



Grace Martial Arts Fellowship Newsletters

1999

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 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

JANUARY 1999

Welcome to the first GMAF Newsletter of 1999! We pray it will encourage you in your Martial Arts and Outreach for Christ.

THOUGHTS FROM THE MASTER

“And you will see the Son of Man sitting at the right hand of the Mighty One and coming on the clouds of heaven.” Jesus Christ

“For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God.” The Apostle Paul

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 introduced 10 last month. The next 11 exercises will develop blocking, striking and kicking abilities.

1. Side Kick

- Stand in right Sanchin stance with hands in sparring position
- Pivot slightly to the right and perform a middle outside block with your right arm
- Perform a strong right leg side snap kick at the point the block is complete. Do not throw your hip into the kick. Turn your heel outward. Speed is the issue in this drill. Bring your right leg back to right Sanchin position quickly.
- Pivot to the left and perform a middle outside block with your left arm
- Perform a strong left leg side snap kick at the point the block is complete. Bring your left leg back to right Sanchin position quickly.
- Repeat four times in right Sanchin stance
- Switch to left Sanchin stance and do five repetitions
- Maintain strong balance during this exercise
- The side-kick drill will develop your ability to pivot, block and kick quickly, in addition to basic coordination, timing and strength

2. Front Kick

- Stand in right Sanchin stance with hands in sparring position
- Perform a middle outside block with your right arm
- Perform a strong front snap kick with your right leg at the point the block is complete. Bring your right leg back to right Sanchin position quickly.
- Block with left arm and kick with left leg

- Repeat four times in right Sanchin stance
- Switch to left Sanchin stance and do five repetitions

3. Round House Punch

- Stand in strong right Sanchin stance
- Perform strong middle outside block with left arm
- Throw strong right roundhouse hook punch at the point the block is complete
- Block with right arm and punch with left arm
- Keep shoulders down and minimize movement. Keep head stabilized. Pull in slightly with blocking arm as you punch to simulate pulling opponent into your punch
- Repeat ten times

4. Block/Punch Series 1

- Stand in strong left Sanchin stance with arms in sparring position. Left hand stays in an open, palm-out position during entire exercise
- Move your right fist to a point under your left elbow
- Move your right arm upward strongly to a point in line with your forehead (high block)
- Move your right arm down to a ready position with fist at side and punch forward
 - Move your right fist to a point over and inside of your left arm and block outward (outside block)
 - Move your right arm to a ready position with fist at side and punch forward
 - Complete ten repetitions
 - Change to left Sanchin stance and perform ten block/punch repetitions with left arm

5. Block/Punch Series 2

- Stand in right Sanchin stance with arms in sparring position
- Perform strong middle outside block with right arm
- Perform strong middle forward punch with left arm at point block is complete
- Pull in slightly with right arm as you punch with left arm
- Perform palm-heel inside block with right arm while pulling left arm back to ready position
- Perform strong middle forward punch with left arm and pull in with right arm
- Complete ten repetitions
- Change to left Sanchin stance and perform ten repetitions blocking with left arm and punching with right arm

6. Block/Punch Series 3

- Stand in right Sanchin stance with arms in sparring position
- Perform right arm middle outside block
- Perform strong left arm knife-hand strike at neck level at point block is complete
- Close left hand into fist and move it toward chest, then outward in back fist at nose level
- Move left fist back to side ready position and punch forward with a one-knuckle fist
- Complete ten repetitions
- Change to left Sanchin stance and do ten repetitions with left arm blocks and right hand strikes and punches

7. Turn/Block/Kick

- Stand in right Sanchin stance with arms in sparring position

- Step to right side while blocking middle outside with left arm
- Complete block and perform right front snap kick. Return to right Sanchin stance.
- Turn 180 degrees into left Sanchin stance and block middle outside with right arm
- Complete block and perform left front snap kick. Return to left Sanchin stance.
- Turn 180 degrees into right Sanchin stance and block middle outside with left arm
- Perform five repetitions of exercise
- Move into left Sanchin stance
- Step to left side while blocking middle outside with right arm
- Complete block and perform left front snap kick. Return to left Sanchin stance.
- Continue drill as in first part, except kick with back leg instead of front leg

8. Turn/Block/Punch

- Stand in right Sanchin stance
- Step to right side while blocking middle outside with left arm
- Complete block and perform right front one-knuckle punch. Hold for split second, then return to Sanchin arm position
- Block with right arm and punch with left fist
- Turn 180 degrees into left Sanchin stance and block middle outside with right arm
- Block with left arm and punch forward middle with right arm
- Step to left and turn 180 degrees
- Repeat the exercise ten times

- This will develop arm and leg coordination and strong blocks and punches
- Do not bounce as you move from position to position. Keep shoulders down.
- Pull blocking arm in slightly as you punch. Do not throw shoulders into punch.

9. Step-Thrust

- Stand in right Sanchin stance
- Pull arms towards your body and bring together as you slide forward into a right Sanchin stance
- Thrust hands outward toward opponent's eyes as you complete sliding step
- Slide backward into right Sanchin stance while pulling hands back to your body
- Repeat exercise 20 times

10. Wrist Block

- Stand in right Sanchin stance with hands in Sanchin position, but with thumbs tucked in and hands in vertical position
- Point fingers downward and pull wrists upward to eye level
- Pull wrists downward to waist level with fingers pointing up
- Pull wrists apart to the outside with fingers pointing inward
- Pull wrists together while fingers point outward
- Repeat ten times
- Move to left Sanchin stance with arms in Sanchin position
- Move wrists to left then right while hands point in opposite direction and follow

- Flick fingers to the opposite direction at the completion of each movement
- This exercise is known as the “fishtail”
- Repeat 20 times

11. Deep Breathing

- Stand with feet together and hands hanging at side
- Raise hands slowly while inhaling deeply
- Lower hands slowly while exhaling deeply
- Repeat ten times

MARTIAL ARTS AND STYLES

The Sword Arts of Japan are renowned for speed and power, peacefulness and beauty. They are also known for a spirit of calmness and inner peace. The primary arts are Kenjutsu, Kendo, Iaijutsu, Iaido, Batto-jutsu and Batto-do. They all had their birth with the Samurai (warrior class in feudal Japan). Samurai warriors trained in Kenjutsu (sword art) to prepare them to use their katana (long sword) in battle. Kenjutsu began in Japan more than 1,000 years ago. Kenjutsu was an offensive weapons system that concentrated on fighting with the sword unsheathed. It emphasized cuts, thrusts and parries, similar to European fencing. Kenjutsu had clear target areas and practitioners took pride in being able to wound an opponent in those areas. Practitioners of Kenjutsu considered it unworthy to wound an opponent in a non-target area. Kenjutsu was outlawed in Japan in 1876. Modern Kendo (way of the sword) developed from Kenjutsu. Kendoka fight each other with a bamboo sword (*shinai*). Some kendoka practice with a wooden sword (*bokken*). They wear armor to protect themselves from

blows from the bamboo swords. The armor includes a waist and groin protector, breastplate, facemask, headband and gloves. Target areas include the head, side of the body, throat and wrists, which the armor protect. Kendo became popular in Japan after Kenjutsu was outlawed.

Iaijutsu (sword drawing art) is a more defensive sword art than Kenjutsu. Iaijutsu emphasized quick, fluid movements. Drawing of the sword was as important as striking an opponent with the sword. It was used in real combat situations beginning in the mid-16th century. "Pure Heart" and "Straight Mind" were primary goals of Iaijutsu. Winning a fight was important, but more important was stopping the fight before it began. This came from developing a mind and spirit that won the battle before it began. It meant ridding oneself of anger, fear, hatred, jealousy and selfishness. The highest principle of Iaijutsu was to win without having to fight.

"Kachi wa saya no naka ni ari." ("Victory comes while the sword is in the scabbard.") Eishin-Ryu Iaijutsu

Iaido (sword drawing way) is the defensive art of an Iaidoka drawing the sword from the scabbard quickly (*nukitsuke*), the ceremonial killing of an imagined opponent with one cut of the blade (*kirioroshi*), removing blood from the sword (*chiburi*), and returning the sword to the scabbard (*noto*). This is done while in a state of calmness and inner peace. The goal is a serene mind at all times. The motto of one Iaido system is:

“Iai does not enable one to kill people, it is not meant for taking lives. It is expressly for the purpose of putting one’s own life on a peaceful course.” Eishin-Ryu Iaido

laidoka train with three types of swords: *bokken* (wooden sword), *iaito* (practice sword), and *shinken* (live sword).

Batto-do and Batto-jutsu are sword drawing arts similar to Iaido and Iaijutsu. The name means “sword drawing art.” Most schools practice cutting rolled straw targets. They also practice one and two-person forms. Batto-do emphasizes defeating an opponent through quickness in unsheathing the blade.

All forms of Japanese Sword Arts include a detailed etiquette (*reishiki*) and moral code of conduct (*bushido*). The purpose is to instill discipline in the sword practitioner. Its purpose is “learning to sense what is correct, and developing an aptitude for doing it.”

GMAF NEWSLETTER

April 1999

THOUGHTS FROM THE MASTER

“Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.”

Jesus Christ

“Therefore thou art inexcusable, O man, whosoever thou art that judgest: for wherein thou judgest another, thou condemnest thyself; for thou that judgest doest the same things.”

The Apostle Paul

MASTER NOTES

This month, we continue a journey into the mind and heart of one of the 20th Century's great martial artists and Christian brothers. His name was John Chung Li. Master Li was a Kung-Fu Grand Master from Hong Kong, China. He taught an ancient martial art and health care science known as Yon Ch'uan and Hwa-Yu T'ai-Chi Ch'uan (formerly known as Liu Ha Pa Fa). Grand Master Li moved to the United States in 1969 to share Christ and the health care benefits of Hwa-Yu with the American people. He often publicly announced his love and appreciation for the United States for liberating Hong Kong from Japanese occupation during World War II.

Master Li taught in Boston, Chicago, New York and Florida until his death in 1982. He taught hundreds of university students around the country, including those from Yale, Harvard, MIT, and Boston University. Grand Master Li also traveled and taught in Europe.

Grand Master Li shared Christ as a natural part of his T'ai-Chi instruction. He taught the Bible to his students in Boston's Chinatown. He spoke publicly about the joys of knowing Jesus Christ. Fortunately for all of us, Grand Master Li gave his writings to Master Robert Xavier who is Legacy Holder of the Hwa-Yu and Yon Ch'uan Systems. Master Xavier has been kind and generous in sharing Li's writings with us.

Grand Master Li had a deep love for Jesus Christ. He was humbled by God's Love for him. Master Li called his writings about God's Word "Honey Drops." He believed God's Words were sweet to taste.

The following are excerpts from "Honey Drops."

Ephesians 2: 6,7,8 – "And hath raised us up together, and made us sit together in heavenly places in Christ Jesus: That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus. For by grace are ye saved through faith; and that not of yourselves: it is the gift of God." The more I recognize my Lord's preciousness, the more I know the value of my Lord's works. Thus, I can see my Lord's noble, glory and holiness, then I will surprise that my Lord died for such a worthless sinner such as me on the cross.

Galatians 2:20 – “I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life I live by the faith of the Son of God, who loved me, and gave himself for me.” To love is always to give us the best. He loved us and gave Himself for us.

II Corinthians 1:20 – “For all the promises of God in him are yea, and in him Amen, unto the glory of God by us.” What is faith? Faith is towards my Lord to kneel down before my Lord first to say ‘Yes’ and afterwards look upon Him and to say ‘I want it, Amen.’ Whatever my Lord says. I have kneeled down to say ‘Yes.’ Afterwards at once I look upon Him and say ‘Lord, I desire strongly with sincerity, I want.’ The determination of faith: (1) I trust God, who is worthy to trust and rely upon, and what He promises is true in every word, which is the meaning to kneel down before Him. (2) I have expressed my attitude that I need Him very much – thirsty for Him, inclination to Him, need Him very much – this is the meaning of looking upon Him.

Romans 8:31-39 – “What shall we then say to these things? If God be for us, who can be against us? He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things? Who shall lay any thing to the charge of God’s elect? It is God that justifieth. Who is he that condemneth? It is Christ that died, yea, rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us. Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine or nakedness, or peril, or sword? As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all

these things we are more than conquerors through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.” Lord, you are the only one who has power to control all things, no one thing is not in your hand, and what shall your lover worry about! Without your approval, who can do any harm to me! Without your approval, who can offend! You help me, who is able to against me! It is sufficient to have you, my Lord.”

John Chung Li, Honey Drops

TRAINING TIPS

“Taiso” Exercise for Limbering (by Master Robert Xavier)

1. Foot circles – balance yourself on one leg and “twist” the ankles, first to the left then reverse it
2. Knee circles – with feet close together and hands on thighs, circle your two knees in one direction, then reverse the direction
3. Hamstring stretch – with both hands on belt or hips, feet apart, bend forward while keeping both feet flat, toes slightly inward. Do not do this with a “jerky” action
4. Squatting leg stretch – for new people, the easiest way to get into this position is to first bend at the knees in a squatting position, then place one leg out to the side. Alternate body weight from one side to the

other without moving feet out of place. Some systems flatten the support foot. We prefer not to because of possible knee injury.

5. Back and leg stretch – reach and hold ankle or foot and lower head to knee. Hold for a few seconds. Repeat each side.
6. Hold both ankles – bring head (slowly) as close to floor or mat as possible. If this is easy to do, try the chin to floor.
7. Hold feet – bring head down to feet. Hold a few seconds. Don't force.
8. Separate feet and touch the floor on opposite side with opposite hand. (Right hand to left foot and reverse) Gradually bring your feet together until you can perform "1".
9. Touch the floor – if this is easy, grab ankles and bring head to knees.
10. Hip circles – both directions (like a hula).
11. Trunk twists – right arm moves in blocking motion toward left then left repeats.
12. Wall leg stretch – (do this with a partner for balance and safety) Stand with your back against the wall. Your partner slowly lifts your right leg straight up. Tell your partner to stop when you've gone far enough. Don't force to the point of pain or injury. Repeat with left leg.

MARTIAL ARTS AND STYLES

Dr. William Durbin has kindly allowed us to reprint an article about Okinawa Te for the GMAF Newsletter. Dr. Durbin is a dear Christian brother and one of the world's leading experts on Okinawa's ancient martial arts. We pray this is a blessing to you.

“Okinawa is an island that is located somewhere between China and the large island of Japan. It is part of the Ryukyu archipelago, which were settled by people from Japan and possibly from China. However, most Paleolithic evidence does suggest a Japanese descent for most of the people of Okinawa.

The people on the island would almost assuredly have brought with them whatever fighting art their ancestors had developed. Fighting arts have existed almost as long as people. When the first person began organizing successful combat techniques, the first fighting art came into existence. When and where this was, is unknown, though it probably happened in several different places simultaneously. We have ancient evidence of fighting arts in Egypt, China and India.

In Okinawa, it is believed that the indigenous fighting art was simply called Te. While Te can be translated ‘hand’, in the connotation of the arts of combat, it is most appropriately rendered ‘skill.’ This is because the techniques of combat, when properly mastered, insured the safety of the family, clan, and nation. This was the skill necessary for survival.

Te became a true martial art under the influence of two sources. The original influence was from what is considered the first true martial art; Shorinji Kempo, Shaolinssu Chuanfa. It would have been sometime during or after the sixth century, when Bodhidharma lived and taught at the Shaolin temple, that this influence would have occurred. Probably during the tenth century, and absolutely during the great Buddhist revival of the twelfth century, Shaolinssu Chuanfa would have been influential in Okinawa.

Also during the twelfth century, the great Japanese Bushi, Tametomo Minamoto, escaped from his exile on Oshima Island, where he was placed after being defeated by the Taira. He traveled to Okinawa where he gathered to himself many of his warriors, so that they could train for a comeback. While there Tametomo married an Okinawan woman of royal descent, who bore him a son, who was named Shunten.

During the stay on the island, the Minamoto Bushi trained their Okinawan friends in their Bujutsu, martial arts. It is also believed that Tametomo left a guardian for his son, when he journeyed back to Japan where he died in battle against the Taira.

After Shunten grew up, he organized a group of warriors and became the first emperor of Okinawa. It is said that he established a martial tradition which was passed on to each and every member of the royalty. To honor the Bushi from Japan who shared their art with them, the Okinawan royalty called the art generically, Bushi Te. Some of the

families had their own special name for their particular family art. This will be addressed later.

In the meantime, the royalty kept close contact with the Chinese envoys, learning martial arts from monks, military attaches, and others who came to the island. A group, known as 'the thirty six families', came to Okinawa, establishing a permanent Chinese settlement for diplomatic purposes.

Among these people were representatives of many styles of martial arts, many derived from the original Shorinji Kempo. This was in the fourteenth century. The Okinawan royalty learned everything they possibly could from these martial arts sources, developing their Bushi Te to the most sophisticated level possible."

Dr. William Durbin, Shodai Soke of Kiyojute Ryu Kempo Bugei, Hombu Dojo, Frankfort, Kentucky

GMAF NEWSLETTER

MAY 1999

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Colossians 3:1-2 — “If ye then be risen with Christ, seek those things which are above, not on things on the earth, For ye are dead, and your life is hid with Christ in God.” I am thinking about my Lord with rest and calmness; thinking of the other with confusion and lost in amazement.

John 5:5-6 — “And a certain man was there, which had an infirmity thirty and eight years. When Jesus saw him lie, and knew that he had been now a long time in that case, He saith unto him, Wilt thou be made whole?” I am comfortable with my Lord and there is peaceful in all things; if I be not good with my Lord, there will be a lot of trouble and worry; To communicate with the Lord, makes every thing prosperous; if I do not communicate with the Lord, there will be unprosperous as an adverse wind; if I do not make good with the Lord, I will meet a lot of disturbance; if I am not good towards the Lord, my conduct becomes awful. I cannot do anything without my Lord.

2 Corinthians 5:9 — “Wherefore we labour, that, whether present or absent, we may be accepted of Him.” The Lord’s attention is not taken care of my feeling, but my inclination; because feeling is like the waves to move about, but inclination is like anchor to stay always unmoveable. The Lord pays attention to my inclination to see whether to love Him firmly or not, whether to please Him or not. Because the person’s character is the inclination; What kind of inclination is what kind of human’s character. My inclination is firmly to want my Lord, as the anchor which does not care the waves how to move around.

1 John 4:19 — “We love him, because he first loved us.” Beloved, since I met you on the cross, you snatched me tightly, and did not let me go away from you! Although I am not good, not loyal for you to live alone, but you still snatch me tightly, and do not let me off! My God, your love is burning in me! to let you enjoy the echo of your love! Lord, I love you, how can I be able to love you! but your love in me to love you! John Chung Li

MARTIAL ARTS AND STYLES

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“The truth, at this time in history, is that the common people of Okinawa did not learn martial arts, unless they could convince one of the Chinese martial artists to teach them, which did happen, but rarely. Those commoners who did learn Chinese Kempo called their art Karate, which translates, when written in this original way, ‘Tang hand,’ which actually meant, the Chinese skill.

The royalty kept their martial art a secret at all times, never sharing their deeper mysteries with anyone. This was to be true until modern times. What helped ensure the air of secrecy was the Japanese invasion of 1609. During the invasion, the Okinawan royalty gave a good accounting of themselves, but due to the stealth maneuver, where the main body of

the Satsuma invaders kept the Okinawan warriors busy, while a smaller force landed on the other side of the island, advanced on the capital, and took the emperor captive, they were defeated.

The Okinawan warriors immediately gave up, since their main duty was to protect the emperor. Once the Satsuma settled in, the royalty kept secret their real martial ability. In fact they acted like they had little to no real skill. Eventually, once the Okinawan royalty realized that their lives would not be too disrupted by their invaders, they actually made friends with the Samurai.

The Satsuma Samurai even shared their martial arts with some of the Okinawan royalty, to the point where we have records of Sokon Matsumura and Yasutsune Itosu being graded in the system of Jigen Ryu. It has been said that Matsumura actually held a Menkyo Kaiden in this Ryu.

As modern researchers started to trace the history of Karate, they first found the fact that Okinawa Te was used by Shigeru Nakamura as the name for his martial art prior to World War II, before he changed the name to Okinawan Kempo after the war. He had been a student under educator Yasutsune Itosu, as well as, Choyu and Choki Motobu, learning Choyu's Bushi Te and Choki's Kempo Karate.

Nakamura believed that it would be best for Okinawan martial arts to not be divided into different Ryu, but rather stay a comprehensive system involving the skills of the whole island, a sentiment shared by Gichin

Funakoshi. Nakamura originally established his organization using the name of the original Okinawan martial art, Te.”

GMAF NEWSLETTER

JUNE 1999

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THOUGHTS FROM THE MASTER

“I spake openly to the world; I ever taught in the synagogue, and in the temple, whither the Jews always resort; and in secret have I said nothing.”

Jesus Christ

“Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine.”

The Apostle Paul

MASTER NOTES

We are pleased to bring you the first installment of the testimony of Dr. Karl Marx, Grand Master of Keichu-Do Karate of Santa Maria, California. We made contact with Dr. Marx recently with the help of Master Ron Shively. We've had some wonderful e-mail conversations with Dr. Marx and appreciate his fellowship in Christ.

[Dr. Marx passed into the presence of the Lord he loved so much in 2013]

“Not being a professional writer, or even an amateur correspondent, I have a great lack of ability writing what is in my heart. So dear reader who ever you are, please have patience, and understanding in reading my words. The purpose of this undertaking is first and foremost to give God the glory and to praise His Holy name. Having HOPE is not easy when there appears to be nothing but doom and gloom or dread ahead. Having no goals to look forward to is a terrible position to be in. I would like to share with you, how the power of God pulled me through a life of many unpleasant situations.

All my life, in my own mind at least, there was very little joy or real lasting happiness. My mother divorced my father when I was about three years of age, and remarried when I was five. For some reason I am unable to remember much of my childhood. My Grandmother was terribly tough on my mother when mom was a little girl. Grandma might even have been what we call today abusive. According to my mom, her mother didn't like her very much. The story is that my little old granny

might have been something of a wild filly, when she was a young thing. It appears that my mom might not have been a blessed event when she was born subsequently bringing down the wrath of my grandmother, for messing up her plans and life.

Hum! like they say in Louisiana, "when you play you got to pay" Anyway it seems by my mother's account, she feels that she was too tough on me when I was a child. If I was abused, it must have been really well done because I can not remember ever getting a whipping except twice. I do remember hard times back in the 40's because of the war, and meeting my biological father Twain Pierce Marx for the first time. That was a rush for me at eight years old. He had been rated the number three boxer in the World at one time early in his life. He used to teach me all he could about boxing, and take me to what was back then like six flags over Texas in Port Arthur. I remember falling out of my seat on the roller coaster, my legs were not long enough to touch the floor, and somehow the force of the drop caused me to slip out of the safety bar holding us in and almost dropping 100 feet to my possible death. His strong right hand caught me by my pants and belt and pulled me back up. Thank God! for HIS strong right hand.

I remember going back to that same place a year or two later with my step-dad Haywood Williams. I lost my wallet on the bumper car rides, and me and dad were trapped, second from the top on the Ferris wheel, with a terrible rain and wind storm coming in on us, a lot of people on the ground and many like us in the air panicked. But God was with us and no one was injured except for being frightened, cold and wet;' another

example of God's Blessed Hope. I never liked going to any fairs after that. The ones I did go to, I became sick on the rides.

Today, December the 7th, 1997, I was married to Kathleen, God's wonderful gift to me, and I write now, only as a witness to Gods great mercy and abundant Grace. I have been faithful to my Lord God by being celibate for the past 7 years. Seven is God's number of completion. Being faithful to God can be very rewarding. In my case keeping myself pure made me feel like a virgin again.

When I met my wife we kept our relationship purely platonic, no sensuous kissing, just a genteel little peck on the cheek or lips. We didn't do any long body hugging, or petting. We seldom allowed ourselves to be really alone but kept ourselves accountable. It can be done, guys! I proved that myself. If I can do it God's Way, anybody can. I was after all one of the World's worst scoundrels before I came to know Christ as my Savior. God really Blessed me for my faithfulness with a wonderful marriage. After the reception my wife Kathleen and I drove to Santa Barbara to eat at the Casaba but my reservations were not on the book so we just walked around the corner and went to a movie, "Flubber," and had hot dogs and popcorn for dinner. HA! We had a great time though. Just my little Munchkin Kathy and I, together.

Talk about a fun time honeymoon, It is something I will cherish in my depleted memory bank forever. God is so good. Never in my wildest dreams did I actually think I would be so Blessed. 1997 has really been a bumper crop for me. In one year from the 1996 United States Karate Alliance World Championship to December 7th 1997, here is how God

has Blessed me. Not because I earned it, by being faithful, or doing any good things, but by Grace, His Amazing Grace. I had always wanted certain honors out of my fleshly pride and selfish ego. But I never received them after 36 years of coveting them. Then when I gave up on wanting Things, and just wanted to serve God, as His servant my life changed. The things I had coveted meant nothing to me. God was first in my life. Then HE BLESSED me.”

MARTIAL ARTS AND STYLES

Dr. William Durbin has kindly allowed us to reprint his article about Okinawa Te for the GMAF Newsletter. This is a continuation from past newsletters. Please see previous newsletters for the first parts of this article. Dr. Durbin is a dear Christian brother and one of the world’s leading experts on Okinawa’s ancient martial arts. We pray this is a blessing to you.

“In the evolution of the Okinawan martial arts historical tradition, there developed a tendency to name the styles after the city in which they were practiced. Thus there are those who talk about Shuri Te, Tomari Te, and Naha Te, yet in the actual history of the Okinawan martial arts, this was probably never done. Rather the Okinawans probably only said Te. To help people understand the country where Te came from, we have in modern time added Okinawa to the term, thus Okinawa Te. To refer to a city of origin, we have used the above appellations. There are the other names of Bushi Te and Karate, used by the royalty and the common man, warrior skill and Chinese skill. The modern designation for the Okinawan martial art, is called Karate, this time written 'empty

hand', yet not referring to a hand empty of a weapon, but rather a heart empty of hate. The use of Kara, meaning, empty; has always been a philosophical designation, rather than a practical one.

There is a world of difference between modern Karate, whether Jutsu or Do, and Okinawa Te. Keep in mind that the first use of Te in reference to a true martial art, would have been the Bushi Te of the Okinawan warriors, this was thus the first Okinawa Te.

This martial art was taught without prearranged Kata, but rather through the medium known today as Odorite, literally the dancing hand, but actually referring to a method of free style Kata. Grappling was an essential aspect of this art, in that the Okinawan warriors not only had to have death dealing skills when dealing with hardened criminals and pirates, but also control techniques for disagreements which happen between people and intoxicated individuals. It must be remembered that the Okinawan warriors were more of a police force than a standing army.

Bunkai is the most important principle of Okinawa Te and the secret of its practioner's ability to go from devastating striking techniques to gentle grappling skills, and back again, if necessary. An Okinawan warrior could literally start with a simple and gentle control technique, immediately blend into a withering strike, then back to a gentle control, in one fluid movement. This was due to the training one received in Bunkai. Keep in mind, however, that the warriors always emphasized the Ikken Hissatsu, one blow certain death skill, for those times when it was needed.

Another aspect of traditional Okinawa Te is weapons training, which involved not only training how to fight with the many different weapons of the time, but also tool weapons which were important when the Okinawan warriors could no longer carry their weapons during the Satsuma occupation, and even advanced weapons training, which is little known today, though still taught in some Ryu.

The most unusual aspect of Te weapon training, is where the defender starts empty handed and must take the weapon away from an attacker and use the weapon effectively. This form of training is considered the most advanced form of Te training and relies strongly on superior grappling skills developed during empty hand practice.

Te training also used a type of Embu, two man form training, that still was free style, though practiced in a soft, fluid manner to avoid injury between the practitioners. Most of the Te training was very relaxed, looking also like Tai Chi or the traditional dances of Okinawa, but with an emphasis on Kime and I, focus and will power.

Ki training is also an important part of Okinawa Te training, though even today, those few masters who preserve the original Bushi Te of the past, try to keep that part of the training a secret. Ki training in the Te manner is very similar to that used in Aikido, though with a greater emphasis on focused movement, once again emphasizing Kime.

Finally, as mentioned above, each royal family had their own name for their family martial art. The only one to come down to modern times is

Goten Te, the name of the Motobu family martial art. This is kept alive today by the last living student of Choyu Motobu, Seikichi Uehara. While Choyu did share aspects of his art with other Okinawan martial artists, the only person to learn the whole system was Uehara.

Modern Karate is the evolved martial art which is based on Okinawa Te. While many styles of Karate have become only sport systems, there are a few which maintain the tradition of the combat effective, self defense art of ancient Okinawa Te.”

About the Author: Dr. William Durbin has been training in the martial arts since 1970. He has earned black belt ranks in most major styles of Japanese and Okinawa martial arts. Master Durbin has researched the history of the ancient martial arts and tries to preserve the most ancient methods of training in his Kiyojute Ryu Kempo Bugei of which he is the internationally recognized Soke.

Eight Gifts That Do Not Cost A Cent

1) THE GIFT OF LISTENING... But you must REALLY listen. No interrupting, no daydreaming, no planning your response. Just listening.

2) THE GIFT OF AFFECTION...

Be generous with appropriate hugs, kisses, pats on the back and handholds.

Let these small actions demonstrate the love you have for family and friends.

3) THE GIFT OF LAUGHTER...

Clip cartoons.

Share articles and funny stories.

Your gift will say, "I love to laugh with you."

4) THE GIFT OF A WRITTEN NOTE...

It can be a simple

"Thanks for the help" note or a full sonnet.

A brief, handwritten note may be remembered for a lifetime, and may even change a life.

5) THE GIFT OF A COMPLIMENT...

A simple and sincere,

"You look great in red," "You did a super job" or "That was a wonderful meal" can make someone's day.

6) THE GIFT OF A FAVOR... Every day, go out of your way to do something kind.

7) THE GIFT OF SOLITUDE...

There are times when we want nothing better than to be left alone.

Be sensitive to those times and give the gift of solitude to others.

8) THE GIFT OF A CHEERFUL DISPOSITION...

The easiest way to feel good is to extend a kind word to someone, really it's not that hard to say, Hello or Thank You.

Thanks to Lorne Weber for sending us this wonderful insight.

GMAF NEWSLETTER

JULY 1999

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

THOUGHTS FROM THE MASTER

"I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life."

Jesus Christ

"The night is far spent, the day is at hand: let us therefore cast off the works of darkness and let us put on the armour of light."

The Apostle Paul

MASTER NOTES

We are pleased to bring you the second installment of the testimony of Dr. Karl Marx, Grand Master of Keichu-Do Karate of Santa Maria, California.

[Dr. Marx passed into the presence of the Lord he loved so much in 2013]

“Then when I gave up on wanting Things, and just wanted to serve God, as His servant my life changed. The things I had coveted meant nothing to me, God was first in my life. Then HE BLESSED me.

- 1. My student Ryan Case won our Ministries first World Championship, in KATA and a 3rd in Grappling.*
- 2. God changed the hearts of some of the Worlds leading World Champions, and they inducted me, yes little old mister nobody into the USKA Black Belt Hall Of Fame. WOW! That has to be God because I am not even an Oriental stylist, there was no politics, and some on that board didn't even like me personally. All odds were against me getting nominated, let alone selected. That Had to be a Blessing from God.*
- 3. Then a martial arts magazine in India, “Karate Star” honored me by doing a feature story about Keichu-Do and a full cover picture of me and my son Victor. WOW! God gave me another blessing, I had been wanting for years, but I had to finally realize that I didn't really need it, and that what I did need was Jesus Christ as the center of my life, not*

publicity about myself. Then God gave it to me. Ha! All I had to do was want Christ more than personal fame. GOD is that WAY. Not the way Chi, or Do of the Oriental philosophy.

- 4. It seems that the more faithful we are to our Abba (Father) the more faithful He is to us. The more I give the More He gives me back. Blessings after blessings. He has cured my physical problems so many times I lost count. Keeping me humble before His majestic self. He never lets me suffer long or more than I can stand, And I always learn a great deal about myself, others, and God Himself. Suffering does not mean God doesn't love us anymore. Being in pain or emotionally upset is not a sign of punishment, well at least not always. Sometimes we may need a little nudge, or perhaps a slight warning, or maybe even a kick in the seat of our pants to get our attention. God will do whatever He has to do, to bring us back into His will. Just when I thought there was no hope for me to reach any of my certain WANTS. HE gave ALL that I really NEEDED.*

- 5. I remember back in 1974, my family physician informed me that I had a form of arthritis, and according to the doctor if my recollection is correct, I was supposed to be in serious trouble. A life threatening problem? Well, I was told I had five years to live. Something to do with the muscles around my heart being affected to the point of becoming so lax that they would eventually not be strong enough to pump my heart in and out. Is that possible? Talk about a bummer. I didn't believe him, or it seems to me I would have been or should have been worried. I don't remember being very concerned. I do*

remember very vividly 1979. A lot of stress, graduate school, an unfaithful girl friend, teaching undergraduates, taking mid-term and final exams, wow! I really do not understand what happened, I recall losing consciousness and falling in the bath room and dropping over the bathtub, then slumping backwards and ending up between the tub and the toilet. Thank God someone was there who drove me to the hospital emergency room. What did I have? a heart attack? perhaps, but no permanent damage to my heart. About a month later, something else weird happened, I experienced what was considered a possible mild stroke. Was it a Stroke? I didn't go to the hospital, and after the police left I told my graduate school class advisor, who was also my boss, that I would be at class as soon as the slight paralyses in my lip and left arm was gone. Was the old doctor right five years earlier? Did I really hear him say that my condition was one in which the muscles around my heart would become affected to the point of being too weak to push the heart back when it pumped outward? So what happens next? I'm living in sin with my girlfriend, she has an affair with another man. Do I kill anyone? no sir, I internalize the emotional stress, I swallow my pride, and wake up at 5:00am with an Anxiety Attack, plus a Panic Attack. Talk about a mess. I was so angry, but not killing someone else. What I did to myself by not giving it up to God wasn't good for my own body. I internalized the anger, and exploded inward. I took the blow for nothing, because I wasn't intelligent enough to let go and let God deal with my problems. I was too busy living a sinful lifestyle. Well, God in His Infinite wisdom had a plan for me."

GMAF NEWSLETTER

August 1999

THOUGHTS FROM THE MASTER

“If any man desires to be first, the same shall be last of all, and servant of all.”

Jesus Christ

“For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another.”

The Apostle Paul

MASTER NOTES

We are pleased to bring you the third installment of the testimony of Dr. Karl Marx, Grand Master of Keichu-Do Karate of Santa Maria, California. [Dr. Marx passed into the presence of the Lord he loved so much in 2013]

“Well, God in His Infinite wisdom had a plan for me. I just was too busy sinning, and being a secure pain in the neck. Mr. super jerk, that was me. I could not hear that small still voice, because I was shouting so loudly about myself, me, me, me, kind of stuff. You know, when God wants to get our attention He can get it, one way or another. In my case Anxiety Attacks and Panic attacks GOT my attention Fast. With all the Walking, Pacing back and forth. Folks, this kind of illness is without doubt one of, if not the worst state of mind a Mind can suffer through. It sure made me go to the feet of Jesus Christ. The Bible says Jacob wrestled with God, and struggled until God Blessed him. Well Old Jacob lasted only one night, I on the other hand, have been clinging to the feet of Jesus Christ for the last 18 years. And when I forget about by position, and start doing stinking thinking, He reminds me in a way that always gets my attention. The attacks are not often and are not nearly so severe anymore and the panic is gone. But I know what, where, and how to get back on track. I long to always be in His Will. Anxiety is nothing to fear anymore.

At first I thought I was being cursed for all my past sins, but now I believe they are a blessing. I used the ” up time ” to pray a lot, and the Holy Spirit lets me know who and what needs prayer. Anyway all the exercise must

have made my heart muscles stronger, because I'm still here, Praise God. Time did take its toll on me, however, and all the extra walking, Sometimes 4 or more hours without sitting down really wore me down. I developed something called sleep Apnea, where about 20 per cent, or more of the time spent sleeping I wasn't breathing. This is not good on the brain or body, and could be responsible for some extent for Alzheimer's disease. I have been diagnosed, as having a very severe case of sleep Apnea. Another life threatening disease? yes, and someone might think that I would have given up by now, and just waited to die. But not me! I just keep on, keeping on, with prayer, and Faith in Jesus Christ, my Blessed Hope.

After four years of pacing back and forth, around and around, my lungs pumped a lot of air into my respiratory system which appears to have stimulated my circulatory system. This in turn appears to have given my heart an extra amount of pumping to do, thus—exercising the muscles around my heart. I think it was in 1997 that I was examined by a local physician for a pinched nerve in my left shoulder. The x-ray however revealed a more serious problem. My heart had become enlarged. I commented that a lot of people had said I have a big heart. The doctor wasn't impressed with my levity. Treatment would be expensive and thanks to a lot of my greedy ex- students, who didn't care treatment was not possible. So here I was again faced with a dilemma.

What to do? Well I can tell you I had no problem this time. I just went straight to the Lord, Almighty God, Prayed for His intervention and healing, then waited in faithfulness on His Timing. About a year later in another place at another time I was getting my annual physical check up, when low

and behold, surprise! the ex-ray showed my heart back to normal. Medically impossible? What do you think? I'll go for the Lord's mercy on this one also. God is so Good! I have been diagnosed as having Angina pectoris, which if you know your medical lingo, is a fatal disease characterized by paroxysms of intense pain and a feeling of constriction in the chest. I have used the nitroglycerin pill, and the nasty stickum on patches. To tell the truth I was more afraid of someone punching me in the chest and blowing us and everyone around the block to kingdom come. Ha! just kidding.

I was 49 years old back then. Are you getting the picture yet? If not let me accentuate. In 1974 I was given only 5 years to live. In 1985 It was down to Angina pectoris. Then in 1986 it was an enlarged heart, later in 1987 my heart was diagnosed as normal. Now if that ain't God, there is no truth, but I am telling the truth, which can be proven by existing medical records. Check it out yourself. Yes I have been diagnosed as being totally and permanently disabled, but I'm not dead. Now in my opinion, That's a great deal. I would rather feel the pain in my legs and feet, than to not have any legs and feet at all. Besides if I have to go I would much rather go by heart attack, than Cancer. Dear God, let me live to go up with You in the RAPTURE.

I have no complaints, should have been dead years ago, but here I am by the grace of God I am actually working harder and longer hours since I retired than I ever did before. But now I'm working for Jesus Christ, and That's the big difference. My boss is Great. I'm on His time, and in His time. Friends the things we look for in all the wrong places, are usually the wrong

things in the first place. I know it may sound like I'm preaching here but I am just telling it like it is, like it or not, the truth is the truth. And the Truth will set you free. For example in 1979 before I entered graduate school at North Western State University, the night I retired from a small syndicate job as chief of security, (I was a bouncer in two night clubs.) Sounds important doesn't it? Ha!. Anyway at my going away party I had a run in with drunken brawler. These two fellows were arguing outside the club and I went out to keep the peace. No one was hitting anybody so I just told them to behave, and I returned inside.

Then one of the fellows slipped and fell on the steps of the entrance, scraping the side of his face badly. He was so drunk he didn't even feel the pain. It wasn't until he arrived at his home and saw himself in the mirror. His wife asked him what happened and he thought that I had hit him. The next thing I knew he had driven all the way back to the club. I was still talking to the other fellow when I was hit from behind. Well almost from behind, actually I turned to ask what he was doing back and he caught me with a good left hook. The punch didn't hurt, but embarrassed me and hurt my pride. Imagine ME getting hit with a sucker punch, how humiliating. I looked at him in astonishment, and disbelief, and the knuckle head tried to hit me again with his right hand.

I wasn't having none of that however, and I blocked his punch with my left arm, caught him coming in and threw him with ippon seionage. This Judo technique works great in most situations, but in this case I happened to be standing on a 4 foot porch, and as I stepped in and around, lifting him up and over my shoulder, guess what? Yep! you got it. Being intoxicated

myself my balance was off just a tiny bit, and my right, or was it my left? well anyway my foot stepped right into empty space. Consequently, I fell head first into a freshly pruned bush, with a 175 pound man crashing down on my back and neck. It was a miracle that my neck wasn't broken. Not to mention the fact that the bush was like falling face first into a Punjab pit. My face looked like I had been shot with a shotgun. At the hospital emergency room the doctor thought I had been shot, they were looking for pellets. Ha ! I sure was a mess. I had lost my second fist fight in 40 years to a " bush." ! How do I explain that on my record? So what do you call this experience? Luck? No way.

It was without doubt, in my mind, another incident were God covered my silly bo-hind. That same month I was experimenting with a new technique I had developed to make sure it worked in real life. A full nelson hold from behind, and the throw went sour. I told my assistant not to let go, which tilted the premises in favor of the attacker instead of keeping it neutral. I threw, he obeyed my last command and held on instead of acting naturally and letting go to break his fall like I expected him to react, and my neck went boom! A damaged 5th & 6th vertebrae, which later became a herniated disk, with spines, ouch! talk about pain. But that was nothing compared to what Jesus Christ suffered for me, on that cross. You just have to do what you have to do. If, you survive, you live with it. The pain is never more than we can endure. God will give us relief, or a cure.

So, with all this Stuff dumped on me by myself, what did I have as diagnosed by the psychiatrist? Generalized Anxiety Disorder with re-current anxiety attacks. Also Dsythymic disorder, and Intermittent explosive

Impulse Control Disorder. Add to this all the other stuff and you have one crazy mixed-up individual. But God can use all things for good.

The faithfulness of God our Father is "Tri-multi Mega" factual. One need not just rely on blind faith, as some skeptics call it. One need only to have eyes to see, and ears to hear, the truth is here. The Truth is there, everywhere, right in front of us, all around us, all over us, and inside of us, if we allow it. The things that I personally experienced in my life when I became "Born Again" are multifaceted. How much faith must I have when all I believe in, has been shown true by my God through Jesus Christ?. Faith is said to be a belief in something un-seen, a belief that does not rest on logical proof or material evidence.

However in my case, There is so much evidence of proof, that the Holy Bible is true, and word for word, the infallible Word of God Himself. So what I believe is a proven fact! not just faith. I have experienced first hand so many signs and wonders or miracles that it's a fact jack! Allow me, if you will, to elaborate by listing just a few things God has done in my life, through His Son Jesus Christ and the Holy Spirit."

MARTIAL ARTS STYLES

This month we look at Shaolin Chin Na. It is also known as the Seizing Art of Kung Fu.

This art comes from the Chinese words *chin* (seize) and *na* (control). Chin Na relies primarily on grasping, pressing and twisting sensitive parts of an attacker's body. Those parts include joints, nerves and muscles. The aim is to stop an attack and control an opponent without doing serious injury to them.

Chin Na has four aspects: Fen Gin (dividing the muscle), Tsuoh Guu (misplacing the bone), Bih Chi or Duann Mie (sealing the breath or vein), and Tien Hsueh (cavity press). Many martial systems include Fen Gin and Tsuoh Guu as fundamentals. You'll find similar defenses in Jujutsu, Aikido and Hapkido. Chin Na defenders control an opponent by attacking joints and muscles. A basic tenet of Chin Na is "grasp and twist." Bih Chi and Duann Mie are more advanced. They include cutting off an opponent's oxygen supply to the brain or lung. Tien Hsueh involves the use of internal power or external penetration to specific nerve points in the human body known as "cavities." It can lead to temporary or permanent paralysis, loss of consciousness, and even death. The location of many cavities are kept secret within Kung Fu styles. Some martial arts refer to Tien Hsueh by the name Dim Mak. It is not our intent to share martial techniques which could permanently injure or kill an opponent, so we will not deal with Bih Chi, Duann Mie or Tien Hsueh in this article.

We will look at dividing the muscle and misplacing the bone. Tsuoh Guu involves placing stress on an opponent's joints. This leads to an "unhinging" of the joints. Whether the unhinging is an unnatural twisting or a total dislocation of a joint depends on how hard and how far the Chin Na defender twists. The defender can use Tsuoh Guu to control an attacker through pain to the joint or by stopping the joint from functioning. That usually means a breaking or dislocating of the joint. The primary joints for Tsuoh Guu are the jaw, hip, elbow, wrist, finger, waist, knee and ankle.

Fen Gin involves grasping, twisting and pressing a muscle. Doing this will cause an attacker to lose the ability to function with that muscle temporarily. The Chin Na defense will stop or at least hinder the attack. When a Chin Na defender attacks a muscle by grasping, twisting and pressing, the limb the muscle was moving is forced into an unnatural position along with the muscle. The injury to nerves and the overextension of the muscle lead to pain and temporary paralysis. Examples of limbs affected are arms and legs.

A Chin Na defender works with seven sensitive zones in the body. They are leg, waist, chest, arm, hand, shoulder and neck. Each of the seven zones have multiple attack locations. For example, a Chin Na defender can grasp, twist or press at several main points on an attacker's hand, including between the thumb and forefinger, nerves alongside each finger and several nerves on the back of the hand.

Chin Na has its own type of training. It includes fundamental stances (like horse and mountain climbing), basic hand forms (like tiger, dragon and eagle claw), and basic hand strikes (like stiff fingers, pointed fist and one knuckle). Chin Na defenders train to build strength in their hands, fingers and wrists. They catch heavy objects in midair. They do pushups with their fingers. They grasp air vigorously hundreds of times. They also build up their wrists, arms and shoulders through a variety of one-person and two-person exercises. The idea is to increase their ability to quickly grasp, twist and press an attacker's joints or muscles.

The goal of Chin Na technique is to do it by feel rather than by sight. Feel is quicker and more sure than sight. It helps to practice with people of different sizes so the "sensing" of the technique is fast and smooth. Basic techniques include grasping, twisting and pressing of fingers, wrists, forearms, elbows, shoulders and knees into unnatural and painful positions. The Chin Na defender can control the attacker through ever increasing pressure on the joint or muscle or by releasing them after applying the submission hold. A compassionate way of dealing with people will guide us in making the best decision in each case.

GMAF NEWSLETTER

OCTOBER 1999

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

THOUGHTS FROM THE MASTER

“Suffer little children, and forbid them not, to come to me: for of such is the kingdom of heaven.”

Jesus Christ

“But continue thou in the things which thou hast learned, and hast been assured of, knowing of whom thou hast learned them; and that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith, which is in Christ Jesus.”

The Apostle Paul

MASTER NOTES

We are pleased to bring you the final installment of the testimony of Dr. Karl Marx, Grand Master of Keichu-Do Karate of Santa Maria, California. [Dr. Marx passed into the presence of the Lord he loved so much in 2013]

“I wish I had the ability to express how much God has proven His love for me. I want every one on this earth to know and understand that Jesus Christ gave His physical life up to save our eternal lives. God’s love for us is so tremendous that if we only understood, we could love Him back in return. Not as much as He does for us, but at least a million times more than we do now. How would you feel if the most beautiful girl, or if you’re a girl, the most handsome man in the universe was madly in love with you but you didn’t know it. Let’s say for example that you won the lottery of 10 million dollars and no one ever told you until you were 7 seconds from death. Would you not be disappointed? Well, missing out on the Blessings God wants to give you just because you refuse to accept Jesus Christ as your Savior is going to be a much larger disappointment.

Losing being in Heaven is a lot more costly than not receiving ten million dollars. Not knowing how much Christ Loves you is a much greater loss than never having the love of the most beautiful man or woman on earth. Words may never be enough to really explain or express how necessary the love of Christ is to all of us. Without food one might live a month or two, without water we might live a week or so. In both cases doing without something causes death. But please allow me to point out to you

that doing without Jesus Christ causes you to Live throughout eternity in pain and anguish. Christ is like the air we breath. We can use artificial support systems, but in the end we all die without air to breathe. Jesus Christ IS THE BREATHING LIFE SUPPORT of all creation.

Without Him You die the death of the “trillion plus deaths, ” for all eternity (forever and ever), eons and all that cosmic mumbo jumbo certain Religious Cults teach. It’s All the Time, Baby, never stopping, on and on, dude. Do you know how long forever and ever is? Well, think about it. Do YOU want to spend All that Time alone, in the Dark, and in pain you can’t even imagine how much it hurts? You will hurt in places you never even knew you had places. Don’t push it, buddy! The cost is too high. But let’s talk about something nicer. You don’t have to take my word for it. Try it yourself. The Lord has told us to just knock, and the door will be opened for us. Christ will come to us and eat dinner at our house. Wow! Talk about a house guest.

When you’re sick to the point of dying, in fact you might be dying, what do you want? Who do you call? Not Ghost Busters, that’s for sure. Most people call 9-1-1. They want medical assistance right away. If you were a victim of a crime, you would call the police. In both cases usually the first words out of our mouth is, ‘Oh God’! or ‘Sweet Jesus’! Sometimes it’s ‘God help me’. We are always calling on God to help us even before calling anyone else. Why is this? A lot of people who are not even Christians call on God to help them. What do they expect? I do not understand why they call on the Father if they are not His children?. God

is there for all of us, but we must first come to Him for forgiveness for our sins.

What is the deal? I am amazed that every one on earth is not a Christ Loving Christian. Man, if someone saved my life, I would spend the rest of my life in debt to him. We owe Him the respect due Him for His sacrifice for us. Yet He did it for no charge. He paid our debt for us with His life, with His Blood. And the way some people treat Him is sad. They stupidly call His name when they are angry and cursing. That's like saying bad about someone's mother. When I hear some bumble brain take the Lord's name in vain I just add a prayer to it. Some guy might swear using a lot of curse words, and somewhere in there he'll say " Jesus Christ " and I'll add " have mercy on us".

Sometimes the cursing fellow will apologize, and it gives me a chance to speak to him about what Christ means to me.

I tell people that the name of Jesus Christ is sacred to me. I explain that His Name is Holy and that it hurts me when someone uses His Name or God's name in a cursing manner. I let them know that it is the same as if someone said something bad about their mother, or her honor. I do not threaten to beat them to a pulp. I just explain how it affects me. I admit to them that sometimes I become angry. I am a sinner, no better than anyone else, but God isn't finished working all the kinks out of me yet. Thank God. I do admit to my weakness and that sometimes I lose control of my very bad temper. That is usually enough of a hint for most

intelligent men. There is an old saying about me that is kind of funny. "Don't make Soke Mad" is still good advice.

April 10th is a day I shall not soon forget. Did you ever have one of those days where EVERYTHING went wrong? On April 6th I had a prostate biopsy to check to see if there was a cancer. I think the doctor must have rotor rooted too high and punched a hole in my lung and up into my brain. First, I get lost driving to another town nearby to buy some vitamins, namely Saw Palmetto, Zinc, and other prostate-helping supplements. Missing my turn off the freeway, I had a neat scenic drive about 70 miles out of my way. I have been fighting a really tough cold or the flu for a month and today I had to see my doctor, and found out I have pneumonia. Just great huh? But through it all I know my Lord is with me and good will come from it in the end. If I should last that long, ha! You see that is the real point of all this stuff I am writing about. No matter how hard times are or how bad things appear at any given moment, God is ALWAYS there with you, to pull you out if you need Him. But hey! be realistic. If you want that kind of insurance, the cost is High. But the price has already been paid for by Jesus Christ who has paid the premium. All you have to do is believe in Him, and give your life to God and accept Christ as your Savior. Ask God to forgive your sins, accept Christ, and obey.

This would be a good place to stop, but I'm not going to. I do not think my point is clear yet. If I could just make you all understand that there IS A Living, Loving, Giving, Gracious, Father God who cares about you and me. We, none of us, ever did anything in our lives nor could we ever Do

anything of ourselves to earn His love and mercy. No one can ever DO anything themselves to earn Salvation. Except by FAITH can we BELIEVE. No one can really Intellectually accept what the Holy Bible teaches. Faith is believing in something unseen. Just because something appears unrealistic, or even impossible, doesn't mean it is not true. The biggest problem I see with most humans is that we think if we don't agree with a view then it's wrong. Just because You do not believe there is No other way to heaven except through Jesus Christ, doesn't mean that this FACT is incorrect. It just means that YOU refuse to believe the TRUTH. What is true for me is true for you, there is only ONE TRUTH. " JESUS CHRIST IS ". That's Truth. Read it yourself. He said it Himself " I am the Way, the Truth, and the Life. No one comes to the Father except through ME. " You can find that in the Bible, just read John 14:6.

Some individuals say "WHAT'S true for you may not be true for me". Sorry Charlie. Truth is truth. That excuse opens to many doors for crime.

Well, it's true that stealing is unlawful, but since he stole me from it's OK for me to steal something from him. Is that a truth? He committed adultery on me so I can do the same. " If it's good for the goose, it's good for the gander". That kind of rationalization gave Adolph Hitler an attitude about the Jewish people that was felt around the World. Genghis Khan, Fidel Castro, Julius Caesar, Benito Mussolini, Lenin, and many others had that kind of rationalization attitude. They ALL felt justified in their actions. Millions of people were killed, and millions more

are still being murdered in this so-called Christian Country we call the United States of America.

Abortion has killed an estimated 35 million children since the Roe vs. Wade so-called Supreme Court decision on January 22, 1973. There is only ONE REAL SUPREME COURT, and that one has as its Chief Justice ALMIGHTY GOD. I can assure you that the other guys will be judged themselves ... Nothing we do here on Earth will be swept under the rug, overlooked, or ignored. EVERYTHING! and I mean EVERYTHING! WILL BE ACCOUNTABLE! TO GOD. Christianity is like Martial Arts. You get out of it what you put in. No study or practice, and you lose in the race of life. Be real! cool is being Christlike. You want to be a tough guy? then try being a real Christian. That is a tough row to hoe. God wants YOU! Real men know how to love in the way Christ loved us.”

We thank Soke Marx for allowing us to reprint his personal testimony for GMAF. We thank God for saving Dr. Marx and using him to share the Love of Jesus Christ across the nation and around the world.

GMAF NEWSLETTER

NOVEMBER 1999

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

THOUGHTS FROM THE MASTER

“To this end was I born, and for this cause came I into the world, that I should bear witness unto the truth. Every one that is of the truth heareth my voice.”

Jesus Christ

“For this is good and acceptable in the sight of God our Saviour; Who will have all men to be saved, and to come unto the knowledge of the truth.”

The Apostle Paul

MASTER NOTES

Here is a special message from Grand Master Robert Xavier of Confident Kid Martial Arts Evangelism.

Exchanging Self-Confidence for God-Confidence

“This past year has been more than challenging to the youth of our nation. The incident in the Columbine High School in Colorado left people across the nation stunned and grasping for solutions, answers and remedies. Families are asking, “How do we FIGHT?”

Confident Kid Martial Arts Evangelism has been an extremely effective tool to assist both the non-churched and the churched young person to recognize his/her need for God-confidence. The activities stimulate positive Christian peer pressure and help young people to acquire and maintain a heightened personal relationship with the Lord Jesus Christ. From years past, when I served as a Fourth World Missionary in Key West, Florida, a few of the young people who I involved in Martial Arts Evangelism became very serious about the Lord. Some now are third and fourth-term missionaries and pastors. One is a Greek professor at the Greater Grace Bible College in Baltimore, Maryland.

Unless or until a young person recognizes his/her need to exchange self-centered confidence for God-centered confidence, he/she always will be trapped in striving for love, acceptance and forgiveness, rather than living freed from the performance and approval trap. Christ said, “I

am the way, the truth, and the life.” ” You shall know the truth and the truth shall set you free.” “If Christ sets you free, you are free indeed.” The Lord Jesus Christ set us free from trying to be self-confident. He freed us from performing for approval and acceptance. He freed us from all of the condemnation and guilt that self-confidence and sin-addiction produce. Self-confidence teachings are the emphasis of the secular humanist. These teachings have been accepted by too many of our church leaders and undermine the finished work of the Gospel of Christ.

We, who have received the truth of God’s unconditional love, acceptance and forgiveness, have been given God-confidence by the Son of God. It is a process for most Christians to recognize that it is God who is working in and through them to will and to do of his good pleasure. The self-confidence trap will lead to the performance trap, which leads to a multitude of sin- addictions, bondage and depression. The Christian youth of our nation who know the Grace Message need us to join together and boldly proclaim our God-confidence. Please, continue to pray for our Fourth World, cross- cultural ministry of reaching a few kids, who will reach their unreached friends with the Gospel of the Grace of God’s finished work on the Cross of Calvary. Thanks!

(Grand Master Xavier is also a co-founder of Grace Martial Arts Fellowship.)

Starting A Martial Arts Ministry

This note from Pastor David Havard is in response to a question from a GMAF member. David pastors a Grace Church in Wisconsin and is a professor at the Berean Bible Institute. He is a 4th Dan and a co-founder of GMAF. Pastor Havard has been involved in Christian Martial Arts ministries for almost 20 years.

“We started our classes with prayer, then taught a “normal” class. The last 5-10 minutes of class was spent teaching a short lesson about the gospel or Christian living using the martial arts as illustration material. Also, for each belt testing, students were required to memorize a Proverb about self control. Later, I developed a different curriculum that had physical (form, sparring, one-steps, etc), mental, (memorizing of form and character development concepts) and spiritual requirements (emphasizing spiritual and Biblical things that paralleled the mental theme such as self-control, integrity, honor, etc). Then they had assigned verses that they had to recite at their rank testing.

In over 5 years I had only a couple of complaints. As I recall, only one family left because of it. One complained, but when I explained my position they stayed. I said that they were free to leave, no hard feelings, but likewise, I was free to teach my “philosophy” just as other instructors were free to teach their pagan philosophy in their schools. Most parents liked it because while they and their kids are looking for answers, no one will step out and give definitive moral answers.

It was neat to see how God worked both in and outside of class. A few families joined the church who had been nominal Christians — one is now an elder and actively involved; a few other were saved, and more were just guided to live a better life.

I'll just conclude by saying that you should start your school as boldly as possible. When you start you have a clean slate and can make it as obvious or subtle as you want. Just remember that you are setting the precedent. It's hard to bring the gospel in later if you start without it. Some will feel ambushed and feel deceived. Be upfront about it from the beginning.

GMAF NEWSLETTER

DECEMBER 1999

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

THOUGHTS FROM THE MASTER

“If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water.”

Jesus Christ

“Christ also loved the church, and gave himself for it; That he might sanctify and cleanse it with the washing of water by the word, That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.”

The Apostle Paul

MASTER NOTES

Satan's lie is that "Your Worth = your performance plus others' opinions."

God's Truth is that "Your Worth = What God says about you."

Satan's lie is that "Those who fail are unworthy of love and deserve to be blamed and condemned." (Fear of punishment)

God's Truth is that "I am deeply loved by God." (Propitiation, 1 John 4:9-10)

Satan's lie is that "I must meet certain standards to feel good about myself. If I don't..." (Fear of failure)

God's Truth is that "I am completely forgiven and fully pleasing to God in Christ." (Justification, Romans 3:19-25)

Satan's lie is that "I must be approved (accepted) by certain others to feel good about myself. If I'm not approved..." (Fear of rejection)

God's Truth is that "I am totally accepted by God." (Reconciliation, Colossians 1:19-22)

Satan's lie is that "I am what I am; I cannot change; I am hopeless." (Fear of humiliation and shame)

God's Truth is that "I am absolutely complete in Christ." (Regeneration, 2 Corinthians 5:17 & 21)

“You are a unique, unrepeatable miracle of God with a spirit, that lives in a body, that has a soul.”

Grand Master Robert Xavier from “Confident Kid: Meeting the Challenge”

WISDOM NOTES

“Blessed is every one that feareth the Lord; that walketh in his ways.” (Psalm 128:1)

“A Satisfying Life” = Love God, Love Self, Love Family, Love Believers, Love Others.

CHRISTIANITY AND THE MARTIAL ARTS

We are hearing from many people about the issue of Christians being involved in the Martial Arts. Many Christians believe we should not mix the two. Below is one response to the question.

“God taught the people of Israel how to defend themselves against the warring countries around them. In fact, God taught Israel how to make war successfully. Thousands of words in the Old Testament are devoted to issues of war and success in self and national defense. The kind of war Israel waged under God’s Guidance and in His Strength is some of the most brutal warfare known to the world. Israel often wiped their opponents from the face of the earth. Many spiritual truths are hidden in the warfare of God’s people, but the point is that God taught them how

to fight and destroy their enemies. They learned how to defend themselves, their families, their nation and kings.

Christians have been warriors for centuries as they served their countries faithfully. My Christian father studied and practiced the art of war and helped keep America free for all people during World War II. Hundreds of thousands of Christian men and women fought and died for our freedom in World and regional wars in the past 200+ years. Christians were an integral part of using force to free our nation from the grips of a religious state in the 18th century. The great words of the fathers of our nation speak highly of the calling of God to defend one's country and the people in it.

Thousands of Christians today serve in the armed forces of scores of countries around the world. They are trained to fight with their hands and with weapons. We understand their need to use this training in time of war or national unrest.

Thousands of Christians are police officers, sheriff's deputies, security guards, federal agents, etc. They are trained in hand-to-hand combat and the use of weapons. They often have to use physical force to uphold the law of the land. We understand the need for public guardians and applaud them for their enforcement of the laws that protect us.

Hand-to-hand self defense is necessary in an evil world, even for people who are not soldiers or law enforcement officers. It might be called fisticuffs, boxing, wrestling, savate, karate, jujutsu, kung fu, or hundreds

of other names. A punch in the nose is a punch in the nose. It has no religion. It has no philosophy. It is a punch in the nose. My ability to block that punch before it strikes my nose and deal compassionately with the attacker is important to me and my family. My ability to teach others how to block a punch to the nose and deal compassionately with the attacker is important to those I teach. Many Christian lives are saved each year because of some training they had in defending themselves.

We do not question the religious views of a boxing instructor, wrestling coach, or drill sergeant in the US Army. What they believe about God has little meaning in the essence of training to box, wrestle or kill the enemy. They could exert some influence on students or soldiers who would listen to them, however, I know of no serious effort in the Christian community to keep boxing and wrestling out of AAU, high school and collegiate athletics, even though trainers could exert religious influence on their athletes. In fact, I know of many Christian organizations (i.e. Fellowship of Christian Athletes) that specifically minister within high schools and colleges for the purpose of using athletics, including martial arts, to evangelize. I know of little serious effort in the Christian community to do away with the US Army, even though religious influence is certainly a possibility.

I do not advocate violence of any kind. That is not the purpose of Martial Arts. In fact, it is quite the opposite. The purpose of Martial Arts is to “stop conflict.” If we can stop a confrontation from escalating into physical violence, we have succeeded in stopping conflict. If we can walk away from a situation before it becomes a fight, we have

succeeded in stopping conflict. The best thing that can happen to a martial artist is that no fight occurs. We will accomplish much in our lives if we stop conflicts and never have to fight.

“Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord.” (Psalm 27:14)

BUILDING BODY, MIND AND SPIRIT

I recently asked two medical doctors their best advice to people to be healthy and physically fit. Both said: “Eat less and move more.” Simple, but profound advice! The people of America are getting heavier every year. The average weight of Americans has gone up steadily since 1970 while the average physical movement of Americans has gone down during that same time. We are becoming a nation of the “unhealthy and unfit.” We hear every day about people dying in their 30s, 40s and 50s from complications associated with poor diet and lack of exercise. What do we do about it?

Most martial arts have this in common: good diet and excellent movement. Our martial art training includes a strong regimen of eating, exercising and resting well. “Balance” is the key in all we do. One ancient medical document states: “with movement there is no decay.” Martial artists excel in movement. Martial arts instructors have a great gift for the people of the United States and other nations of the world. That gift is physical health: A Strong Body. Martial artists have strong and positive mental attitudes about themselves and others: A Strong Mind. Christian Martial Arts instructors have an even greater gift of spiritual health: A Strong Spirit. We can use

knowledge of the martial arts and God's Word to help our students build strong bodies, strong minds and strong spirits.

WHY JESUS IS BETTER THAN SANTA CLAUS

Santa lives at the North Pole ... JESUS is everywhere.

Santa rides in a sleigh ... JESUS rides on the wind and walks on the water.

Santa comes but once a year ... JESUS is an ever present help.

Santa fills your stockings with goodies ... JESUS supplies all your needs.

Santa comes down your chimney uninvited ... JESUS stands at your door and knocks, and then enters your heart when invited.

You have to wait in line to see Santa ... JESUS is as close as the mention of His name.

Santa lets you sit on his lap ... JESUS lets you rest in His arms.

Santa doesn't know your name, all he can say is "Hi little boy or girl, what's your name?" ... JESUS knew our name before we did. Not only does He know our name, He knows our address too. He knows our history and future and He even knows how many hairs are on our heads.

Santa has a belly like a bowl full of jelly ... JESUS has a heart full of love.

All Santa can offer is HO HO HO ... JESUS offers health, help and hope.

Santa says "You better not cry" ... JESUS says "Cast all your cares on me for I care for you."

Santa's little helpers make toys ... JESUS makes new life, mends wounded hearts, repairs broken homes and builds mansions.

Santa may make you chuckle but ... JESUS gives you joy that is your strength.

While Santa puts gifts under your tree ... JESUS became our gift and died on a tree.

It's obvious there is really no comparison. We need to remember WHO Christmas is all about. We need to put Christ back in CHRISTmas, Jesus is still the reason for the season.

Yes, Jesus is better, he is even better than Santa Claus. (Used by permission)

[Plus, Jesus exists and Santa doesn't!]

Taking God's Grace to the World!

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