

MY LIFE IN "THE WAY"

by

Gaylene Goodroad

From the
Broad
Way
of the East



To the
Narrow
Way
In Christ



RENOUNCING “THE WAY” OF THE EAST

“At the time of my conversion, I had also dedicated over 13 years of my life to the martial arts. Through the literal sweat of my brow, I had achieved not one, but two coveted black belts, promoting that year to second degree—Sensei Nidan. I had studied under some internationally recognized karate masters, and had accumulated a room full of trophies while Steve was stationed on the island of Oahu.

“I had unwittingly become a teacher of Far Eastern mysticism, which is the source of all karate—despite the American claim to the contrary. I studied well and had been a follower of karate-do: “*the way of the empty hand*”. I had also taught others the way of karate, including a group of marines stationed at Pearl Harbor. I had led them and others along the same stray path of “*spiritual enlightenment,*” a destiny devoid of Christ.”



~ *Paper Hearts*, Author’s Testimony, pg. 13

AUTHOR’S NOTE:

In 1992, I renounced both of my black belts, after discovering the sobering truth about my chosen vocation in light of my Christian faith. For the years since, I have grieved over the fact that I was a teacher of “the Way” to many dear souls—including children. Although I can never undo that grievous error, my prayer is that some may heed what I have written here.

What you are about to read is a sobering examination of the martial arts—based on years of hands-on experience and training in karate-do—and an earnest study of the Scriptures. May the reader carefully weigh the evidence that is presented in this booklet.

*“For You have abandoned Your people, the house of Jacob,
Because they are filled with influences from the east,
And they are soothsayers like the Philistines, and they strike bargains with the children of
foreigners (Isa. 2:6).”* [emphasis added]

WHICH “WAY”?

In this day of universality and religious pluralism, this question might seem irrelevant or even intolerant, but not according to the God of the Bible. Where are we headed as humans? Do all paths really lead to the same destination? Who knows the truth? One day while flipping through the New Testament, I came upon a profound, declarative statement of Jesus Christ:

*“...I am **the way**, and the truth, and the life; no one comes to the Father, but through Me (John 14:6).”* [emphasis added]

Notice the definite article (*the*) placed in front of the word *way*. His way is THE exclusive way—His way is the ONLY way to God. He leaves no room for alternative paths. His is a statement of fact.

The impact of that one verse changed the course of my life forever.

In the following pages, I will demonstrate from the cited martial arts sources themselves that the *Martial Arts* not only deviates from the *True Way*, but seductively entices practitioners to travel upon the broad way leading to death. May the reader carefully consider the facts given.

KARATE-DO = “WAY OF THE EMPTY HAND”

The Japanese kanji, a system of writing which uses Chinese characters, is layered with history and meaning. The word *karate-do*, used synonymously for the martial arts today, is made up of three such characters literally translated: *“the way of the empty hand.”*¹

KARA = “empty”



TE = “hand”



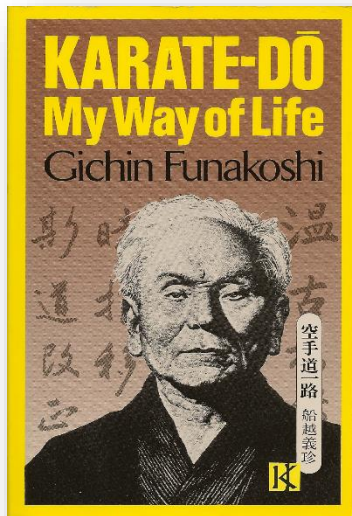
DO = “way”



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Gichin Funakoshi, the father of modern-day karate, admitted the religious (spiritual) path of his lifelong martial discipline in his classic autobiography —*Karate-Do: My Way of Life*. Without question, Funakoshi has had a mammoth influence on the martial arts worldwide.

FATHER OF KARATE-DO: ‘KARA’ = MONISTIC VIEW of “EMPTY”



Kodansha Int'l 1975

*“By that time I had been practicing
Karate for some years,
and **as I became more familiar
with the art I became more
conscious of its spiritual nature...**”*
~ *Karate-Do*, pg. 86

[emphasis added]

Gichin Funakoshi (1868-1957)

Originally, the first ideogram of the word *karate-do*, *kara*, simply meant “Chinese”. Instrumental to its evolving definition was Funakoshi, who changed its meaning to the Buddhist notion of “empty” in 1936:

“That kara means ‘empty’ is definitely the more appropriate [than ‘Chinese’]...it symbolized the obvious fact that this art of self-defense makes no use of weapons...[and that students] aim not only toward perfecting their chosen art but also toward **emptying heart and mind** of all earthly desire and vanity. Reading Buddhist scriptures, we come across such statements as ‘Shiki-soku-ze-ku’ and ‘Ku-soku-zeshiki,’ which literally mean, **‘matter is void’ and ‘all is vanity.’** The character ku, which appears in both admonitions and may also be pronounced kara, is in itself truth. Thus, although the martial arts are many and include such diverse forms...**the ultimate objective of all of them is the same as that of karate. Believing with the Buddhists that it is emptiness, the void, that lies at the heart of all matter and indeed of all creation,** I have steadfastly persisted in the use of that particular character in my naming of the martial art to which I have given my life.² [emphasis added]

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This teaching and philosophy directly conflicts with the Bible. The Buddhist definition of “empty” or “void” carries a monistic meaning that rejects the God of the Bible and says that all creation is “One”³—a New Age gospel.

MATTER IS NOT ‘EMPTY’ OR ‘VOID’ BUT *CREATED* BY A LIVING, ETERNAL & PERSONAL GOD WHO IS SEPARATE FROM THAT CREATION

*“In the beginning **God created** the heavens and the earth
(Gen. 1:1).”*

*“For thus says **the LORD, who created** the heavens (He is the God who formed the earth and made it, **He established it** and did not create it a waste place [in vain], but formed it to be inhabited), ‘I am the LORD, and there is none else (Isa. 45:18).”*

*“LORD, Thou hast been our dwelling place in all generations. Before the mountains were born, or **Thou didst give birth to the earth and the world**, even from everlasting to everlasting, Thou art God (Ps. 90:1-2).”*

Let’s further examine this *religious way*, using martial arts sources.

A Definition: “THE WAY” = SPIRITUAL ‘PATH’ (DO = TAO/DAO)

The Eastern religion and philosophy of Taoism—which forms the backbone of the martial arts—is a religious path based upon similar Buddhist tenets that negate a supreme, sovereign, and transcendent Creator God:

Taoism takes its name from the word "**Tao**" ("**the Way**"), the ancient Chinese name for the ordering principle that makes cosmic harmony possible. Not a transcendent ultimate, **the Tao is found in the world (especially through nature), and can be encountered directly through mystical experience.** It is the ultimate reality as well as the proper natural way of life humans must follow. Taoism prizes naturalness, non-action, and inwardness... **Religious Taoism** is magical, cultic, esoteric, and sectarian, and it emphasizes health and healing as ways to gain long life or even immortality. T'ai chi and the medical practice of Quigong are modern manifestations of Taoism.³ [bold added]

But, as we shall see, along with “T’ai chi” and “Quigong”, all forms of karate-do are “modern manifestations of Taoism”—“the Way” of the East.

“THE WAY” (DO) = TAO (YIN & YANG)



“Do ‘Way’. The spiritual path followed by adepts of a discipline, be it martial, religious or artistic. The concept of *Do* is an integral part of *Budo*...The purely Japanese word for the Sino-Japanese one is *Michi* (Chinese *Tao* or *Dao*), which means ‘path’.⁵ [emphasis added]



“**Dao**. A Chinese word, equivalent to **Do** (*Michi*, the ‘Way’) in Japanese. Also written *Tao*. It is the name given to the sign symbolizing the interaction of the *Yin* and the *Yang*...”⁶ [emphasis added]

In other words, the terms karate-**do** (the Way), Ying-Yang, or Tao (Dao) all mean the same thing: *a lifelong spiritual path taken by religious followers or adepts*. But, does this include *all* forms of martial arts?

To find out, let’s trace where and when this *religious path* originated.

THE ROOTS OF THE MARTIAL ARTS

There is no small debate over the birthplace of the martial arts, and even when experts agree, the details are often embellished with legend and myth. Most agree that the art of fighting began in ancient Babylon as depicted by sparring scenes carved on archeological finds.⁷ Karate instructors most often give the human credit for its genesis to an eccentric 6th century Buddhist warrior-monk from India who was a master in the art of Dhyana, or Zen (meditation). Bodhidharma (Daruma in Japanese) was

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proficient in the combat art of Kalaripayat, part of the Astanga Yoga “Eightfold Path of Discipline”, which he later taught to the Chinese monks.⁸



BODHIDHARMA (DARUMA): Forefather of the Martial Arts

- ☪ An Indian prince who gave up all he owned in search of enlightenment (satori); 28th Patriarch of the original Buddha (Gutamma).
- ☪ Meditated with his face to a wall for 9 years while listening to the ants scream.
- ☪ After reaching enlightenment, went north to Hunan district of China to the Shaolin Temple (502 AD); taught breathing techniques of Yoga; became known as the 18 Hands of Lohan (system of breathing & exercising); later developed into formalized system of temple boxing & self-defense known as Kung Fu.”
~ Author’s Notes (for Black Belt exam)

These yogic disciplines were designed by Bodhidharma to facilitate Eastern meditation...and spiritual enlightenment:



Grandmaster Nishiyama & Author in 1991

“...The renowned Indian Buddhist monk Daruma Taishi journeyed overland from India to China to instruct the Liang-dynasty monarch on the tenets of Buddhism...he explained to them that, although the aim of Buddhism is the salvation of the soul, the body and soul are inseparable and in their **weakened physical state they could never perform the ascetic practices necessary for the attainment of true enlightenment.** To remedy the situation he began to teach them a system of physical and mental discipline embodied in the I-chin sutra [Chinese book of divination]...”⁹

~ Hidetaka Nishiyama, Grandmaster, Japan Karate Association Deshi (Student) of Gichin Funakoshi

KARATE IMMIGRATES WEST

Once Gichin Funakoshi founded, established and perfected the art of karate-do in Okinawa—then in Japan in the 1920s and 1930s—it proliferated abroad:

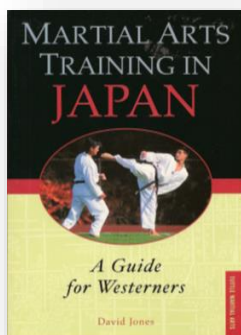
“Although empty-handed fighting arts first came to the United States with Chinese immigrants in the mid-1800s, returning U.S. servicemen and immigrating Asian instructors actually introduced them to mainstream America in the 1940s and 1950s. After that the acculturation was so fast that by 1953 the U.S. government was inviting leading Japanese martial artists to give demonstrations and seminars...In such a receptive environment, it only took a few dozen years for martial arts schools to begin appearing in all the major cities.”¹⁰

LOOKING FOR GOD WITHIN

As the ancient fighting arts spread across the globe, so did the Eastern spirituality at its core:

“Furthermore, as faith in an outside, creator God, Bible-based meaning and morality, and the anchor to objective truth diminished, **the search for stability and meaning kept shifting inward**. The mid 1950s and early 1960s provided many swelling streams to fill this vacuum. Western religions and their occult practices, the experience-oriented psychedelic drug movement, and self-centered humanistic and New Age psychotherapies all arose, eventually merging into what has become the greatest revival of occult mysticism the world has ever seen—known as the New Age movement. **With its mystical, primarily Taoist and Zen Buddhist foundations, the martial arts movement fits right into—and is helping to expand—this rising tide.**”¹¹ [emphasis added]

KARATE: A MIX OF FAR EAST RELIGIONS & CULTURES



Tuttle Publishing 2001

“...But, as Hanada Shihan suggests, these are not the important points to stress when considering the origin of karatedo. Read the Bodhidharma tale this way: **karatedo** was created from an ancient system of mind/body/spirit coordination that has taken its specific form from the cultures in which it has traveled, **being influenced along the way by Indian yoga, Chinese Taoism, Ch’an [Zen] Buddhism, and kempo; and Okinawan and Japanese martial arts, philosophy, and culture.** Linear history is an impossible ideal.”¹²

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David Jones, professor of cultural anthropology, Fulbright scholar, and instructor in aikido, karate-do, and t'ai chi ch'uan, comments on this inward religious path that he refers to as “a vehicle”. Jones holds multiple black belts in various disciplines and is author of the book, *Martial Arts Training in Japan, A Guide for Westerners*:

“The name for martial arts in Japan is *budo*, literally “military way,” ...the second character [Chinese ideogram], *do*, depicts an image of a sailboat carrying its passenger to his or her final destination. It suggests a method of self-cultivation; **a way or path**, or **a vehicle** that takes you where you want to go.”¹³ [emphasis added]

Fellow martial artist and author Joe Hyams concurs with Jones. Hyams studied under such notable karate masters as Ed Parker and the late Bruce Lee. He recorded his journey in *Zen in the Martial Arts*:

“...it was not my intention when I started studying karate in 1952 to become involved with Zen or any other spiritual discipline...Only after several years of training did I come to realize that **the deepest purpose of the martial arts is to serve as a vehicle for personal spiritual development.**”¹⁴ [emphasis added]

Hyam’s realization of karate’s “deepest purpose” also harmonizes with that of Funakoshi. What then, is the destination of this *vehicle-path*? Dr. Jones explains:

“The basic techniques of karatedo are much more than collections of a style’s fundamental physical techniques. **Each technique offers an experience of our common fate: birth, death, remanifestation**...Kata [fixed form] leads one to focus on the **life vehicles** we use to get us where we are going...It is about going and returning, and being stronger on your return. It carries a similar purport to one of the major scriptures of Zen Buddhism, the Prajna Paramita Sutra, which talks of going and returning. The character for ‘Way’ (Japanese: *do*) is based on an image of a sailboat, **a vehicle that carries one ‘over’ and then returns**...”¹⁵ [emphasis added]

“To the outsider, karatedo looks like a method of fighting, full of kicking, punching, and violent shouts, but **in truth it is a physical embodiment of a message of peace and the heroic acceptance of our common destiny.**”¹⁶ [emphasis added]

~ David Jones, pg. 13

“THE WAY” AND REINCARNATION

Hence, the common fate of the East (the Way) is *remanifestation*—or *reincarnation*, a teaching totally foreign to the Bible—and in denial of the true Gospel of Jesus Christ.

MEN DO NOT ‘REMANIFEST’, THEY DIE ONCE BEFORE GOING TO HEAVEN...OR HELL

*“...But now once at the consummation of the ages He [Christ] has been manifested to put away sin by the sacrifice of Himself. And inasmuch as **it is appointed for men to die once and after this comes judgment**, so Christ also, having been offered once to bear the sins of many, shall appear a second time for salvation... (Heb. 9:26-28).”*

[emphasis added]

“THE WAY”

This leads us back to where we began with Japanese kanji (ideogram) depicting the deeper meanings of the martial arts. In summary, the suffix for “Way” (Do) represents a sailboat, or vehicle, that leads inward...and away from the biblical teaching of salvation. Mr. Hyams elaborates:

“...Soon other martial arts were given the ending – **do**, which means **“the way,”** or more fully, **“the way** to enlightenment, self-realization, and understanding.”¹⁷

[emphasis added]

Note this “do” ending (denoting a “spiritual path”) in some of the most popular martial arts practiced today:

- ☸ Karate-Do = “the way of the empty hand”
- ☸ Judo = “the way of gentleness”
- ☸ Aikido = “the way of harmony (union)” (Morihei Ueshiba)
- ☸ Kendo = “the way of the sword”
- ☸ Tae Kwon Do = “the way of the foot (kick), & fist (punch)”
- ☸ Kyudo = “the way of archery (the bow)”
- ☸ Bushido = “the way of the warrior”
- ☸ Budo = “the way of war (combat)”¹⁸
- ☸ Jeet Kune Do = “the way of the intercepting fist” (Bruce Lee)
- ☸ Tang Soo Do = “the way of Chinese hands”
- ☸ Hwarang-Do = “the way of the flowering manhood”¹⁹
- ☸ Chun Kuk Do = “universal way” (Chuck Norris)²⁰ [emphasis added]

“THE WAY”: LEADS TO SELF-AWAKENING

Ultimately, martial arts training conditions adepts to believe the lie of Genesis Chapter 3: “You will be *like God*...” Self-awakening is the understanding that one is divine. Here is an official definition:

“...It is **the Do, the Way**, which leads to the ‘light’, to the awakening of the self to its own true nature; a nature identical to that of the universe. **The Way**, therefore, is a constant search for self-perfection, implying the practice of numerous virtues, which must lead the individual to perfect union (*Ai*) with himself and his environment.”²¹
[emphasis added]

MAN CANNOT PERFECT HIMSELF APART FROM CHRIST—THE LIGHT

“And all our righteous deeds are like a filthy garment... (Isa. 64:6).”

“There is none righteous, not even one (Rom. 3:10).”

“For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so; and those who are in the flesh cannot please God (Rom. 8:6-8).”

“Again therefore Jesus spoke to them, saying, ‘I am the light of the world; he who follows Me shall not walk in darkness, but shall have the light of life (Jn. 8:12).”

AIKIDO = “THE WAY OF PEACE”

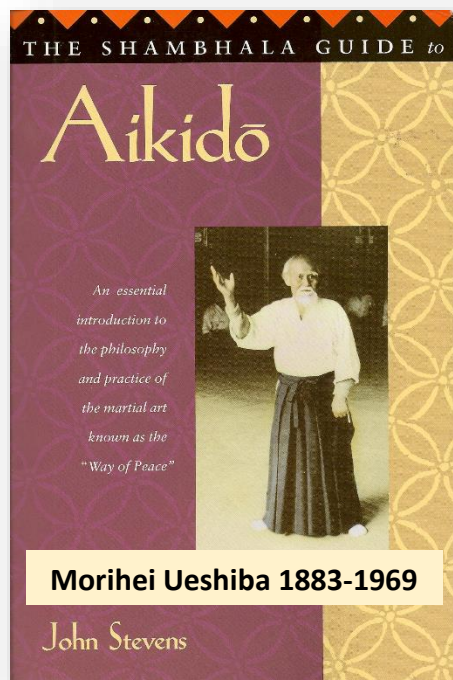
At this point, we will examine one of the many disciplines within the martial arts. Aikido is a soft, graceful form of karate that is recognized by its flowing, circular movements. Its name means “*way of peace*.” Its founder, Morihei Ueshiba, defines this peace—one at total odds with Scripture:

“...Do not think that the divine exists high above us in heaven. The divine is right here, within and around us. The purpose of Aikido is to remind us that we are always in a state of grace [peace].”²² [emphasis added]

AIKIDO GRANDMASTER TAUGHT BY GRAND SHAMAN

Morihei Ueshiba, incorporated the Eastern philosophies, techniques, and beliefs of a grand shaman into his life's work. At the age of 42, Ueshiba claimed a special, mystical union with the divine following a transforming moment when he was enveloped by a golden light. Witnesses attest that at times he manifested superhuman, even miraculous power. It is recorded that he fell ten men at once with a single shout and survived not one, but two firing squads by dodging bullets. He was also clairvoyant. These experiences cemented his belief and teaching that man is divine²³:

"We can no longer totally rely on the external teachings of Buddha, Confucius, or Christ. The era of organized religion controlling every aspect of life is over. No single religion has all the answers. **Each one of us is inherently a god or goddess.** Cooperate with all the myriad deities of this world, and fulfill your duty as a messenger of the divine."²⁴
[emphasis added]



Shambhala Pub. 1996

"... Morihei's quest was always primarily spiritual rather than martial... Instead of heading directly back to Tanabe [after hearing of his father's grave illness], Morihei, for some reason, detoured to Ayabe, headquarters of the *Omoto-kyo sect.

There he encountered the grand shaman Onisaburo Deguchi (1871-1947), and Morihei's life took another dramatic turn. Morihei was enthralled by the cosmic theology espoused by Onisaburo, who **emphasized the innate divinity of each and every human being...** Morihei practiced Omoto-kyo meditation techniques, learned kototama chanting, and studied poetry and calligraphy..."²⁵

*(A caption under a photo of Morihei with Onisaburo Deguchi and a group of Omoto-kyo followers):

"... Onisaburo's eclectic esotericism—a heady mix of ancient Shinto, Taoism, Tantric Buddhism, and Western gnosticism—and his teaching that 'art equals religion' had a profound influence on the creation of Morihei's Aikido."²⁶ [emphasis added]

~ John Stevens, Aikido, pp. 7-9

MAN ‘AS DIVINE’ IS A LIE FROM SATAN; THE CREATOR FORBIDS IDOLATRY

“I [Lucifer] will ascend above the heights of the clouds; I will make myself like the Most High (Isa. 14:14).”

*“And the serpent [Satan] said to the woman, ‘You surely shall not die! For God knows that in the day you eat from it [the forbidden tree] your eyes will be opened, and **you will be like God**, knowing good and evil (Gen. 3:4-5).”*

*“**You shall have no other gods before Me...you shall not worship them or serve them...** (Ex. 20:3, 5).”*

*“...and He [Christ] is the beginning, the first-born from the dead; **so that He Himself might come to have first place in everything** (Col. 1:18).” [emphasis added]*

Ueshiba also embraced the universalism of the East, the idea that all religions (beliefs) lead to one common utopia. Note that he calls it *a path* (a way):

“Many **paths** lead to the peak of Mount Fuji, but the goal is the same. There are many methods of reaching the top, but they can all bring us to the heights. There is no need to battle with each other—we are all brothers and sisters who should walk the **path** together, hand in hand. Keep to the **path**, and nothing else will matter...”²⁷ [emphasis added]

AIKIDO: UNIVERSAL HARMONY

Author, translator, and Aikido instructor John Stevens, elaborates on this brand of universalism and harmony (peace):

“As mentioned, *aiki* (blending and harmonization of energies) is a key concept in Asian philosophy, but Morihei expanded the meaning: ‘**Aiki is the universal principle that brings all things together; it is the optimal process of harmonization that operates in all realms, from the vastness of space to the tiniest atoms.**’ *Aiki* further signifies the unity of heaven, earth, and humankind, the ideal that inspires people to live in harmony with the environment and with each other...**Do** is both the particular ‘**path**’ of *Aikido*—[the] actual practice of the physical and spiritual techniques—and **a universal ‘way’**—[the] application of *aiki* principles to the world at large.”²⁸ [emphasis added]

Compared to the Bible, this is a false gospel.

TRUE HARMONY IS FOUND ONLY IN CHRIST, THE CREATOR & SUSTAINER

*“For by Him [Christ] all things were created, both in the heavens and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things have been created by Him and for Him. **And He is before all things, and in Him all things hold together** (Col. 1:16-17).”*

*“**And through Him [Christ] to reconcile all things to Himself, having made peace through the blood of His cross; through Him, I say, whether things on earth or things in heaven** (Col. 1:20).”*

Therefore having been justified by faith, **we have peace with God through our Lord Jesus Christ** (Rom. 5:1).”

“Peace I leave with you; My peace I give to you; not as the world gives... (Jn. 14:27).” [emphasis added]

SENSEI: “GUIDE” (GURU?) FOR “THE WAY”

Karate instructors are some of the most revered men and women in our society today. Popular film characters such as Mr. Miagi (*The Karate Kid*), Master Shredder (*Teenage Mutant Ninja Turtles*), and Blind Master Po (*Kung Fu*) have led credence to the profession and devotion to “the Way”. Innocuous fun? The Japanese word for ‘teacher’ is **sensei** and, means ‘born before’ or ‘gone on before’: in short, a guide.²⁹

The karate sensei (teacher) is nothing without *deshi* (disciples):

“My aikido sensei described the experience of spontaneous technique as being possessed by the spirit of his deceased teacher...My body and mind had been molded over many years by continuous training in the basic techniques of Ueshiba Shihan’s art and when it found expression in my creative acts as an aikido **teacher** it was as if Ueshiba Shihan, who had become one with his art, was present in me through his art...”

“...The budo **sensei** is in charge at all times. Students never debate with the **sensei**... Lovret (p. 15) writes: [Frederick Lovret, author of *The Way and the Power*] “This means having a flexible spirit and being capable of being molded by the dojo. Becoming a *deshi* (inner student; disciple) requires that a person surrender his ego to the **headmaster**, the

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sensei... This aspect of Confucianism is the reason that members of a dojo relate to each other in familial ways. The **sensei** is your father/mother...”³⁰ [emphasis added]

The Bible says that God alone is to be Master (Lord) and Teacher.

JESUS CHRIST IS ‘THE WAY’—HE IS THE MASTER (LORD) & TEACHER; BELIEVERS ARE HIS DISCIPLES, GOD’S FAMILY

“For certain persons have crept in unnoticed...ungodly persons who turn the grace of our God into licentiousness and deny our **only Master** and **Lord**, Jesus Christ (Jude 4).”

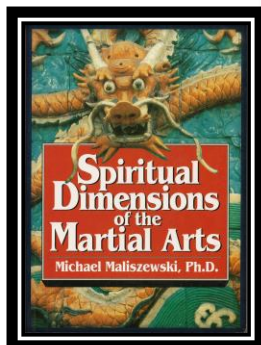
“You call **Me [Christ] Teacher** and **Lord**; and you are right, for so I am (Jn. 13:13).”

“And stretching out His hand toward **His disciples**, He [Christ] said, ‘**Behold, My mother and My brothers! For whoever does the will of My Father who is in heaven, he is My brother and sister and mother** (Matt. 12:49-50).’” [emphasis added]

THE WAY, MEDITATION...AND ENLIGHTENMENT

The spiritual discipline common to all martial arts is **meditation**. Dr. Michael Maliszewski, researcher, martial artist and author of *Spiritual Dimensions of the Martial Arts*, claims it is the *vehicle* to godhood:

“‘**Meditation**’ has generally referred to those practices that involve the focusing of attention non-analytically in either a concentrated or expansive fashion, the outcome of which can lead to an alteration in consciousness, an increase in awareness and insight, or a combination of such psychological factors. Many classical meditative systems have an experiential goal associated with **the completion of the spiritual path, commonly described as ‘enlightenment.’**”³¹ [emphasis added]



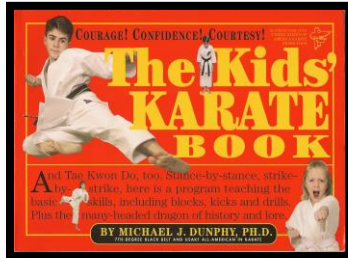
Tuttle Pub. 1996

“Taking a more pragmatic stance, the Japanese culture took the Confucian interpretation of the **Dao (Chin., Way)—Do** in Japanese—and with influences of esoteric Buddhism, Shintoism, and Daoism, modified it so it applied to man in his social relationships and was compatible with Japanese feudal society...**The primary goal of early budo was enlightenment, similar to what has been described in Zen teachings**, external perfection of (martial) technique giving way to self-mastery via ‘spiritual forging’ (*seishin tanren*). [In] the experience of **the Do**, the mind was made ‘pure’ (*makoto*, ‘stainless mind’) and ‘immovable’ (*fudoshin*, ‘immovable mind’), undisturbed by external nonessentials...**This state of no-mindedness has been compared to and equated with satori (illumination).**”³² [emphasis added]

~ *Spiritual Dimensions of the Martial Arts*, pg. 64

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Despite the obvious spiritual deception inherent in all martial arts systems, these poisonous teachings (meditation as the vehicle for enlightenment, satori, illumination, and the path to personal godhood), can be found in karate text books written for young children:



Workman Publishing
1999

**“Zen masters
believe that a quiet
mind can see
things more
clearly.”**

~ *The Kids' Karate
Book*, pg. 29

MARTIAL ARTS (& MEDITATION) FOR KIDS

*“The Chinese word **do** (pronounced doe) is used frequently in many martial arts. Literally, do means ‘way’ or ‘method of procedure.’ But in Karate and Tae Kwon Do it also means ‘chosen path.’ A student who has chosen Karate-do has made a commitment that Karate will be an essential part of his or her own **path** through life.”³³ [emphasis added]*

“...If you’d like to try meditation at home, here’s a simple method you can use on your own:

- 1 Find a spot where you’re not likely to be disturbed for a little while (your bedroom is probably a good place).
- 2 Kneel comfortably or sit in a cross-legged position; keep your back straight.
- 3 Close your eyes partially or completely.
- 4 Breathe slowly; inhale through your nose and exhale through your mouth. At the beginning of your meditation, try holding your breath for a few seconds.
- 5 Imagine a single large object in nature, like a tree or a mountain or waves crashing on the beach; try to think only of that image...”³⁴

Note the deceptive disclaimer found on pages 28-29 of *The Kids' Karate Book* assuring its young readers that martial arts meditation is **not** a form of religion, which is a lie:

“Almost every style of martial arts from Asia includes some form of meditating as an essential part of practice... **Meditating can be described as ‘emptying’ the mind**...Some people have the notion that meditating in Karate is the same as practicing an Asian religion. Although meditation is used in many religions, including Western ones such as Christianity, *the meditation that Karate students practice is not a form of religion...*”

[emphasis added]

‘MINDLESSNESS’: PREREQUISITE FOR MARTIAL ARTS MASTERY

Contrary to the above quote, meditation is a religious methodology and is mandatory for progression and proficiency in the martial arts:

☯ My Life in “The Way” ☯

“The fundamental state of meditative practice is also the prerequisite for mastery in the martial arts.’ Because the Ki is seen as the continual, unbroken flow of existence...To dip into this great flow of *yin-yang* ‘isness’, it is said, only requires suspending judgment and opening one’s mind to take in ‘everything...’ *This technique is very widespread today—found everywhere from occult educational techniques for children to New Age channelers. But the goal is the same: to reach an altered state of consciousness.*”³⁵
[emphasis added]

MEDITATION: ‘PIPELINE FOR DECEPTIVE SPIRITS’

Warren B. Smith, former New Ager, continues to warn meditation practitioners about the spiritual dangers of entering into altered states of consciousness (meditation):

“For most of us in the New Age, meditation was an integral part of daily life...we had no idea that our meditations were opening us up to great deception. Looking back on it now, **meditation was the major pipeline through which deceptive spirits impressed upon us their New Age thoughts and teachings...**”³⁶

Eastern Meditation is the opposite of biblical meditation.

CHRISTIANS MEDITATE BY ‘PONDERING’ GOD’S WORD— NOT BY ‘EMPTYING THEIR MIND’

MEDITATE (Heb. *hagah*) “A verb meaning to growl, to groan, to sigh, to mutter, to speak; used figuratively: **to meditate, to ponder...**” (Ps. 4:4; 63:6; 104:34; 119:97).³⁷

“But his [the blessed man] delight is in the law of the LORD, and in His law he **meditates** day and night (Ps. 1:2).” [emphasis added]

The Bible emphasizes an engaged mind, not one emptied into a mystical silence or altered state of consciousness.

RATHER THAN ‘NO MIND,’ BELIEVERS HAVE A ‘RENEWED MIND’—THE ‘MIND OF CHRIST’

“For who has known the mind of the Lord, that He should instruct Him? **But we have the mind of Christ** (1 Cor. 2:16).”

“And do not be conformed to this world, but be transformed **by the renewing of your mind**... (Rom 12:2).”

“...lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and **that you be renewed in the spirit of your mind** (Eph. 4:22-23).” [emphasis added]

☯ My Life in “The Way” ☯

Each martial arts form has its unique techniques, movements, and patterns. These are not physical exercises alone, but forms of **meditation in motion**:

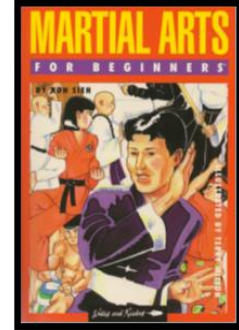
“T'ai Chi Ch'uan is **meditation in movement**...

It is also a healing **Chi Kung**... pg. 81”

“**Chi Kung** is work with the breath, **often with movement of some kind**. Chi [Ki] is energy, the electromagnetic spark of existence and Kung of course is work...” pg. 41

“Something that all Chinese martial arts have in common is the notion of cultivation and storing energy in the Tan Tien (in Chinese) or Hara (Japanese). This is a point in the human body two or three fingers' width below the navel...It is where the breath is concentrated in many Chi Kungs and where one's vitality is stored. **Chi or energy is also central to Chinese martial arts. In fact, it is central to all martial arts, though, more often than not, it is spoken of more or less after the basic techniques of the art are learned...**” pg. 67

[emphasis added]



Writers and Readers
Publishing 1995



“Ki” center, pg. 67

Three martial arts experts explain the connection between seated meditation (zazen) and moving meditation (**dozen**), “the way of zen”:

“...in contrast with zazen (sitting meditation) **kata** [floor patterns] is considered **dozen (moving meditation)**.”³⁸ [emphasis added]

~ Hidehiko “Hidy” Ochiai, Founder, Washin Ryu Karate

“The **formal methods of meditation** taught by the various *ryu* [martial arts style] can be based on various types of breathing, **exercises which coordinate breathing and body movement**, the shooting of an arrow, the drawing of a sword, or **the performance of kata** [fixed form]. **They are meant to introduce the student to meditation** as well as to a technique passed down through the history of the *ryu*.”³⁹ [emphasis added]

~ Dr. David Jones, black belts in Aikido, Shorinji-ryu, karatedo, kyudo, and judo.

“...Kata should be the door that the student opens to lead himself onto a life long Zen journey...Kata is important because like Zen it enables us to isolate and know our inner self...the **Kata meditation is dynamic (moving)** while the Zen meditation, for the most part, is static (sitting).

☯ My Life in “The Way” ☯

Most Budo students do not understand that **Kata practice is moving Zen study...**⁴⁰
[emphasis added]

~ *Shihan Jeffrey Henderson, Zen Kata*, Founder, International Budo Institute

YOGA & THE MARTIAL ARTS

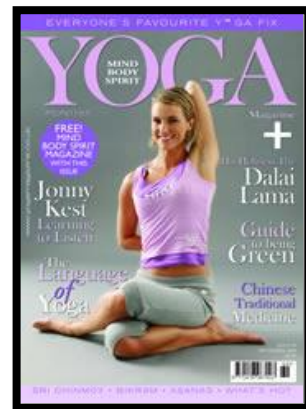
The martial arts and yoga share the same breathwork and moving meditation. They are the ugly stepsisters of the East:

“...Martial Arts and Yoga seem like opposing forces and philosophies, but these two health maintenance systems have more in common than meets the eye...**Why does Kundalini have movements that resemble punching, kicking, and martial arts foot work? Are Kung Fu forms an extension of Vinyasa? Each has been referred to as meditation in motion.** The place of origin, for most Asian martial arts, is agreed to be the Shaolin Temple. Apparently, the monks at the Shaolin temple had become very proficient at meditation, but had not developed a health maintenance system to sufficiently train their bodies. In the sixth century A.D., Boddidharma [sic], a visiting Buddhist monk, from India, began to teach the monks at the Shaolin temple, in Hunan Province, a form of physical health maintenance, which is believed to be Yoga. It is also said that Boddidharma was a member of the Warrior caste. Therefore, he should also have had a working knowledge of Kalarippayat; an indigenous Indian Martial Art...**After all these years, it looks like Yoga and martial arts will be together again.**”⁴¹ [emphasis added]

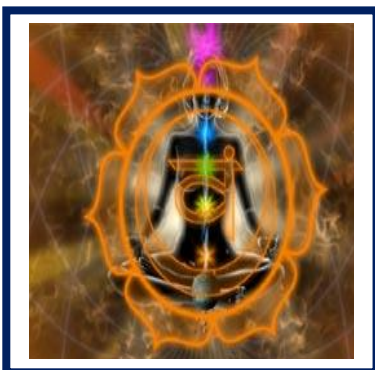
How Yoga & the Martial Arts complement each other:

- mental and physical practice as a tool toward self-knowledge
- meditation and self-reflection
- different ways of bringing the opposing forces into complete and true harmony (yin and yang, prana and apana, in-breath and out-breath)
- power of the core and breath (they use different names for the centre of gravity: in martial arts, dan tien or hara, and in hatha yoga, udhyana bandha).⁴²

~ *YOGA Magazine Online*, August 2008



EASTERN MEDITATION & ‘SERPENT POWER’



“The traditional Hindu yoga texts state that **kundalini** can be aroused by a combination of hatha yoga positions, pranayama (breathing exercises), **meditation**, and spiritual practices.
[emphasis added]

~ Answers Online: <http://www.answers.com/topic/kundalini>.

“**Kundalini**: Sanskrit, literally ‘coiled’. In Indian yoga, a ‘corporeal energy’ –an unconscious, instinctive or libidinal force or Shakti, envisioned either as a goddess or else as **a sleeping serpent coiled at the base of the spine**, hence a number of English renderings of the term such as ‘**serpent power**’. Kundalini is considered a part of the subtle body along with chakras (energy centres) and nadis (channels)...Yoga and Tantra propose that this energy may be ‘awakened’ by such means as austerities, breath and other physical exercises, visualization and chanting...”⁴³ [emphasis added]

ZAZEN (Seated meditation) from Karate to the New Age:



The impersonal *ki* force, universal energy, or Kundalini—‘Serpent Power’—of all Eastern meditation is the “basis of all sorcery and witchcraft”:

“Whether called ‘serpent power,’ ‘Kundalini,’ or the ‘*Ki*’ (or ‘*Chi*’) force, the idea of an impersonal ‘universal energy’ is widespread in Eastern cultures and inherent to the philosophy behind the martial arts. **It is intrinsically tied in with the symbol of the serpent dragon, for the writhing serpent represents the undulating energy of the supposed ‘universal force.’** Yogis focus on releasing this power through what they

☯ My Life in “The Way” ☯

believe are spiritual centers in the body. Religious Taoism teaches that the Ki force can be manipulated by human beings...In fact, this attempt to manipulate a supposedly impersonal universal energy is the basis of all sorcery and witchcraft...”⁴⁴ [emphasis added]

“THE SERPENT”: THE GREAT RED DRAGON = SATAN (THE DEVIL)

“And another sign appeared in heaven; and behold, *a great red dragon* having seven heads and ten horns ... **And the great dragon was thrown down, the serpent of old who is called the devil and Satan, who deceives the whole world ...** (Rev. 12:3, 9)”

KUNG FU: EAST GOES WEST – THE 1970s

Movies and television have done more to promote the martial arts than any medium since Bodhidharma’s journey across the Himalayan Mountains. Older programs, like TV’s *Kung Fu*, have new life and viewership via the DVD and modern re-makes on the silver screen:



“Yet it is eyes which blind the man...
Because a man can see, he does not look.”

~ Blind Master Po,
Teacher of Young Kwai Chang Caine, *Kung Fu* TV Series (1972-1975)

Photos: *The Internet Movie Database*; <http://www.imdb.com/title/tt0068093>;
<http://www.ezine.kungfumagazine.com>; <http://www.contralasinrazon.bitacorras.com>.

“*Kung Fu* follows the adventures of a Shaolin monk, Kwai Chang Caine... who travels through the American Old West (armed only with his skill in martial arts) as he seeks his half-brother, Danny Caine.”⁴⁵

STAR WARS’ “JEDI KNIGHT” = SAMURAI WARRIOR

The Star Wars phenomenon has deep roots in the martial arts:

“The influence of Japanese themes on *Star Wars* is enormous...Historically, much of the groundwork for the Jedi in *Star Wars* are from Japanese samurai. The Jedi are an enlightened class, meant to preserve peace, as were the samurai, in theory. Like their

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historical forbearers, the Jedi belong to a strong brotherhood, an order of educated warriors, with training in both battle and education. And the distinctive light sabers are little more than Japanese katana in a sci-fi setting. The highly ritualized battles are little more than Japanese **kendo**. Darth Vader’s helmet is based on a samurai helmet...**The force is little more (especially in the original trilogy) [than] the martial arts concept of chi or ki...**”⁴⁶ [emphasis added]

MARTIAL ARTS INFLUENCE IN STAR WARS (KENDO)



Samurai in Armor – 1860s



Modern Kendoists



Luke Skywalker



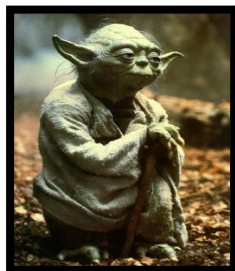
Samurai helmet



Darth Vader

Photos: *Wikipedia*:
http://www.en.wikipedia.org/wiki/Darth_Vader);
http://www.en.wikipedia.org/Luke_Skywalker);
<http://www.en.wikipedia.org/Samurai>;
<http://www.en.wikipedia.org/Kendo>.

The Star Wars genre and merchandising empire has solidified the martial arts and it’s ‘Force’ in history, as well as Master Yoda:



Master Yoda

“A Jedi uses the Force for knowledge and defense, never for attack.” ~ Yoda

“The name **Yoda** may be derived from ‘**Yoddha**’, the Sanskrit word for ‘warrior.’ The name may also be connected to the Hebrew [word] (pronounced: ‘**Yodea**’), meaning ‘He knows’ or ‘One who knows’. Additionally some believe the name might also be a reference to the teachings of **Yoga**, an ancient eastern mind, body and spiritual practice that influenced many vital energy *based on martial art forms in the far east*, such as Tai Chi, and almost certainly inspired many of the concepts and abilities demonstrated by both light and dark side Force users in Star Wars. Yoda is also a Japanese name.”⁴⁷ [emphasis added]

Yoda’s knowledge is from the realm of Gnosticism; he is NOT God:

ONLY THE GOD OF THE BIBLE IS ALL-KNOWING (OMNISCIENT):

*"O LORD, Thou hast searched me and **known me**. Thou dost **know** when I sit down and when I rise up; Thou dost understand my thought from afar. Thou dost scrutinize my path and my lying down, and art intimately acquainted with all my ways. Even before there is a word on my tongue, behold, O LORD, **Thou dost know it all** (Ps. 139:1-4)."*

*"The LORD looks from heaven; He sees all the sons of men; from His dwelling place He looks out on all the inhabitants of the earth, He who fashions the hearts of them all, **He who understands all their works** (Ps. 33:13-15)."*

*"And there is no creature hidden from His sight, but **all things are open and laid bare to the eyes of Him** with whom we have to do (Heb. 4:13)." [emphasis added]*

Despite its worldwide popularity, the Star Wars 'Force'—CENTRAL TO 'THE WAY'-- is a damnable heresy that is leading multitudes astray from the truth.

"The Force surrounds us...and binds us. Luminous beings are we, not this crude matter." ~ Yoda, Jedi Grandmaster

"Size matters not. Look at me. Judge me by my size, do you? Hmm? Hmm. And well you should not. For my ally is the Force, and a powerful ally it is." ~ Yoda, to Luke Skywalker

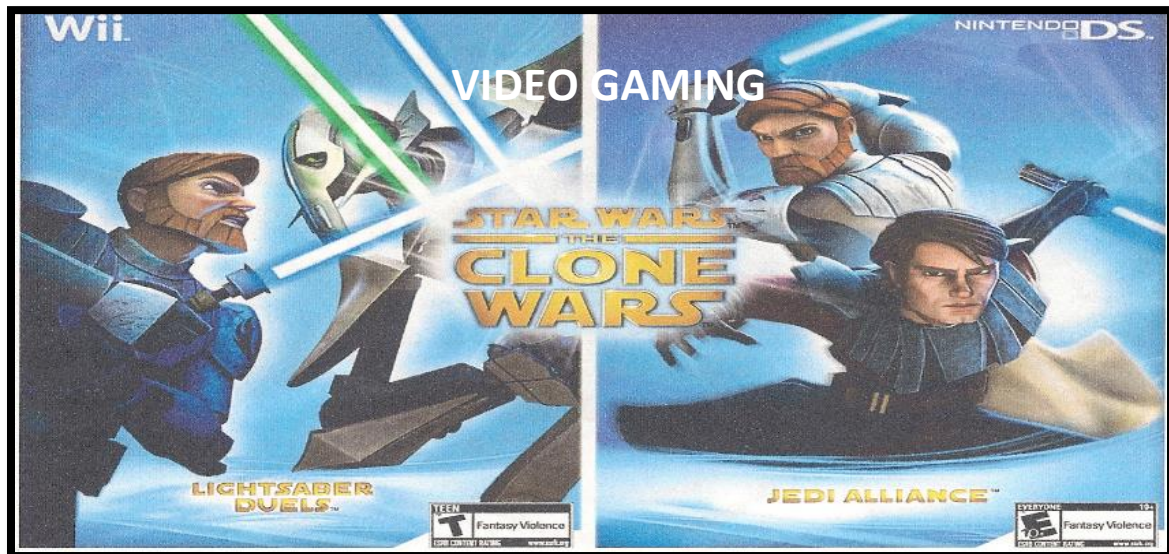
"The principles of the Force resonate with those of some real world religions, including the Shinto religion of Japan, Buddhism, and certain Celtic druidic concepts. The Force also bears a close similarity to the Chinese notion of qigong, or "chi", and the splitting of the Force into light side and dark sides echoes the concept of "**Yin and Yang**" in Eastern philosophy...the concept of a ubiquitous Force is concurrent to the real world concept of a "**Tao**" or "**Way**," which is said to flow everywhere in the universe. The concept of the Force also borrows heavily from Hindu theology, which also expresses a belief in a unifying Brahman energy that composes and is a composite of the Universe (and by extension, God), and can be used for either good or bad..."⁴⁸ [emphasis added]

GOD IS NOT ‘A FORCE,’ BUT THE TRANSCENDENT, ETERNAL CREATOR

*“Who has measured the waters in the hollow of His hand, and marked off the heavens by the span, and calculated the dust of the earth by the measure, and weighted the mountains in a balance, and the hills in a pair of scales? Who has directed the Spirit of the LORD, or as His counselor has informed Him? With whom did He consult and who gave Him understanding? And who taught Him in the path of justice and taught Him knowledge, and informed Him of the way of understanding?...To whom then will you liken God?...Do you not know? Have you not heard? Has it not been declared to you from the beginning? Have you not understood from the foundations of the earth? **It is He who sits above the vault of the earth**, and its inhabitants are like grasshoppers, who stretches out the heavens like a curtain and spreads them out like a tent to dwell in...’To whom then will you liken Me that I should be his equal?’ says the Holy One. Lift up your eyes on high and see who has created these stars, the One who leads forth their hosts by number, He calls them all by name; because of the greatness of His might and the strength of His power not one of them is missing...Do you not know? Have you not heard? The Everlasting God, the LORD, the Creator of the ends of the earth does not become weary or tired. His understanding is inscrutable (Isa. 40:12-28).”*

[emphasis added]

PACKAGING “THE FORCE” FOR A THIRD GENERATION



“At nearly nine-hundred years old, Yoda is without peer in his knowledge of the Force. He wields his lightsaber with blinding speed and uses his agility to render himself nearly-invulnerable...”⁴⁹

~ *Star Wars* official website: **The Clone Wars Movie**

MARKETING THE MARTIAL ARTS TO CHILDREN



MERCHANDISING "THE FORCE" TO CHILDREN



MARTIAL ARTS INFLUENCE IN FILM

*Fists of Fury; Enter the Dragon; **Way of the Dragon**; Shaolin Master Killer; Five Deadly Venoms; Kid with the Golden Arm; Kill and Kill Again; Black Mask; Crouching Tiger, Hidden Dragon; The Matrix (& Sequels); The Bourne Identity (& Sequels); Hero; House of Flying Daggers; Iron Monkey; Ong Bak; Fearless; Game of Death; **An Eye for an Eye**; Seven Samurai; The Protector; Bloodsport; **The Octagon**; Under Siege; The Prodigal Son; The Chinese Connection; The 36th Chamber of Shaolin; Mortal Combat (& Sequels); Kill Bill (& Sequels); The Crow; Tai Chi Master; Billy Jack (& Sequels); Timecop; The One; The Forbidden Kingdom; The Legend of the Swordsman; Maximum Risk; Bulletproof Monk; **Silent Rage**; Rapid Fire; Death Warrant; Only the Strong; Kiltro; Teenage Mutant Ninja Turtles; Kickboxer; Hard to Kill; Lady Ninja; Dragon Ball Z; Shanghai Noon; The Karate Kid (& Sequels); Omega Assassins; The Legend of Guan Gong; The Big Brawl; Fire Down Below; **Return of the Dragon**; Mr. Nice Guy; Warriors of Virtue; **The Wrecking Crew**; Invincible Pole Fighter; Samurai; King of the Cage; Fists of the North Star; Unleashed; Marked for Death; The Musa; The Circuit; Kung Pow: Enter the Fist; Bodyguard from Beijing; Black Eagle; Rage of the Masters; 9 Deaths of the Ninjas; The Master; Son of the Dragon; Double Impact; **The Green Berets**; The Fists of Righteous Harmony; Out for Justice; Volcano High; Lionheart; Black Belt Angels; The Tuxedo; Desert Heat; Above the Law; Kings of the Square Ring; Kung Fu Executioner; The Rebel; Sex and Fury; Bolei Chueun; Gymkata; The Born Losers; Shinobi: The Movie; Knock Off; **The Delta Force**; Double Dragon; Tiger Claws; Wu Tang Clan; The Armour of God; Double Team; City Hunter; The Fong Sai-Yuk (& Sequels); The Eight Escorts; Masked Avengers; Cradle 2 the Grave; Dreadnaught; Drive; The Magnificent Butcher; Lone Wolf and Cub (& Sequels); Redbelt; Ring of Fire; The Chinese Godfather; Kung Fu of Tai Kwan Do; Firepower; The Medallion; Fantasy Mission Force; Street Fighter; Operation Condor; **Good Guys Wear Black**; Sandman; **Firewalker**; Star Runner; Born to Defense; New York Cop; Assault of the Final Rival; Bloody Duel; Ashwra; The Last Days of Hsin Yang; The New Ganees of Death; **Hellbound**; Birth of the Wizard; Lady Dragon; **Code of Silence**; **The Hitman**; Hard Times; Who Am I?; So Close; **Forced Vengeance**; Kickboxing Academy; The Victim; Stone Cold Wu Tang; Never Back Down; Wake of Death; Iron Man; Killer Priest; Thundering Mantis; Eunuch of the Western Palace; The Accidental Spy; The Storm Riders; Dragons of the Orient; The Quest; The White Dragon; Seven Swords; **A Force of One**; To Be the Best; Blood of the Ninja; DOA; Urban Justice; One Man Army; One Stone and Two Birds; Repentance; Whirlwind Knight; A Dangerous Place; Sworn to Justice; Flag of Iron; Foul Hero; Goyokin; **The Contender**; Tai Chi Devil Dragons; Big Trouble in Little China; Cyber Tracker; The Hunted; Kill Squad; Blade (& Sequels); Rush Hour (& Sequels); Equilibrium; Yojimbo; Snake in the Eagle's Shadow; **Missing in Action**; Wing Chun; The Blind Swordsman; Ghost Dog: the Way of the Samurai; Romeo Must Die; The Matrix (& Sequels); Batman Begins; **The Cutter**; The Dark Knight; Power Rangers; The Last Samurai; Kung Fu Panda; Die Hard 3; Star Wars: A New Hope; The Empire Strikes Back; Return of the Jedi; The Phantom Menace; Attack of the Clones; Revenge of the Sith; The Clone Wars...*

BOLD = Chuck Norris Films

See: http://en.wikipedia.org/wiki/Chuck_Norris#Filmography

CHUCK NORRIS FILMS AND "THE WAY"



Graphic: <http://www.amazon.com/Way-The-Dragon-Bruce-Lung/dp/B0015RCUQO>.

1972 Norris film:
The Way of the Dragon
Or *The Way of Satan*
(Rev. 12:9)




Graphic:
http://en.wikipedia.org/wiki/File:Force_of_one.jpg.

1979 Norris film:
The "Lotus Position"
Or Martial Arts "Zazen"
Or *Eastern Meditation*



Graphic:
[http://en.wikipedia.org/wiki/Sidekicks_\(1992_film\)](http://en.wikipedia.org/wiki/Sidekicks_(1992_film)).

1992 Norris film:
The **TAO** symbol (Yin/Yang)
Or "The **WAY**"



MARTIAL ARTS GOES GLOBAL: The Beijing Olympics




**“Thousands do
tai chi chuan
at the Great Wall”⁵⁰**

Graphics:
<http://en.beijing2008.cn/09/59/article212025909.shtml>



“CHRISTIAN” MARTIAL ARTS ORGANIZATIONS

A simple internet search for so-called “Christian” martial arts organizations, and churches that sponsor them, ranges in the millions:



Gospel Martial Arts Union (GMAU)
<http://www.gmau.org>

GOOGLE SEARCH:

“martial arts” = 44,300,000
“karate” = 36,800,000
“Christian martial arts” = 18,400,000
“Christian karate” = 7,930,000

(accessed 6/13/14)

One such organization is the Gospel Martial Arts Union (GMAU):



GMAU Headquarters,
Indianapolis, IN



"CHRISTIAN" MARTIAL ARTS ASSOCIATIONS

- *Gospel Martial Arts Union*
- Christian Martial Arts Association
- Christian Jujitsu Association
- Christian Karate Association
- Christian Wushu Fellowship
- Christian Wu Kung Association
- Grace Martial Arts Fellowship
- International Network of Christian Martial Artists (INCMA)
- Karate for Christ International
- Kidokyo Christian Martial Arts
- Korea-Do Christian Martial Arts Association
- Polished Arrow Christian Martial Arts Network
- Ryu-Kyu Christian Karate-Do Federation
- Christian Taekwondo Fellowship
- U.S. Christian Martial Arts Union
- Yukon Christian Martial Arts Association
- Black Belts of the Faith International
- Christian Martial Arts Institute (CMAI)⁵¹

"Since 1986, the Gospel Martial Arts Union has grown to include membership in 48 states and 19 foreign countries and is the largest conservative martial arts organizations in the world...In addition to our main facility, **we have over 30 Gospel Martial Arts Union Academies operating out of churches and Christian schools in the central Indiana area.**" [emphasis added]

"...The Gospel Martial Arts Union International Headquarters, one of the largest fulltime martial arts training centers in the world, is located at the Christian Martial Arts Ministry Center in Indianapolis, Indiana..."

"The GMAU believes that Christians can study martial arts and do so in holiness unto the Lord. **We do, however, recognize the strong occult powers entrenched in many Asian martial arts academies...**It is our goal to reclaim the martial arts for Christ."
[emphasis added]

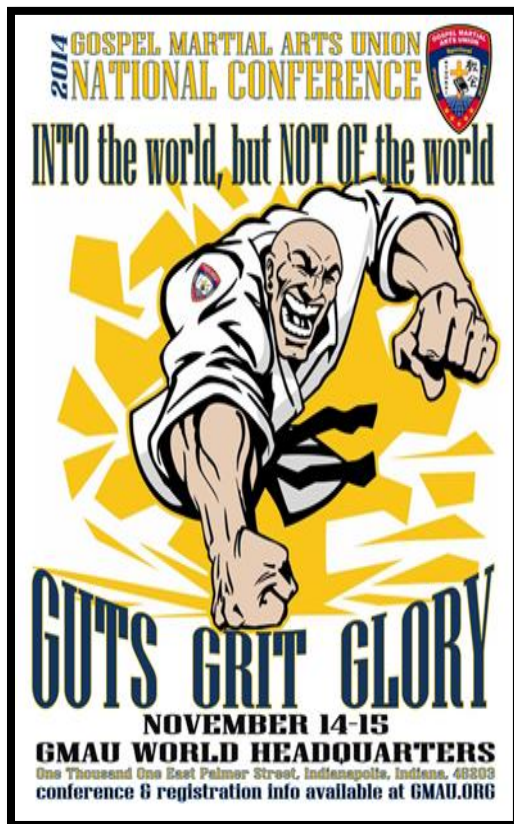
~ GMAU Website

<http://www.gmau.org/handbook/>



Note how the GMAU key verse from Psalms (next to the logo) is twisted to suggest that the LORD teaches His children “to fight and wage war”—as if to give His seal of approval to Christians studying the martial arts! This notion is wholly contrary to the Scripture and especially the teachings of the Lord Jesus Christ.

Psalm 144 is David’s worshipful prayer to the Lord before going into battle to defend the nation of Israel—the apple of God’s eye. David proclaims his full trust in God, not in himself, for a complete victory over his enemies.



OUR PURPOSE

The GMAU was founded as an organization to encourage and aid Christian martial arts. To that extent, **the GMAU has developed a distinctly Christian philosophy of martial arts that is Bible-centric in its origin and purpose.** We endeavor to publish, propagate, and set a national and international standard for true Christian martial arts philosophy. Simply put, the GMAU is a Christian martial arts organization, not just an organization for Christians who practice the martial arts.

~ GMAU Website

<http://www.gmau.org/about/>

The GMAU even offers college degrees in "Christian Martial Arts":

"The University of Biblical Martial Arts & Sciences (UBMAS) is a degree granting division of the Great Plains Baptist Divinity School in Sioux Falls, South Dakota. The institution exists for the task of providing martial artists with a means of obtaining academic training in the martial arts from a biblical perspective."

University of Biblical Martial Arts & Sciences

The college offers B.S., M.S., and Ph.D. degrees in the 'Christian' Martial Arts.



The Gospel Martial Arts Union
UBMAS Crest

A sample listing of courses offered by UBMAS:

- Principles of Public Relations
- Fundamental Physics Principles 1
- **Bushido—The Philosophy of the Warrior**
- **Zen, Taoist, and Buddhist Thought 1**
- The American Legal System
- Kinesiology
- New Testament Survey
- The Christian Family
- Bibliology
- **Martial Arts in the Old Testament**
- Conducting Martial Arts Events
- **The Role of the Christian Shihan**
- **Advanced Weapons Arts**
- The Martial Artist
- Dynamics of Kata
- **Principles of Ki (Chi)**
- Scientific Basis of the Martial Arts
- Martial Arts and Missionary Work
- **Martial Arts Evangelism**
- **The Christian Sensei**
- The Martial Arts and Christianity
- Etiquette in the Martial Arts
- Famous Martial Artists
- **Spiritual Disciplines**
- The Bible and Science
- Human Anatomy and Physiology 1
- Statistical Analysis
- Introduction to Philosophy
- **Classical Martial Arts Philosophy**
- Defensive Mind-Leading
- Physiology of Exercise
- Old Testament History
- Care and Prevention of Sports Injuries
- **Organization and Administration of a Christian Martial Arts Ministry**
- **The Martial Arts and the New Testament**
- Advanced Hard Fist Arts
- Advanced Soft Fist Arts
- **Martial Arts Weapons**
- Principles of Technique
- **Principles of Kumite**
- Christian Dojo Management
- **Martial Arts for Children**
- **The Martial Arts and Youth Work**
- Psychology and the Martial Arts
- Martial Arts Exercise Programs
- History of the Martial Arts
- Survey of the Martial Arts 1
- Principles of Biblical Leadership
- Biblical Counseling

<http://www.gmau.org/university-of-biblical-martial-arts-sciences/>

The President and Executive Director of the GMAU is also a Christian pastor. Note the photo below of Pastor Russell putting a “choke hold” on his posing victim.



GMAU President



Pastor Russell

“SOMETHING UNUSUAL:

Dr. Russell is the Executive Director and President of the Gospel Martial Arts Union (GMAU)

<http://www.gmau.org/>

“Pastor Russell has a passion for academics and has studied at various universities including Tennessee Temple University; Indiana Bible College; Heritage University; Bob Jones University; Anderson University; Indiana University; and Great Plains Baptist Divinity School. He has earned three Baccalaureate (Bachelor) degrees, two Masters degrees, and two Doctorates. He continues in Post-Doctoral research in Ancient religious practices with special emphasis upon the Hebrew Bible; Near Eastern cultures, languages and religion; religious literature as it relates to ethnic identity; and social world formation and maintenance.”

<http://horizonmc.org/Our%20Pastor/Our%20Pastor.htm>

The GMAU is only one of thousands of “Christian” martial arts “ministries” preaching the purported veracity and efficacy of “The Way”.

MARTIAL ARTS “MINISTRIES”

Ministry martial arts logos often depict overt references to “The Way” (The Tao), especially the symbol of the Yin/Yang, as though it is compatible with, or even a suitable adornment to the Cross—a symbol of Christ’s shed blood that paid the ransom of mankind’s sin!

Note also the camouflage pattern, symbolic of combat, set as the background of the Christian karate academy patch pictured below.



Graphic:

<http://www.crosstrainingchristianmartialarts.com/>.



Graphic: <http://www.kfcarkansas.com/central-arkansas/defenders-of-the-faith/>.



Graphic: <http://www.greenwoodchristianmartialarts.com/>.

☞ My Life in “The Way” ☞

Let’s explore a sampling of other prominent martial arts ministries with an Internet reach:



“Because some things are worth fighting for...”

“Marital [sic] Arts Ministries is a Bible based, Christ-centered organization established to provide **Christian martial arts resources** to churches, martial arts schools, and individuals around the world.

Our desire is to cross denominational and cultural boundaries to spread the gospel of Jesus Christ in a fun and creative way. Let us help give your ministry the kick it needs to champion the martial arts community in your area for Jesus Christ.

This site gives your ministry access to the materials and resources produced by Martial Arts Ministries, including the following:

- **ChristJitsu ... Curriculum...** [emphasis added]

See: <https://www.facebook.com/pages/Martial-Arts-Ministries/224842978130?v=info>.



“We invite you to master your walk with Christ while mastering the martial arts through this insightful **physical and spiritual training curriculum**. This accredited discipline covers White through Black belts...”

https://www.facebook.com/224842978130/photos/pb.224842978130_-2207520000.1412649323./339438838130/?type=3&theater.

See: <http://anointedmartialarts.com/christjitsu/>.

This “Christian” martial arts organization exists to “spread the gospel of Jesus Christ in a fun and creative way” and “to help Christians (and children) grow in their knowledge and understanding of God”, but both the Gospel of Jesus Christ and the Christian’s understanding of Him are compromised and distorted by mingling “the way of the East” with “THE true Way of Christ”. It also circumvents the Word of God which alone equips believers in their knowledge of the Lord (2 Tim. 3:16).

A key example of this unholy mixture is evident in the title of this martial arts ministry’s curriculum: *Christjitsu*, a combination of “Christ” and the word “jitsu” (shortened from “jujitsu”). The ministry defines the term, “The Way of Christ”, and even cites John 14:6 in a failed attempt to support it, but note the definition of the suffix of this deceptive title from the Merriam-Webster Dictionary online:

jujitsu

noun (Concise Encyclopedia)

Martial art that employs holds, throws, and paralyzing blows to subdue or disable an opponent. It evolved among the samurai warrior class in Japan from about the 17th century. **A ruthless form of fighting**, its techniques included the use of hard or tough parts of the body (e.g., knuckles, fists, elbows, and knees) against an enemy’s vulnerable points. Jujitsu declined in the mid-19th century, but **many of its concepts and methods were incorporated into judo, karate, and aikido**.⁴² [emphasis added; hyperlinks removed]

It was the Lord Jesus who said, “*love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven (Matt. 5:44-45)*”. This command is incompatible with the fighting methods advocated by any martial arts ministry established in Christ’s name.

To underscore the link of *jitsu* (technique) to “The Way” and *Serpent Power* (ki), note this definition from an online *alternative medicine* dictionary:

jitsu (jē·tsōō),

n “full,” the active, expressive, energetic **component of qi**, according to the theory of zen shiatsu. Jitsu is **similar to the concept of yang** in Chinese medical theory. See also [ki](#), [kyo](#), and [yang](#).⁵³ Jonas: Mosby’s Dictionary of Complementary and Alternative Medicine. © 2005, Elsevier. [emphasis added, hyperlinks removed]

Another common thread between “Christian” martial arts ministries is the faulty idea that the combat arts can be used as a *tool to spread the Gospel of Jesus Christ*. This is NOT true. The message of salvation: that Christ died on the Cross for our sins, was raised on the third day before many witnesses according to the Scriptures, and that those who believe these truths by repenting of their sin and by placing their trust in the Lord Jesus Christ for salvation is sufficient (1 Cor. 15:1-8). Adding a ‘shiny object’ to these truths, like an “action-packed” karate performance, activates the senses, but does nothing for the inner man. Such demonstrations only help to promote “The Way” of the East and distort biblical Christianity.

Spirit Blade Martial Arts Ministry

“Since the 1990's with hit shows like ***Walker, Texas Ranger*** and *The Power Rangers*, the Martial Arts have become [sic] **mainstream entertainment** in America. The Martial Arts have also become a very popular activity for children with karate, taekwondo and kung fu being taught in virtually every community in America.

Spirit Blade wishes to use the martial arts as a tool to help spread the Gospel. Spirit Blade currently is an approximately 40 minute live martial arts demonstration.

Weapons, breaking, and dramatized fight scenes mixed with a little music and comedy help make up the exciting show. Biblical messages are woven throughout the performance and there is a brief testimony and simple Gospel presentation.”

[emphasis added]

<http://www.senseisteve.net/spiritblade.aspx>



“An action-packed Martial Arts performance with an even more powerful message from the Bible...

... Spirit Blade is a great addition to your church’s Vacation Bible School.”

In America, promoting “The Way” in Christian packaging has been going on for more than 40 years—even by staunchly conservative Christian groups:



August Issue 1969 (Vol. VII, NO. 8)

“The Judo-Gentlemen of **Bob Jones University** are selling the gospel thanks to a demonstration of judo techniques which effectively capture an audience’s interest and attention.

Team work of Budo and the Bible!” ...

“...But convert is the name of the game for the [BJU] Judo-Gentlemen who after the demonstration talk about faith and their brand, Christianity.

Judo was only a tool to sell religion...

‘Young people seem more interested in sports than in formal religion,’ said Don Blackburn, leader of the group... **Judo is a particularly effective gospel “vehicle”**, [he explained]. Through it [Judo], we are able to win the confidence of youths who are otherwise uncooperative where Christian teaching is concerned.” [emphasis added]

~ **Black Belt Magazine**, August 1969, pp. 34, 36

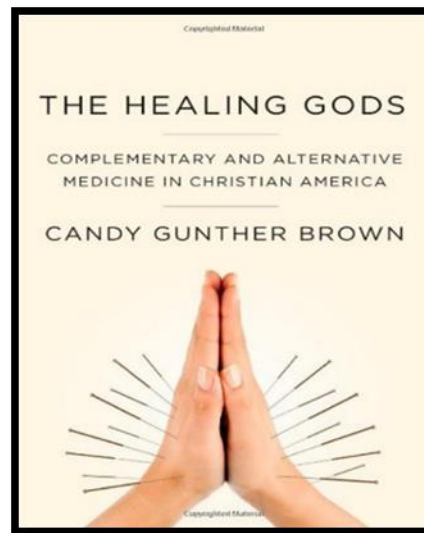
<http://books.google.com/books?id=os4DAAAAMBAJ&pg=PA7&ots=sLi3YWtxR&dq=bob%20jones%20university%20martial%20arts&pg=PA1#v=onepage&q=bob%20jones%20university%20martial%20arts&f=false>

Blackburn’s confession that “Judo is a particularly effective gospel ‘vehicle’” harkens back to author David Jones’ explanation of the Chinese ideogram for “The Way”. But Judo is a false gospel.

MARTIAL ARTS AND ALTERNATIVE MEDICINE

It is also suspect that “the Way” is often linked to alternative (New Age) medicine . Note the familiar refrain from Christian martial artists quoted in Candy Gunther Brown’s *The Healing Gods: Complementary and Alternative Medicine in Christian America*:⁵⁴ The book’s cover depicts “praying hands” skewered with a spray of acupuncture needles:

“The Champions for Christ Karate team at Bob Jones University—an institution in South Carolina that ‘exists to grow Christlike character’ in its students—bring ‘the Gospel to needy people through the Southeast’ as karatekas learn to ‘sharpen their soul winning skills, be an encouragement to others, and use their [karate] skills to glorify God.’” ~ THG, pg. 87
[emphasis added]



Oxford University Press 2013

“‘Away with wimpy Christians!’ admonishes Karate for Christ’s Daryl Covington, citing fruits of patience, discipline, and motor skills to argue that karate benefits youth who suffer from learning disabilities and poor coordination...

“Covington stresses that **martial arts serve as an ‘evangelistic tool’** to ‘draw a crowd’ and **‘reach children and teenagers with the gospel of Jesus Christ...’**”

“... Campus Crusade for Christ [CRU] sends students on short-term mission trips in which **they teach tae kwon do because it ‘opens hearts to the gospel’**; the Campus Crusade Web site quotes an eighteen-year-old Guatemalan former gang member who, through one such trip, **not only found tae kwon do but found God.’**”

[emphasis added]

~ *The Healing Gods*, pg. 87

MARTIAL ARTS BOOKS FOR “CHRISTIANS”

One book that caught my attention while searching a popular Christian bookstore website was a colorfully illustrated children’s book in “*The Best Book of*” series. Listed with educational books about ponies, bugs, gymnastics, and other such titles, was one about the martial arts. The author’s bio note was telling:

“Lauren Robertson is a Reiki Master with fifteen years experience in publishing and writing children’s books.”⁵⁵

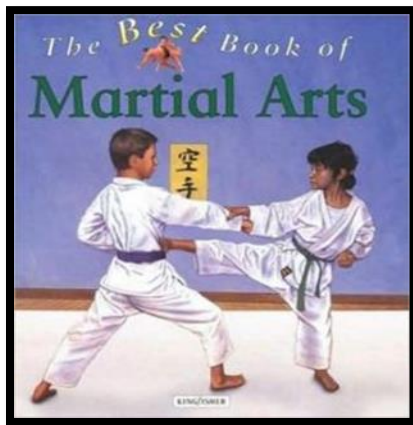
Ray Yungen, author, speaker, and research analyst, explains *Reiki*:

“One of the fastest growing New Age healing techniques being used today is *Reiki*, (pronounced ray-key), a Japanese word which translates **universal life energy** or *God energy*...One practitioner describes the experience in the following way:

‘When doing it, **I become a channel through which this force**, this juice of the universe, comes pouring from my palms into the body of the person I am touching...’

One obtains this power to perform Reiki by being *attuned* by a Reiki master. This is done in four sessions in which **the master activates the chakras, creating an open channel for the energy.**”⁵⁶ [emphasis added]

Sound familiar? In other words, the author of this particular children’s book—marketed to Christian children—is a professional New Ager with connections to the *kundalini* (serpent power/ki).



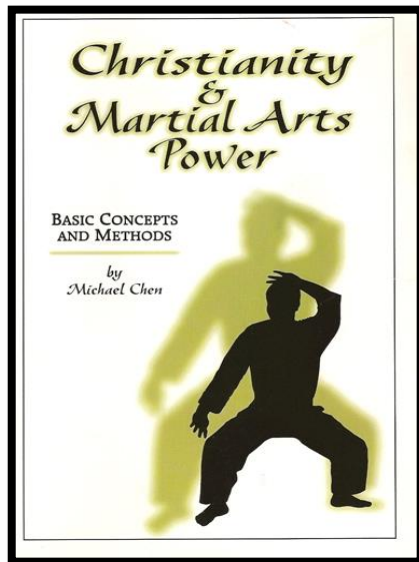
Kingfisher Publishing 2002

“...A fun introduction to the diverse areas of martial arts, *The Best Book of Martial Arts* explores the ancient origins of kendo, the high-flying kicks of tae kwon do, karate’s kicks, blows, and punches, and the abilities of breaking falls used in judo, while offering insight into the physical and mental skills necessary for each art. Stunning illustrations and clear text help the reader further understand martial arts. A useful reference section includes an illustrated glossary and comprehensive index.”

~ *The Best Book of Martial Arts*, Inside Jacket

‘CHRISTIAN’ MARTIAL ARTISTS’ BOOKS

There is also no shortage of books written from the ‘Christian’ martial artists’ perspective; not simply Christians who practice the martial arts—but a so-called ‘Christian’-based martial arts, these practitioners say is based upon the Bible.



Dorrance Pub. 2002

The back cover of Michael Chen’s book, *Christianity & Martial Arts Power*, reads in part:

“...Chen deftly illustrates the correlation between Christian tenets and traditional martial arts **chi kung** concepts. Throughout the book, he uses numerous appropriate and instructional passages from the Holy Bible and connects them to essential martial arts concepts such as **chi, or life energy...**”⁵⁷
[emphasis added]

While Mr. Chen, and authors like him, presents much biblical truth, serious problems arise in his pursuit to marry this truth to the ungodly Eastern mysticism already addressed in this booklet. One glaring example is found on page 14 of Mr. Chen’s book:

“...For the Christian, chi **is** the power of God active within the individual...”
[emphasis added]

In citing equality between the impersonal ‘chi’ (ki) force of the Far East and the Holy Spirit of God—the third person of the triune godhead—Mr. Chen has committed blasphemy (See Jn. 16:7-14; Rom. 15:13, 19; 1 Cor. 2:4; 1 Thess. 1:5). Putting a “Christian” imprimatur upon such error in no way sanctifies the martial arts, but further highlights the unholy mixture of two incompatible belief systems. Practitioners beware!

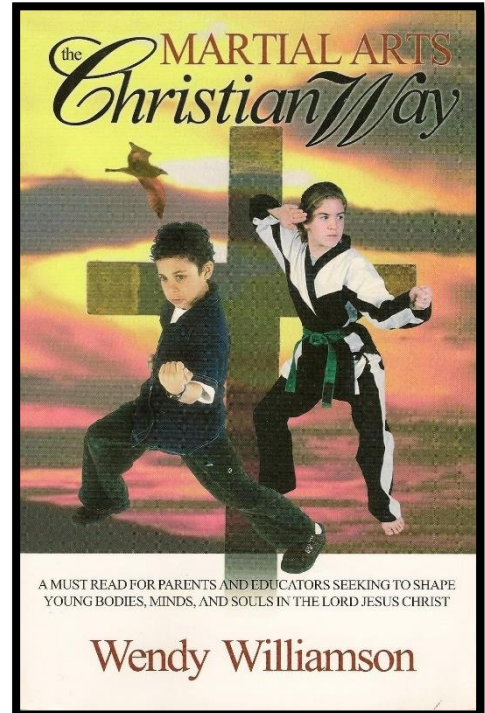
☞ My Life in “The Way” ☞

Additional evidence of this ungodly, deceptive brew can be found in a book written by black belt instructor and counselor Wendy Williamson, called simply *Martial Arts the Christian Way*.

“Martial arts, the Christian way, is an excellent tool for educating young people about the Lord Jesus Christ. It brings them to accept Christ as their personal savior; teaches them how to love the Lord God with their bodies, minds, and souls (Matthew 22:37, Mark 12:30, Luke 10:27); draws them near to the Holy Spirit, who instills the Fruit of the Spirit in their beings (Galatians 5:22-23); shows them how to put on and wear the Armor of God (Ephesians 6:10-18); and encourages them to fulfill the great commission of God (Matthew 28:16-20).

It accomplishes all of this through the presentation of Biblical doctrine and a methodology that works for modern-day youth.”⁵⁸ [emphasis added]

~ Martial Arts the Christian Way, pg. 6



Agapy Publishing 2002

Unfortunately, many of the biblical texts cited in Ms. Williamson’s book are grossly misapplied and often conflict with sound doctrine. Referencing 1 Timothy 4:7-8, the author makes this statement:

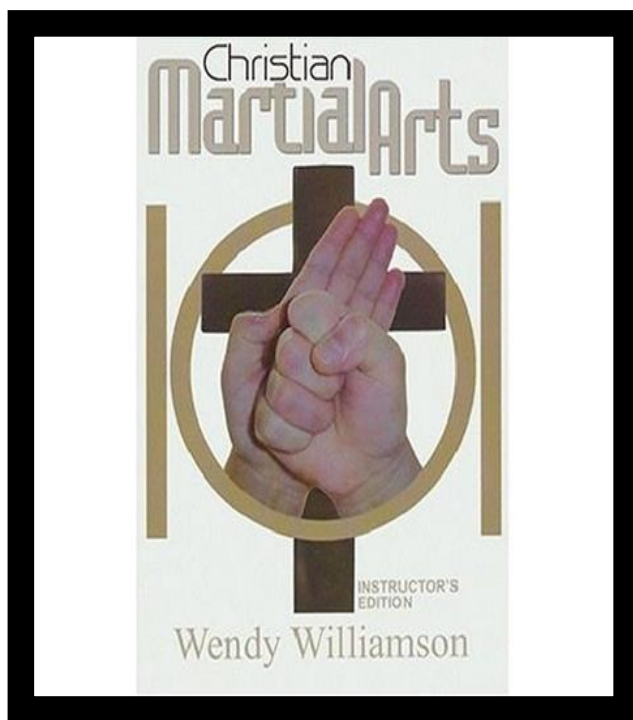
“...In keeping with this teaching, Christian martial artists spend their time and energy **physically training for spiritual fitness...**”⁵⁹ [emphasis added]

Is this what the apostle Paul is teaching from this passage?

*“...On the other hand, discipline yourself for the purpose of godliness; **for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.**” [emphasis added]*

This biblical passage actually *negates* what Ms. Williamson is teaching her readers. *Physical* disciplines can in no way perfect the *spiritual* fitness of a person; that job belongs to the indwelling Spirit of God (See: Gal. 3:3; Rom. 8:5-8). Teaching that martial arts methods, techniques, and philosophies PLUS bible verses manipulated out of context can in any way sanctify a believer is heretical and deceptive. God calls His believers to be separated from this mixture of truth and error—and those who propagate it (See: 2 Cor. 6:14-18; Rom. 16:17; Deut. 4:2; Prov. 30:5-6).

Wendy Williamson has since published a ‘Christian’ martial arts curriculum designed to impart her own recipe of the Bible *plus* the martial arts. In the photo below, note the ‘karate fist salute’ imposed over the Cross, a symbol of Christ’s death for helpless sinners.



Agapy Publishing 2004

“Christian Martial Arts 101 is intended for Christian martial artists and any Christ-centered martial arts program in need of **a spiritual curriculum to complement physical training.** This book can also be used as a personal devotional for Christian students attending non-religious martial arts schools. **It establishes and explains the major principles of Christian martial arts and includes 101 Bible lessons/devotions** for use in the classroom and at home.”

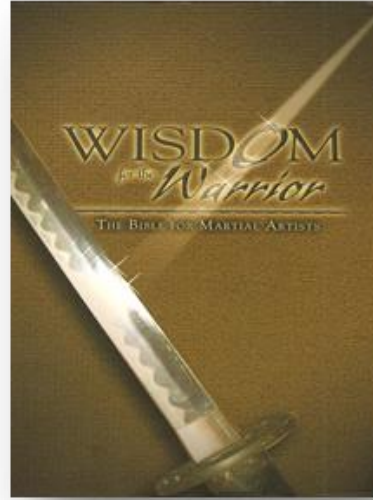
~ Amazon.com

See: <http://www.amazon.com/Christian-Martial-Arts-101-Instructors/dp/0972132821>.

Even more tragic than these things is *a bible* for martial artists.

“On the pages of this book **you will read about the greatest Warrior Who ever lived.** The **Master.** Jesus. He **was** Humble. He **was** Confident. He **had** Courage. He **was** committed to a Purpose. He offered Himself as a Sacrifice. He **was** pure. He **had** Faith in His heavenly Father. He **was** a man of Love. He fought a battle in our place, facing an enemy we had no chance to defeat—death; and He gained the victory using the weapon of love. It is our heartfelt prayer that you will submit yourself to the **Master.** **He alone can teach you the techniques necessary to defeat death...’the last enemy’** [1 Cor. 15:26].”

~ Inside Pages [emphasis/underscore added]



King's Highway Press - NIV

See: <http://wisdomforthewarrior.com/>.

The publishers of *Wisdom for the Warrior: The Bible for Martial Artists* were indeed audacious to sandwich an NIV bible between such seductive error. The Lord Jesus Christ was **never** a martial arts sensei or warrior—the intended meaning of using the title *Master* in this context—He is *the Lord Jesus Christ*. He is NOT in the past tense, but the present...because He lives forevermore (See: Heb. 7:25).

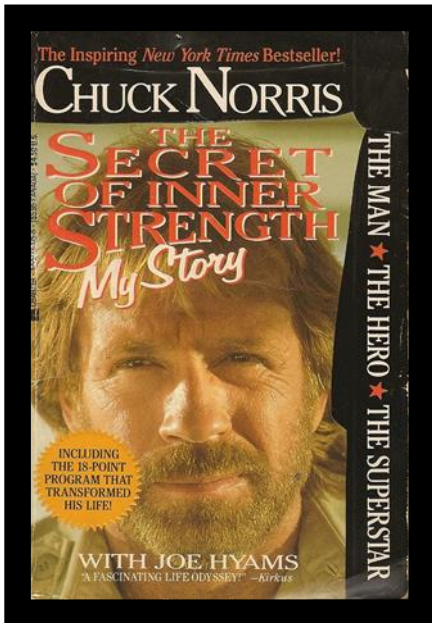
Furthermore, the Lord does not have to teach us additional *techniques* to defeat death (or sin)! This assertion usurps Christ's finished work on the Cross (See: Jn. 19:30).

INFLUENCE OF MARTIAL ARTS CELEBRITY ON CHRISTIANITY

Worldwide, especially within Christian circles, the modern man most associated with popularizing the martial arts is Chuck Norris. Like Funakoshi before him, Norris has undoubtedly devoted his life to the study and proliferation of the martial arts. While not questioning his intentions or motives, we need to take a closer look at his body of work and compare it to our plumb line of truth, the Bible.

☞ My Life in “The Way” ☞

Norris’ first autobiography, *The Secret of Inner Strength: My Story*, was first published in 1988. In this version, he is silent about his Christian conversion; in fact the book is replete with references to “mind power” techniques related to his “inner strength” and success.



Charter Books 1988

“Before the match I **visualized** Joe’s best techniques...I created the fight **in my mind**, planning my strategy according to the old maxim: something **vividly imagined** is often close to the actual experience. Thanks to my **mental-image drills** I had a sense of confidence when my bout with Joe commenced...I had **visualized** almost every possibility, and I was prepared as well as determined to win...It was around this time that **I began reading books such as Napoleon Hill’s *Laws of Success* and Dr. Joseph Murphy’s *The Power of Your Subconscious Mind***, I discovered that I had intuitively been doing what these authors suggested—using **visualization** and my **subconscious mind** to help me achieve my goals...”⁶¹
[emphasis added]

~ *The Secret of Inner Strength*, pg. 84

Much could be said concerning the occult/metaphysical nature of the human potential movement, but suffice it to say, it is NOT Christian. Napoleon Hill was given his formula of success—the “Supreme Secret”—from unseen visitors on the astral plane calling themselves “the Venerable Brotherhood of Ancient India.” They taught Hill the power of visualization and his famous maxim, “Whatever the mind can conceive and believe, it can achieve.” His most popular book, *Think and Grow Rich*, influenced millions.⁶² This demonic philosophy is behind such motivational teachings of the late Norman Vincent Peale, Robert Schuller, and Rhonda Byrne, author of *The Secret*.⁶³

According to CBN.com producer, Laura J. Bagby, Mr. Norris was prompted by his second wife, Gena, to rewrite his first autobiography:

“I was in a different place in my life in 1988, said Norris. “I had pretty much drifted away from God, and if you read the book...it doesn’t espouse my faith. **I kept it very secular**. Once I reestablished my faith with God, all the thanks goes to my wife.”⁶⁴
[emphasis added]

☞ My Life in “The Way” ☞

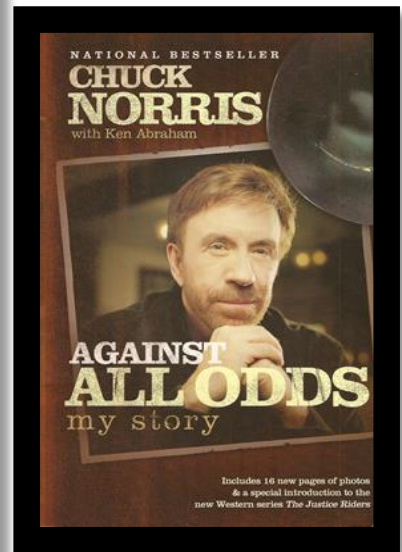
Norris’ second autobiography, *Against All Odds*, was published in 2004. On page 22, Norris states: “I was extremely involved in church activities, and I trusted Jesus Christ as my Savior and was baptized there at the age of twelve.” This occurred in 1952. Sometime after his conversion, Mr. Norris went forward at a Billy Graham crusade in Los Angeles:

“...I had committed my life to Christ and had been baptized as a boy...But this was different. This was pure power...I stood in the midst of about a thousand people as Mr. Graham explained God’s plan of salvation...a very real transaction between God and me took place at the Arena that night. I committed myself to follow him...and he committed himself to me as my Savior and Lord...”⁶⁵

Christian teaching?

“The ambushers beat him up badly [an Air Force policeman] and robbed him. [He] was a black belt in *tang soo do*. When the slicky boys found this out, they were so horrified at the potential reprisal they might suffer, they printed an apology in the local paper. It did them no good. When somebody messes with one black belt, he or she is challenging the whole organization. One of our members tracked down several of the attackers. He killed one and injured two. The police arrested him, and he was sentenced to three years in prison. He was back out on the street in two weeks. The lesson was clear: Mess with one member of our group, and your messing with all.”

~ Norris, *Against All Odds*, pg. 39.



Broadman & Holman
Publishing 2004

Despite his profession of faith, Mr. Norris *affirms* rather than recants his mind-science techniques in *Against All Odds*. The key words in Chapter 9 are “visualized,” “in my mind,” and “mental exercise (pp. 58-65).”

Norris also justifies the unbiblical practice of vengeance, inherent in his popular martial arts films, shown in the book excerpt above (See: Lev. 19:18; Rom. 12:17-19; Prov. 24:29; Ps. 94:1).

In Chapters 20-21, however, Norris is candidly remorseful when he recounts the divorce from his first wife, Dianne, in 1989, and the adulterous liaison that produced his first daughter, Dina, a week before being

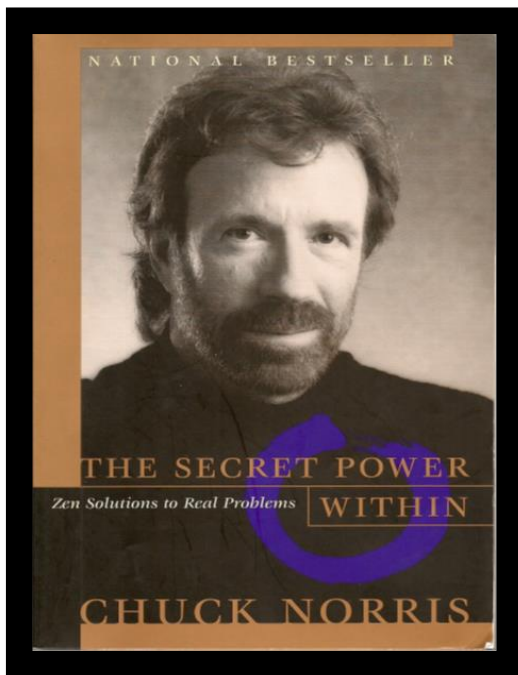
☯ My Life in “The Way” ☯

discharged from the U.S. Air Force in 1962 (pp. 163-175). He didn't meet her (and her family) until 1991, when he was 51.

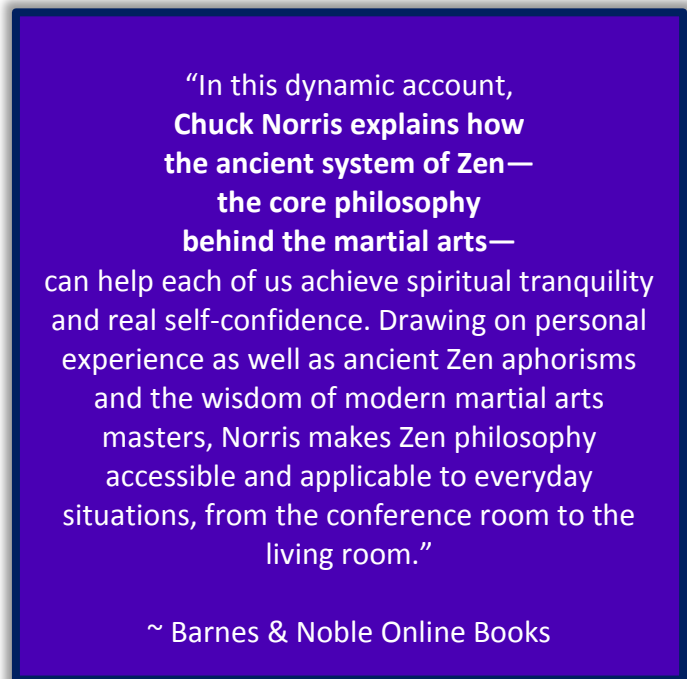
NORRIS' 'SECRET POWER WITHIN'—SERPENT POWER

Forty-four years after his professed conversion, and in between his two autobiographies, Chuck Norris published another book in 1996 entitled: *The Secret Power Within: Zen Solutions to Real Problems*. This book is a real problem for Christians. The reader discovers the “secret power within” on pages 127-130: “**Ki: The Universal Power**”:

“The fact is that **everyone has ki**, which is really little more than a *technique of visualization* allowing one to utilize **the internal energy** that we all have and letting it flow through the body...”⁶⁶ [emphasis added]



Broadway Books 1996



See: <http://search.barnesandnoble.com/Secret-Power-Within/Chuck-Norris/e/9780553069082>.

This “Universal Power” is the *Serpent Power* of “the Way”. As established earlier, the *ki force* is foreign to Christianity, but inherent to Eastern religion—like Zen Buddhism—which Norris openly acknowledges and promotes in *The Secret Power Within*.

This fact is also highlighted on page 26 of *A Dictionary of the Martial Arts*:

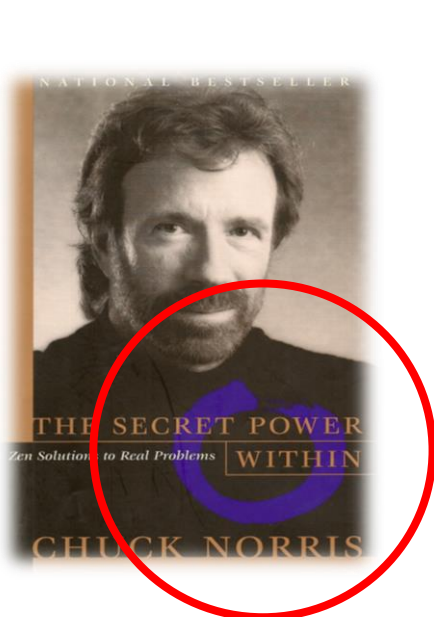
“**The Do** [‘the Way’] is in fact a sort of religious education whose sole aim is spiritual harmony with all beings, and mutual accord of self and **the universal energy**...the philosophy of **the Do** has become **inseparable from that of Zen**...” [emphasis added]

OCCULT SYMBOLISM AND “THE WAY”

Also troubling is the occult image depicted on the cover of Norris’ book. The *Enso* is explained in part by *DailyOM.com*:

“A circle is one of the simplest forms imaginable, yet Zen Buddhists believe this unassuming shape holds great meaning. For centuries, Buddhist monks and artists have created these brushwork circles to express their truth.

Some of these artists even hold that the Enso, or Zen circle, is a graphic depiction of enlightenment itself.”⁶⁷ [emphasis added]



ENSO

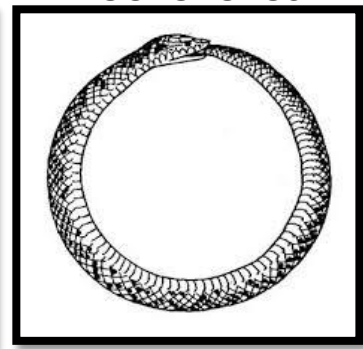


Graphic:

<http://zenpaintings.com/article-enso.htm>

ENSO painting
by Ranzan (1718-1797)

OUROBOROS



Graphic:

<http://carlomatoblogspot.com/2013/05/ouroboros-at-atticus-review.html>

That creating “these brushwork circles” is in itself a religious practice should remind the reader that this was a major tenet of Morihei Ueshiba (Aikido founder) and his mentor, the grand shaman Onisaboro Deguchi.⁶⁸

The Zen Enso is also closely related to the *Ouroboros* (pictured above). *Esoteric Online* reveals that this occult image—depicting an encircled serpent or dragon—is often associated with Gnosticism and Hermeticism:

☪ My Life in “The Way” ☪

The **Ouroboros** (or **Uroborus**) is an ancient symbol depicting a **serpent or dragon eating its own tail**. The name originates from within Greek language; *οὐρά* (*oura*) meaning "tail" and *βόρος* (*boros*) meaning "eating", thus "he who eats the tail".

The Ouroboros represents the perpetual cyclic renewal of life, the eternal return, and **represents the cycle of life, death and rebirth, leading to immortality**, as in the phoenix.

It can also represent the idea of primordial unity related to something existing in or persisting before any beginning with such force or qualities it cannot be extinguished. The ouroboros has been important in religious and mythological symbolism, but has also been **frequently used in alchemical illustrations**, where it symbolizes the circular nature of the alchemist's opus. It is also **often associated with Gnosticism, and Hermeticism**.⁶⁹
[emphasis added, hyperlinks removed]

The *Ouroboros* is also depicted in the emblem of the Theosophical Society (founded by occultist Madame Helena Blavatsky) and also the esotericist society, the Hermetic Order of the Golden Dawn.

Theosophy



Graphic:

http://theosophical.blogspot.com/2012_05_01_archive.html

**Hermeticism
(Alchemy)**



Graphic:

http://www.whale.to/b/snake_tail.html

The *Ouroboros* also represents the Kundalini (serpent power) or *ki* force:

“The Upanishads, a body of philosophical work written in the Second Century BC as the foundation of Hinduism, **uses the Ouroboros symbol to represent Kundalini**, or “corporeal energy” channeled through the seven bodily chakras.

‘**The divine power, Kundalini**, shines like the stem of a young lotus; like a snake, coiled round upon herself she holds her tail in her mouth and lies resting half asleep as the base of the body.’”⁷⁰ [emphasis added]

☯ My Life in “The Way” ☯

So, who taught Chuck Norris about the *ki* force—his “secret power within”? In great detail, Norris shares the story in his book emblazoned with a bright blue *Enso*:

CHUCK NORRIS’ WAY: A BUDDHIST BEGINNING

“**My first experience with Zen was in 1962** in Torrance, California.

I was a young black belt and I had just started a martial arts school...From time to time a monk wearing the saffron robes of a Buddhist would drop by...
he was from the Yogananda temple in downtown Los Angeles...

The fact that we were both martial artists made him feel a certain kinship with me, and he had a lot he wanted to share. As we chatted, **he mentioned the word *ki* several times**, which he described as **an internal force** and said was related to Zen...Curious to learn more about both Zen and *ki*, I asked the monk more questions...’

Kneel down and close your eyes,’ he said, ‘and concentrate on the third eye, which is between and slightly above your eyes. Focus on that third eye and concentrate.’ I knelt on the floor, closed my eyes, and staring into that blackness I soon saw a dark spot about the size of a dime that was starting to get brighter.

As I was kneeling there, **the monk told me more about *ki***. From what he said I understood only that ***ki* was some kind of universal force**, everywhere around us, and that certain people were able to make use of it. He told me stories about the exploits of various monks and warriors...that involved using **the power of *ki***...

While he was telling me these stories, the dark spot became as bright as the sun. The monk finally told me to open my eyes, and when he did so, it was like waking up: I discovered I’d been kneeling on the mat for four hours...

that was when I first became aware that there was more to the martial arts than just the physical, and it was a turning point in my life...” [emphasis added]

~ Chuck Norris, *The Secret Power Within*,
Broadway Books, 1996, pp. 3-5.

Mr. Norris apparently learned much from the Zen monk in a saffron robe—so much so that this one altered state of consciousness became a “turning point” in Norris’ life. It also perpetuated the use of serpent power in his own martial arts training and teaching.

So, how has this man influenced the American culture? Christianity?

CHUCK NORRIS: KARATE ICON TO MULTITUDES



Chuck Norris

“Actor Chuck Norris, the middleweight Karate champion of the late 1960s, is the only three-time member of the *Black Belt Magazine* Hall of Fame (Player, Instructor of the Year and Man of the Year). He has trained hundreds of students in Tang Soo Do, his special area of Karate study. Norris plays a tough guy, but in real life he’s known as a true gentleman.”

~ *The Kids Karate Book*, pg. 69.

Photo: <http://www.mardb.com/chuck-norris-and-chun-kuk-do/>

NORRIS: THE DOJO IS THE “PLACE OF ENLIGHTENMENT”

“The name *dojo* was borrowed from the Buddhist nomenclature for the hills set aside for meditation and other spiritual exercises in virtually every monastery and convent, and the original Sanskrit word, *bodhimandala*, means ‘**the place of enlightenment.**’ Even when located far from a temple, the atmosphere of a proper dojo, where martial arts are taught in the traditional manner, reflects that historical background. It’s a good name, short but with a deep meaning, and **it says a lot about what really goes on in the practice of martial arts.**”

~ Chuck Norris, *The Secret Power Within*, pp. 33-34.

Here is an excerpt from Chuck Norris’ official website:

“Norris first made his mark as **a renowned teacher of martial arts** and was a six-time undefeated World Professional Middle Weight Karate Champion.

He is the first man from the Western Hemisphere in the over 4,500 year tradition of Tae Kwon Do to be awarded an eighth degree Black Belt Grand Master ranking. By the 1970’s he had revolutionized Martial Arts in the U.S. and **created his own system called Chun Kuk Do (meaning “The Universal Way”)** and is the Founder and Chairman of the United Fighting Arts

Federation.”⁷¹ [emphasis added]

Chuck Norris also endorsed Joel Osteen’s 2004 motivational book, *Your Best Life Now*.⁷² In 2008, Norris received an honorary Doctor of Humanities degree from conservative (Christian) Liberty University.⁷³

MARTIAL ARTS, “CHRISTIANITY,” & POLITICAL ACTIVISM

“*Black Belt Patriotism*...offers my solutions for rebuilding America...”

~ BBP Back Cover



“**Martial arts master, actor, and political activist**—there is no job Chuck Norris can’t do. Now the original tough guy is at it again, stepping back into the role of bestselling author with his new book, *Black Belt Patriotism*.

In *Black Belt Patriotism*, Norris gives a no-holds-barred assessment of American culture, tackling everything from family values to national security. More than a cultural critique of what’s wrong with our nation,

Black Belt Patriotism provides real solutions for solving our problems, moving our country forward, and changing our nation’s course for the better.

Chuck Norris—the hero, icon, and legend—is back, packing a political and cultural punch, as only he can deliver.”

~ Amazon.com online books

See: <http://www.amazon.com/Black-Belt-Patriotism-Reawaken-America/dp/1596985585>

[For more information on this subject and Norris’ book, read this online article by the author:

"Chuck Norris: His Beliefs, His Associations, His Mission"

See: <http://herescope.blogspot.com/2010/07/chuck-norris.html>.

Besides actively campaigning for GOP presidential candidate Governor Mike Huckabee during the 2008 election⁷⁴, Norris was a speaker at the April 2010 Southern Republican Leadership conference in New Orleans.⁷⁵ He is also a guest columnist for WND (formerly *WorldNetDaily.com*).⁷⁶

“CHRISTIAN” MARTIAL ARTS IN EDUCATION

Like his martial arts forefathers, Norris’ crowning achievement has been to bestow his knowledge of “the Way” and Zen practices to the youths of America and beyond—under the guise of Christianity:

“Besides teaching them martial arts skills, students of KICKSTART get positively affirmed and even a dose of Bible principles.’ Chuck Norris explained, **‘The martial arts is a philosophy that is pretty much the principles in the Bible.** Even though we can’t talk about Jesus, we can talk about what Jesus talks about in the Bible—love, loving your neighbor, being good people. Even though we can’t quote Scripture, we can say what Jesus says in the Bible...We can say that in an indirect way, which we do.’”⁷⁷ [emphasis added]

With the help of President George Bush senior, Norris founded the KICKSTART KIDS Foundation to teach the martial arts within the Texas public school system; a venture that Norris has called his “life’s mission”.⁷⁸ He and his wife, Gena, have plans to expand this program nationwide:

KICKSTART KIDS



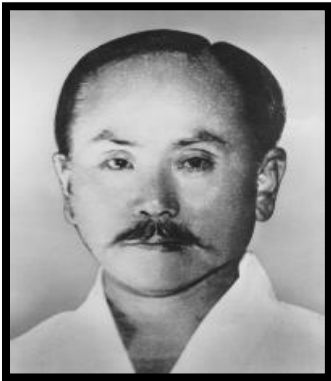
“A man of deep religious convictions and a giving spirit, Chuck will say that next to his family, **his most rewarding accomplishment is the creation in 1992 of his KICKSTART KIDS Foundation.** His wife, Gena, is also a leading force in this endeavor as the Foundations Co-Chairman. With the purpose of building strong moral character in our youth **through martial arts training, the Foundation has become the most important mission of Chuck and Gena’s lives,** following the development and well-being of their family. **KICKSTART KIDS now works with over 6,500 at-risk youth on a daily basis as part of the daily school curriculum in middle schools and since its inception; the program has graduated almost 70,000 youngsters.** Their goal is to expand the program all over Texas and **eventually nationwide....”** [emphasis added]

~ Chuck Norris Official Website

See: <http://www.chucknorris.com/biography.htm>.

LIKE FUNAKOSHI, NORRIS PROPAGATES THE WAY THROUGH SCHOOL CHILDREN

In the footsteps of the karate grandmasters before him, Chuck Norris, with the help of Hollywood icons, wealthy businessmen, and even a U.S. president, has catapulted karate from the obscurity of the ancient adepts into the American classroom. Gichin Funakoshi set the ball in motion when he used his daytime profession as an educator to foment the martial arts from its secrecy:



GICHIN FUNAKOSHI

Graphic:

<http://www.shotokankarate.ca/gichin%20funakoshi%20sensei.htm>.



CHUCK NORRIS

Graphic by Spinaleek:

<http://spinaleek.deviantart.com/art/Chuck-Norris-Was-Here-charcoal-pencil-359560643>.

“In my childhood...karate was banned by the government. It could not be practiced legally, and of course there were no karate dojo. Nor were there any professional instructors. Men who were known to be adepts accepted a few pupils in secret, but their livelihood depended on work quite unrelated to karate...It was in the first or second year of the present century, as I recall, that our school was visited by Shintaro Ogawa, who was then commissioner of schools for Kagoshima Prefecture. Among the various exhibitions that had been arranged for him was a demonstration of karate...

As a result of Ogawa’s report, karate became part of the curriculum of the Prefectural Daiichi Middle School and the Men’s Normal School.

The martial art that I had studied in secret when I was very poor had at last emerged from seclusion and had even won the approval of the Ministry of Education... I determined to devote all the time and effort I could spare to the popularization of the art.”⁷⁹

[emphasis added]

KI FORCE VERSUS THE INDWELLING HOLY SPIRIT

By now, the Christian reader is rightly troubled about the true source of Mr. Norris’ “secret inner strength,” and “secret power within.” Has he made the same deleterious leap as Michael Chen and other “Christian” martial artists in equating the impersonal *ki* force (kundalini/serpent power) with the Holy Spirit of the Living God—the third person of the triune godhead? Has he unwittingly become a de facto false teacher of Far Eastern mysticism in woolen garb like this author did before fully repenting—and renouncing the martial arts? Let the evidence speak.

“The internal energy (Chi) is all powerful, should be extended, vibrated like the beat of a drum, condensed toward the center of your body... Your body should move like the rhythmic flow of water on a river or like the rolling waves of the ocean, thus perfect, allowing no defeat.”

~ Chang San-Feng, Ta’i-Chi Grand Master

Quote/Calligraphy: Yeshua-Do International Website;
http://www.yeshuadoint.bnx.pl/viewpage.php?page_id=50.

“Ki” – Calligraphy
by Eri Takase



*“I [Jesus] will ask the Father, and He will give you another **Helper**, that He may be with you forever; that is **the Spirit of truth**, whom the world cannot receive, because it does not see Him or know Him, but you know Him because **He abides with you and will be in you** (John 14:16-17).”*

KARATE: (MARTIAL ARTS) A SYSTEM OF ‘SELF-PERFECTION’

“No matter your reason for beginning Karate, you will soon discover that physical training is only one part of the story.

Karate training is not just for your body; it’s also for your mind and your spirit. Karate is a system of self-perfection, and that means becoming the best person you can be in every aspect of your life.”

[emphasis added]

~ *The Kids’ Karate Book*, pg 14.

Ultimately, the martial arts is a lifestyle devoted to **SELF**—self-improvement, self-mastery, self-empowerment, self-awakening, self-attainment, self-esteem, etc. The Bible loudly says to *deny* self.

GOD’S VIEW OF SELF-ATTAINMENT

“Set your mind on the things above, not on the things that are on earth. **For you have died and your life is hidden with Christ in God** (Col. 3:2-3).”

“**For we are not bold to class or compare ourselves with some of those who commend themselves**; but when they measure themselves by themselves, and compare themselves with themselves, they are without understanding...But He who boasts, let him boast in the Lord (2 Cor. 10:11, 17).”

“Though while he [a rich man] lives **he congratulates himself**—and though men praise you when you do well for yourself—he shall go to the generation of his fathers; they shall never see the light (Ps. 49:18-19).”

“But realize this, that in the last days difficult times will come. **For men will be lovers of self...** (2 Tim. 3:1-2).” [emphasis added]

Rather than singling out the mighty, remarkable, and infamous—God chooses the humble, contrite, and unknown:

**GOD CHOOSES THE WEAK & IGNOBLE TO DO HIS WORK—
NOT THE STRONG & NOTABLE**

*"...For since in the wisdom of God the world through its wisdom did not come to know God, God was well-pleased through the foolishness of the message preached to save those who believe...For **consider your calling, brethren, that there were not many wise according to the flesh, not many mighty, not many noble; but God has chosen the foolish things of the world to shame the wise, and God has chosen the weak things of the world to shame the things which are strong, and the base things of the world and the despised, God has chosen, the things that are not, that He might nullify the things that are, that no man should boast before God...** (1 Cor. 1:20-29)."*

"CHRISTIAN" KARATE WITHOUT THE EASTERN SPIRITUAL WORLDVIEW?

Pragmatic and even naïve "Christian" martial artists have attempted to sanctify the Eastern practices and beliefs examined in this booklet in order to placate Christian consumers, but they cannot do so and remain faithful to the one true God and His Word. The Way of the East and THE Way of Christ are diametrically opposed.

Christian Tonie Harris Gatlin, a former professional martial artist, gives this warning:

*"...Bowling, specific methods of concentration, meditation, and breath control, emptying the mind, visualizing yourself doing the *kata* or prescribed forms, calling your teacher 'master', centering in the *ki*, and trying to 'flow' with the 'oneness' of nature and your inner self*

are all part of Buddhist and Taoist philosophy.

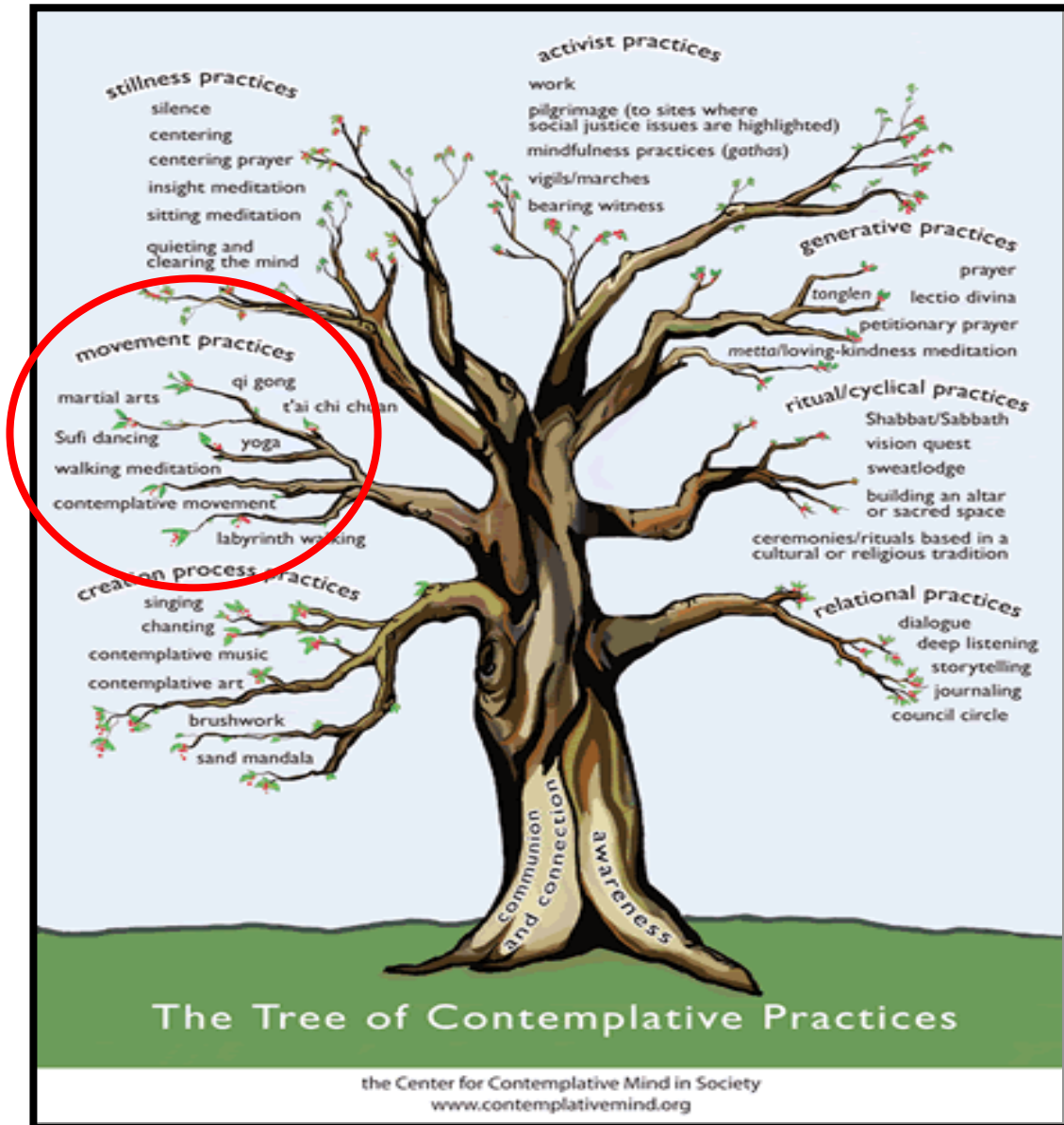
Doing the arts without absorbing at least some of those influences is like trying to swim in a river and not get wet...

I started out just trying to get physical control.

My first school even de-emphasized the spiritual aspects, but as I went on I got them anyway.

When I entered the river, I got soaked."⁸⁰

"THE WAY" (DO): ON THE TREE OF DEATH = THE BROAD WAY



Poster: The Center for Contemplative Mind in Society; <http://www.comtemplativemind.org>.

THE WAY OF DEATH

*"...nor can a **bad tree** produce good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire."*

~ Matthew 7:18-19
[emphasis added]

THE WAY OF LIFE

*"Jesus said to him, '**I am the way**, and the truth, and the life; no one comes to the Father, but through Me.'"*

~ John 14:6
[emphasis added]

JESUS CHRIST IS THE EXCLUSIVE “WAY”

“Jesus said to him, ‘I am **the way**, and the truth, and the life; no one comes to the Father, but through Me.’” (John 14:6) [emphasis added]

‘[THE] WAY’ – (Gk.) *hodos*

“1. In respect to place, a way, highway, road, street...”

“(D) Metonymously of Jesus as **the way**, i.e., the author and medium of access to God and eternal life (John 14:6).”⁸¹

We’ve arrived at a fork in the road. Both signs say “LIFE”, but one has been deceptively marked by the enemy of souls. It is really a pathway—on the broad way—leading to death. The other Way is narrow, but clearly lit. It alone leads to life.

The reader must decide which *way* to go...and face the consequences of that decision. The Lord Jesus Christ directs us to the *narrow way* that leads to eternal life:

“...for the gate is wide, and the way is broad that leads to destruction, and many are those who enter by it.”

~ Matthew 7:13



“Enter by **the narrow gate**... For the gate is small, and **the way is narrow that leads to life**, and few are those who find it.”

~ Matthew 7:13-14
[emphasis added]

Photos: <http://www.flickr.com/photos/willamettevalley/2156253645>.

WHAT MUST I DO TO BE SAVED?

- ✚ Realize that you are a sinner who cannot earn or work for your salvation (Rom. 3:23).
- ✚ Repent (turn away from your sin) and believe that Jesus Christ is the ONLY way to God; that He died for your sins and rose again on the third day for your redemption (1Cor. 15:1-8).
- ✚ Receive Christ by asking Jesus Christ for forgiveness (mean it in your heart) and to be your Lord and Savior (Rom. 10:9).

"These things I have written to you who believe in the name of the Son of God, in order that you may know that you have eternal life (1 John 5:13)."

*"Now to Him
Who is able to keep you from stumbling,
and to make you stand in the presence of His glory
blameless with great joy, to the only God our Savior,
through Jesus Christ our Lord,
be glory, majesty, dominion and authority,
before all time and now and forever. Amen
(Jude 24-25)."*

A CHRISTIAN’S DEFENSE:

“For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses (2 Cor. 10:3-4).”

“Finally, be strong in the Lord, and in the strength of His might. Put on the full armor of God, that you may be able to stand firm against the schemes of the devil...Therefore, take up the full armor of God, that you may be able to resist in the evil day, and having done everything, to stand firm (Eph. 6:10-11, 13).”

“For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow... (Heb. 4:12).”

“...On the other hand, discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come (1 Tim. 4:7-8).”

“See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ (Col. 2:8).”

“But may it never be that I should boast, except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world (Gal. 6:14).”



☞ My Life in “The Way” ☞

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ABOUT THE AUTHOR:

Gaylene Goodroad became interested in the martial arts after an uncle, who earned a black belt in *Goju Ryu* karate during a military tour in Japan, demonstrated some of his techniques. During her freshman year in college, she enrolled in *Tae Kwon Do* classes, but left as a novice. Eventually, with continued study of the martial arts, she obtained a second-degree brown belt in *Okinawa Kenpo* karate while her husband was stationed in the Army in Hawaii. After returning to the continental US, she resumed karate training, ultimately holding the rank of nidan (2nd degree) black belt in both *Shotokan* karate and *Aikido*. Gaylene not only served as a sensei in a karate dojo, but also taught self-defense classes, alongside law enforcement officers, both in the public school setting, as well as in training seminars for women. She renounced all martial arts belts following her conversion to Christianity in 1992. Gaylene graduated from the University of Minnesota, Moorhead, with a BS degree in Mass Communications in 1984. She has been married to her husband Steve, a retired military officer, for 31 years. They are the parents of two sons, both now grown.

If you have any questions regarding this booklet, please contact the author by email: goodroadgt@gmail.com.

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*“Trust in the LORD with all your heart,
And do not lean on your own understanding.
In all your ways acknowledge Him, and He will make your paths straight.”*

~ Proverbs 3:5-6

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