Month: Yon Ch’uan Martial Arts



# **GMAF NEWSLETTER**

## **NOVEMBER 1998**

Welcome to the November GMAF Newsletter! We pray it will encourage you in your Martial Arts and Outreach for Christ.

### **THOUGHTS FROM THE MASTER**

*“If the world hate you, ye know that it hated me before it hated you. If ye were of the world, the world would love his own: but because ye are not of the world, but I have chosen you out of the world, therefore the world hateth you. Remember the word that I said unto you, The servant is not greater than his lord. If they have persecuted me, they will also persecute you; if they have kept my saying, they will keep your’s also.” Jesus Christ*

*“You, however, know all about my teaching, my way of life, my purpose, faith, patience, love, endurance, persecutions, sufferings—what kinds of things happened to me in Antioch, Iconium and Lystra, the persecutions I endured. Yet the Lord rescued me from all of them. In fact, everyone who wants to live a godly life in Christ Jesus will be persecuted, while evil men and imposters will go from bad to worse, deceiving and being deceived.” The Apostle Paul*

## MASTER NOTES

The following are questions and answers about developing a Martial Arts Outreach Program. We appreciate Master Ron Shively of “Karate for Christ” sharing his wisdom with us.

1. Is there a “Philosophy” within the Martial Arts? Yes. The study, as well as the “Philosophy” of Martial Arts is based upon an ancient precept that we readily recognize in our laws: The Right to Preserve Life, Limb, and/or Property, and the Pursuit of Happiness. There is no other type of “Philosophy” within the Martial Arts.
2. Is there a “Religion” then for the Martial Arts? No. Many people would like to have you believe that the Martial Arts are a product of Zen Buddhist, Taoist, Asian and/or Eastern Philosophies. However, under closer scrutiny this attitude is due in part to: Ignorance | Prejudice | European-Ethnic (Euro) Bias

Any argument that supports the idea that there is a religious or philosophical basis to the martial arts contrary to the doctrines of Christianity is absurd. Certain religious groups, denominations, as well as individuals, that object to the study of martial arts is due in part to an abusive, controlling nature.

What do you mean by Euro-Ethnic Bias?

Many of us here in the U.S. are W.A.S.P's, or White, Anglo-Saxon Protestant's. Meaning, that we are a homogeneous group of people. We tend to isolate as well as segregate ourselves according to our place of ethnic origin, as well as according to our religious affiliation.

Bias, by definition, is anything that causes you or I to favor someone or something over someone or something else. Fortunately, none of us are born prejudice. We learn these things from our parents. Who in turn learned them from their parents. Bias or prejudice is usually the result of ignorance. And ignorance is inherently linked to fear. Fear of the unknown. Fear of that which we cannot readily understand or control.

So then, all Fear is unhealthy or unnatural?

No, I didn't say that. There is a "healthy" kind of fear. The kind of fear that alerts us to danger. That warns us of possible threats. There is also a healthy kind of Biblical fear that refers to a divine reverence of God. This fear is what the Bible calls the beginning of wisdom. This isn't actually fear, but love. A selfless, giving, God-like love. Any other type of fear that causes us to hate, to distrust, to control, to dominate, or even to abuse one another is wrong. It is the true source of all that's evil, demonic, and occultic in nature, and in man. This is the worst kind of love. It's selfishness pure and simple. It's a Devil-like love.

## TRAINING TIPS

Lower-body warm-up exercises from Tang Soo Do Moo Duk Kwan (Soo Bahk Do)

Grand Master Hwang Kee understood the importance of the lower body to Martial Arts. He developed powerful warm-up exercises to develop power from the waist down. Because of that development, Tang Soo Do is one of the most powerful kicking arts.

These are “examples” of Tang Soo Do warm-ups. This is not meant to be an exhaustive list. The Tang Soo Do warm-up portion of your workout will take between 20 and 40 minutes (depending on age and condition), so you will not be able to do every exercise at every workout. The number of exercises available for each part of the body also offers a variety to keep the warm-up portion of your workout interesting and challenging. Because of the large number of lower-body warm-up exercises in Tang Soo Do, we will keep the description to a minimum.

### 1. Back Exercises

- Hip rotations
- Torso twists
- Hang on rings
- Toe touches ... no bouncing – hold stretch

### 2. Leg Exercises

- Anterior tendon stretch
- Hamstring stretch

- Lying hamstring and anterior stretches
  - Butterfly stretch
  - Lying butterfly stretch
  - V -stretch
    - Sitting V – stretch against wall
    - Lying V – stretch against wall
  - Choi Ha Dan Ja Seh stretches (low stance)
  - Hurdlers stretch
  - W all stretch
  - Front split
  - Side split
  - Chair stretch
  - Cross hip stretch against wall
  - Side leg swings against wall
  - Stretch kicks
3. Knee Exercises
- Knee bends
  - Knee circles
  - Knee raises
  - Dragon stances
4. Ankle and Foot Exercises
- Ankle rotations
  - Foot stretch
  - Toe stretch

## **MARTIAL ARTS AND STYLES**

### **Yon Ch'uan Martial Arts**

Yon Ch'uan Martial Arts translates as "Soft Fist, Cotton Over Steel." It is one of the original "Internal" Martial Arts. The principles came from Chen Hsi-I, a Taoist from the Hwa Shan mountain range in Shansi, China during the early part of the Sung dynasty. Yon Ch'uan is an ancient Chinese Temple-style meditation in movement. It comprises more than 500 sequenced, rounded, graceful, balanced movement patterns.

Yon Ch'uan was first known by the name "Lop Hop Pak Fat" (also spelled Liou He Ba Fah), which means "Six Combinations Eight Methods." The name was later changed to "Swimming Boxing," then "Twelve Movements of Exercise Before Birth." It was called "Idea Six Combination Boxing" and "Idea Spiritual Boxing" during the Ching Dynasty.

The late Grand Master John Chung Li, former Legacy Holder of Lop Hop Pak Fat, changed the name to Yon Ch'uan and Hwa-Yu T'ai-Chi Ch'uan (after the mountain range where it originated). Master Li came to the United States in the late 60's to share the art with the American people he had come to love and admire. Master Li often spoke of his sincere appreciation to America for liberating Hong Kong from Japanese occupation during World War Two. Grand Master Chung Li was head of the Hwa-Yu T'ai-Chi Health Institute in China-town, Boston, Massachusetts for many years. He taught Yon Ch'uan at Yale, Harvard, MIT and Boston Universities. He also taught the scientific health attributes of Hwa-Yu T'ai-Chi Ch'uan at the New

England Medical Center. He instructed more than 700 seriously committed students while he lived in America. Grand Master Li passed the legacy of Yon Ch'uan and Hwa-Yu T'ai-Chi Ch'uan to his top student, Master Robert Xavier. The Grand Master died a short time later.

Master Xavier is the Chief Instructor of Yon Ch'uan Martial Arts and Legacy Holder of Hwa-Yu T'ai-Chi Ch'uan. Grand Master Li promoted Master Xavier to 8th Dan shortly before the Grand Master's death. Master Xavier is also one of only a few privileged students who received certification from Master Li in both the internal health care benefits of Hwa- Yu T'ai-Chi Ch'uan and the 500+ elite internal movement vocabulary of the Yon Ch'uan self-defense system. Master Xavier lives and teaches in Palmetto, Florida.

Yon Ch'uan and Hwa-Yu T'ai-Chi Ch'uan combine relaxation in motion with precision breathing to stimulate the inner energies of the body, strengthening the immune system, nervous system and regulating the metabolic processes. The Yon Ch'uan movement vocabulary increases the capability to utilize physical energy effectively and efficiently with the amount of least muscular resistance. The source of strength in the Yon Ch'uan internal system is derived from a relaxed posture of perfectly balanced whole body power connected in unison with springy energy spiraling through the physical body movement. The essential difference between meeting force with external strength as opposed to internal energy is when resisting force with force you engage the attacker on his or her terms. Whereas, when using SOFT internal energy, you deny both your attacker's expectations and the object of his or her attack: Yourself.



# **GMAF NEWSLETTER**

## **DECEMBER 1998**

Welcome to the December GMAF Newsletter! We pray it will encourage you in your Martial Arts and Outreach for Christ.

### **THOUGHTS FROM THE MASTER**

*“The teachers of the law and the Pharisees sit in Moses’ seat. So you must obey them and do everything they tell you. But do not do what they do, for they do not practice what they preach. They tie up heavy loads and put them on men’s shoulders, but they themselves are not willing to lift a finger to move them. Everything they do is done for men to see: They make their phylacteries wide and the tassels on their garments long; they love the place of honor at banquets and the most important seats in the synagogues; they love to be greeted in the marketplaces and to have men call them ‘Rabbi.’ But you are not to be called ‘Rabbi,’ for you have only one Master and you are all brothers. And do not call anyone on earth ‘father,’ for you have one Father, and he is in heaven. Nor are you to be called ‘teacher,’ for you have one Teacher, the Christ. The greatest among you will be your servant. For whoever exalts himself will be humbled, and whoever humbles himself will be exalted.” Jesus Christ*

*“If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus: Who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself and became obedient to death—even death on the cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.” The Apostle Paul*

## **MASTER NOTES**

The following is a continuation of questions and answers about developing a Martial Arts Outreach Program. We appreciate Master Ron Shively of “Karate for Christ” sharing his wisdom with us.

1. Why then are most of the Martial Arts that are practiced today in the U.S. derived from Asia?

Asian styles or Eastern methods of martial arts aren't too much different than Western methods of boxing or wrestling. The only difference being is that we usually perceive arts like boxing and wrestling more in the line of sports and entertainment. We rarely see the infamous history that is behind such physical arts in the west. The main reason as to why many of the Asian/Eastern Martial Arts are so popular here in the U.S. today is due in part to their discipline, organization, simplicity, as well as their overall effectiveness. Asian systems require countless hours of training and conditioning. Finesse, or skill was and is the desired end result. In comparison, Western types of Martial Arts often times require size, strength, as well as brute force to often decide the outcome of a fight or conflict.

In Biblical comparison, you could use the example of David and Goliath. Compared to his European or African counterpart, the Asian is smaller in stature. Therefore the Asian had to develop a method of fighting that utilized his strengths, rather than focused on his short comings. Leverage, accuracy, focused thought-or intent, as well as an intense study of human anatomy are all a part of the definition for finesse and skill in the Asian martial arts.

2. You mentioned the "infamous" history of sports like Boxing and Wrestling?

Yes. Boxing, as we know it today, was and is the end result of dueling. Or settling a dispute between two people. In Ancient Europe, the ability to fight with just your hands was considered common and oafish. Used only among

the lower classes. The aristocrats, or upper class, usually favored the use of weapons such as the foil, the dagger, and the saber and studied the art of Fencing or Sword fighting. Which wasn't much different than their Japanese counterparts among the Samurai.

In fact, there were two main schools of fencing in Europe for centuries. The Spanish school; which specialized in circular movements, and the Italian school; which stressed linear movements. Both the French and British would later consolidate the two schools into their own individual methods. Resulting in the current styles that are used within the sport of Fencing today. Also, the Brothers of St. Augustine were renowned for their fencing prowess, and trained a number of the great fencing masters of Europe behind their monastic walls. With the development of firearms, the art of dueling was no longer considered an art or sport of the upper class. Senseless murder and death was rampant. About the same time that dueling was outlawed, Boxing (or empty hand fighting) was quickly becoming the more accepted means of settling an argument. However, in this country (the U.S.), organized boxing matches were illegal until the turn of the 20th Century. Of course, one would be utterly inane, or foolish to assume that boxing as an art or sport was not practiced in the U.S. until the 20th Century.

\*A side note in reference to the question\*

During France's colonial years in Southeast Asia, a number of Frenchmen studied and learned the different methods of fighting taught there. From this study the art of Savate, or French Foot fighting was developed. Also, many

Savate trained men fought on the side of the French Underground during World War II. Today, Savate is still popular in both Europe and Canada. With a small number of exponents here in the U.S.

3. What other types of Western sports have similar combative backgrounds?

The list is endless. Take for example the Summer Olympics, which we hold every four years. The Decathlon is nothing more than an evaluation of an athlete's or warrior's combative prowess. Which is exactly what the different track and field events really are.

1. The pole vault and the high jump were designed to aid in scaling and breaching an enemies walls and fortifications.

2. The hammer throw was designed to hurl a heavy or fiery object at a city's gates to demolish them, or over their walls to start fires. This was before gunpowder and cannons.

3. The discus was designed to knockdown, or injure a soldier in battle dress armor. Especially off of horse back.

4. The javelin throw was obviously used for fighting with a spear over long distances. Whereas the sword and shield were for close quarter fighting. As I said earlier, the list is endless. Many ancient civilizations used different games and sporting events for the training of their warriors to keep their physical skills at their peak. Even non-physical games like Chess are nothing more than mock battlefields where two opposing generals, or players match wits. An important point to remember here is that Chess served as the classroom for many European as well as Asian generals in

training their officers battlefield strategy. Often times a good Chess player could advance more quickly through the ranks than a bad player.

## **TRAINING TIPS**

Master Kanei Uechi developed a series of warm-up exercises to help his students prepare for the rigors of training in Uechi-ryu Karate. He taught that the purpose of the exercises was to help them limber and stretch, strengthen their bodies, develop coordination and reflexes, and learn beginning self- defense techniques. Many of the exercises are done using dynamic tension and many repetitions.

Uechi-ryu has more than 20 warm-up exercises. We will introduce ten this month and another ten next month. The first ten exercises will develop flexibility, coordination, balance, stamina and strength.

### 1. Heel pivot

- Hands on hips, legs straight, feet together
- Pivot on right heel and move front of foot to the right as far as possible, then return to straight position
- Perform exercise four times with right foot, then four times with left foot
- Repeat full exercise five times

### 2. Heel lift

- Hands on hips, legs straight, feet together
- Lift heel and move foot to outside
- Return heel to floor

- Perform exercise four times with right foot, then four times with left foot
- Repeat full exercise five times

### 3. Foot circle

- Hands on hips, legs straight, feet together
- Bend one leg at knee slightly while raising the other leg until thigh is parallel to floor
- Make four large circles in clockwise direction while stretching foot and lower leg
- Reverse direction and make four circles counterclockwise
- Perform the exercise again with the other leg
- Repeat full exercise five times

### 4. Knee circle

- Hands on hips, legs straight, feet together ... Keep heels on floor throughout exercise
- Count one – Push knees downward and to the left and follow through in a clockwise circle until legs are straight
- Counts two, three and four – Bend knees forward and push straight three times
- Count five – Push knees downward and to the right and follow through in a counter-clockwise circle until legs are straight
- Counts six, seven and eight – Bend knees forward and push straight three times
- Repeat full exercise five times

### 5. Leg lift and turn

- Hands on hips, keep right leg bent slightly
- Bend left knee slightly and lift knee waist high

- Lift lower leg until entire leg is parallel to floor
- Move body only slightly while moving the extended left leg to the left as far as possible, then returning to front position, lowering the foot then knee to beginning position
- Repeat exercise with right leg
- This exercise develops coordination and balance – Use a chair or wall at first to help with balance
- Repeat full exercise five times

#### 6. Straight leg kicking

- Hands out slightly from body, feet several inches apart
- Keep right leg straight as you kick up and to the front
- Kick to the inside with right leg
- Repeat exercise with left leg
- Repeat full exercise five times
- Do not lean forward while kicking
- Legs straight, feet together, hands on hips in vertical fist position

#### 7. Waist stretch

- Fall forward at the waist while relaxing upper body muscles (keep legs straight) ... this will stretch thigh and back muscles
- Scoop with your arms as if picking up something just as you reach the lowest point of the fall
- Stay in waist-bent position and move arms in and out in two circular motions ... keep fists same distance from each other
- Stand up and twist raised elbows and upper body as far to the right, then left as possible
- Perform exercise in good posture – chin tucked in and back straight ... don't tighten stomach muscles during the fall at waist

This exercise develops coordination and balance and stretches and strengthens muscles in stomach, thighs and back. Repeat full exercise five times.

#### 8. Body stretching

- Feet two-to-three feet apart, legs straight, keep hips tucked in during exercise
- Bend at waist and move both hands to left foot
- Move hands to right foot and perform large counter-clockwise circle above head and back to left
- Pull arms to chest and punch downward toward left foot, do motion twice
- Move hands to right foot and repeat the sequence in opposite direction
- This exercise will stretch and strengthen muscles of back and legs
- Repeat full exercise five times

#### 9. Arm thrusting

- Heels together, toes apart, legs straight
- Thrust outward from palms upward to palms downward position, keep shoulders down during thrusts
- Close fists tightly at strike point – pull back to original position, scooping twist fists strongly during return, open hands just before reaching original position
- Thrust hands out to side – strike with tight fist, twist fists strongly during return, open hands just before reaching original position
- Thrust hands downward strongly – turn hands to vertical position, parallel to each other, clench fists tightly, twist fists strongly during return, open hands just before reaching original position

- This exercise will develop a strong thrust from all directions with shoulders down
- Repeat full exercise five times

#### 10. Neck rotation

- Legs straight, heels touch
- Grasp right wrist with left hand, shoulders down (do not raise during exercise)
- Move head downwards as far as possible, rotate while tensing neck muscles clockwise, return to original position (head raised)
- Lower head and repeat exercise in counter-clockwise direction
- Vary speed and tension of exercise
- This exercise will strengthen and stretch muscles in neck and upper back
- Repeat full exercise five times

## **MARTIAL ARTS AND STYLES**

Uechi-ryu Karate Do began with Master Kanbun Uechi. He traveled from Okinawa to China in 1897. He studied Pangai-Noon Kung Fu with Master Chou Tzu-ho at the Central Temple in the Fukien Province from 1897 to 1908. His studies included the physical and self-defense aspects of Pangai-Noon as well as the philosophical and healing (medicinal) aspects. Master Uechi opened his own school in the province of Nansoue in 1908. However, one of his students was attacked viciously and the student responded with a fatal blow. The people of Nansoue blamed Master Uechi for what happened. Master Uechi returned to Okinawa and vowed not to teach or speak of Kung Fu again.

Master Kanbun Uechi married and became a farmer near the town of Naha, Okinawa. Even when it was discovered that he was a Martial Arts Master, Kanbun Uechi refused to teach. He later moved to Japan and eventually agreed to instruct. His first student was Ryuyu Tomoyose in 1924. Kanbun began teaching his son Kanei Uechi in 1930 when Kanei was 19. Kanei studied with his father for ten years before opening his own school in Osaka, Japan. Two years later Kanei moved to Nago, Okinawa. Ryuyu Tomoyose, who had also returned to Okinawa, learned that Kanei was in Nago and worked with other martial artists to build a dojo for Kanei to teach them. Kanei Uechi taught in Futenma from 1945 until his death several years ago. Kanbun Uechi continued to teach Pangai-Noon Kung Fu on Ishima Island until his death 50 years ago (Nov. 25, 1948). Kamei Uechi, Kanbun's grandson and Kanei's oldest son, is now head of Worldwide Uechiryu Karate Do.

Pangai-Noon is a half hard-half soft style of Kung Fu. It is a three-animal style: Tiger, Dragon and Crane. Kanbun Uechi taught three forms: Sanchin, Seisan and Sanseirui. He also taught hand conditioning, sparring, arm rubbing and pounding, use of heavy jars (strength training), twisting devices, medicine and resuscitation.

Kanei Uechi changed the name of the Art to Uechi-ryu Karate Do in honor of his father. Kanei added several forms: Kanshiwa, Daini Seisan, Seichin, Seirui and Kanchin. Kanei also introduced Bunkai (form application) for Seisan and Kanshiwa, warm-up exercises (see above), Uechi style free sparring, Uechi body conditioning, ten point kumite and kyu kumite.

Uechi-ryu Karate Do has developed a great following in North America thanks to the efforts of Master George Mattson (9th Dan), a student of Kanei Uechi. It has been my privilege to correspond with Master Mattson for several years and I appreciate his help in learning the history of Uechi-ryu. You may visit Master Mattson's excellent web site for more information. Master Mattson is President of the Uechi-ryu Karate Association.

**Taking God's Grace to the World!**

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