



Dr. Scott
Johnson

The Martial Arts Exposed

Sermon Overview: The Martial Arts have a unique, unusual & unfortunately occult history. Karate was handed down centuries ago from Zen Master to Buddhist monk by word of mouth, and always in strict secrecy. Even today, everything done in karate can be tracked back to some principle of Zen Buddhism. An Indian Buddhist priest named Bodhidharma in the 6th century A.D. in China, synthesized karate techniques and [Yoga](#) meditation in order to unite mind, spirit, and body. (Among the Chinese styles are *kung fu* or *gung fu*, *wu shu*, and *pa kua*. *Tai kwan do* and *hapkido* are among the Korean styles.) Karate is clearly a mental and moral exercise, indeed, a **spiritual experience**. In each practice session there is a concerted effort to unite mind, spirit, and body just as Bodhidharma sought to do with Zen priests. Please bear in mind that much of this teaching is **not my words** but the words of experts who are explaining what the history and current teachings of Martial Arts are. This **is not biased research** as these men are the very ones promoting this martial art. The evidence speaks for itself and as you will see is overwhelming in regard to the contradiction this martial art (as is true of most) presents to a Bible believing Christian. It is not my intention to attack any individual or to hinder the work of the Lord in any way shape or form. Actually my goal is quite the opposite and this lines up with the Biblical tenet that the truth shall set you free. I ask myself that if I were being deceived would I want someone to come to me and tell me the truth or would it be better for me to remain in the deception and be destroyed for lack of knowledge ([Hosea 4:6](#)).

Galatians 4:16: "Am I therefore become your enemy because I tell you the truth?"

Proverbs 18:13: "He that answereth a matter before he heareth it, it is a folly and a shame unto him."

Karate*

Tool for Christian Evangelism

or Zen Buddhism?

- On the cover of [Bob Jones University](#)'s Spring 1992 issue of the *BJU Review* is a picture of black belt karate master and senior at BJU, Jim Pitts, in full karate garb, Bible open, giving the "invitation," while the rest of the members of BJU's "Champions for Christ karate team" are kneeling in prayer by their cinder-block bricks. On the inside cover is a picture of Mr. Pitts breaking four bricks with his right arm, while the other team members are watching, with Bibles open. The editor of the *Review* declares that:

"Champions for Christ is one of many different extension groups that go out from the University each week, bringing the Gospel to needy people throughout the Southeast. These extension ministries give all students the chance to sharpen their soulwinning skills, be an encouragement to others, and use their skills to glorify God." (Emphasis added.)

- Many other so-called youth and evangelism ministries promote the martial arts as a means of motivating youth in evangelism, spiritual warfare, etc. For example, the March 1992 *Baptist Bulletin* ([GARBC](#)) contains an article about a husband-wife ABWE missionary team helping "teenagers understand God's power in their lives" by exhibiting his (the husband's) karate skills ("such as breaking boards with his hands and demonstrating samurai swords and nunchakus") at GARBC youth rallies. The missionary team claims to want "to help the teenagers understand God's power in their lives ... [and] to motivate them to join God in the spiritual battle of the present age."

- Should a Christian's "soulwinning skills" include karate, and can that "skill" be used "to glorify God?" And what has karate to do with the reality of "God's power" in a teenager's life? Even though one might find it difficult to see how the so-called "skill" of karate could or would be used by the Holy Spirit to draw the lost to Christ, the overriding question must be: Is there a philosophy antithetical to Christianity that is at the root of karate exhibitions?

- Karate has a unique and unusual history. It was handed down centuries ago from Zen Master to Buddhist monk by word of mouth, and always in strict secrecy. Even today, everything done in karate can be tracked back to some principle of Zen Buddhism. An Indian Buddhist priest named Bodhidharma in the 6th century A.D. in China, synthesized karate techniques and [Yoga](#) meditation in order to unite mind, spirit, and body. (Among the Chinese styles are *kung fu* or *gung fu*, *wu shu*, and *pa kua*. *Tai kwan do* and *hapkido* are among the Korean styles.) Karate is clearly a mental and moral exercise, indeed, a spiritual experience. In each practice session there is a concerted effort to unite mind, spirit, and body just as Bodhidharma sought to do with Zen priests.

Karate is founded on scientific principles of body movements that develop the karate devotee into a healthy, well coordinated person, both physically and mentally. The Chinese karate masters considered karate to be an extension of their religion. The Okinawan karate masters considered it to be a way of life:

"It is, rather, an expression of life lived 24 hours a day, 365 days a year. Indeed, the way of karate is a philosophy of life -- a rich, rewarding philosophy if carried through, past the boundaries of obvious self-defense techniques, into the realm of mind-searching discipline. Within karate-do is the potential of a new person: a person huge in all the capabilities that will make him respected and confident" (*The Way of Karate*).

- **Karate is Zen** -- so says Master Oyama and many other karate masters. Zen is a school of Buddhism that has been called the "Religion of Immediate Reality." The aim of Zen is to awaken the student to his true self and thus bring about a degree of self-knowledge through inward meditation. Zen students seek peace of mind through an enlightened awakening of an intuitive wisdom, which they feel is dormant now in all people. Zen meditation tries to achieve "no mindedness" which may be acquired by concentration and special breathing exercises. Karate, when combined with Zen meditation, is used to assist the student's quest for peace of mind and equanimity in the face of conflict and tension.

- Although many, especially here in the United States, tend to disregard much of the Zen Buddhist philosophy in their training, some impact of that philosophy is made upon every student of karate. This is because Zen meditation and yoga-like breathing exercises -- whether for thirty seconds or for two hours before and after every practice session -- are an integral part of any Oriental martial arts program. If one truly aspires to master the art of karate, he cannot ignore the spiritual implications.

Zen meditation provides a false "inner peace" that is at best a counterfeit of the peace only God can give. There is only one source of inner peace -- the Holy Spirit (Galatians 5:22). We can choose between the self-control developed by the Holy Spirit, or the self-control of Zen. And with the self-control of Zen, as with any Eastern meditation technique, one could also be opening himself up to demonic activity.

While God calls us to humility, the martial arts cater to human pride. For even in gaining mastery over one's self through Zen, it is still recognized as an accomplishment of self. That self-pride then manifests itself through a desire to prove oneself superior.

- Although some proponents for a "Christian" martial arts do concede that karate has roots in occult, pagan, and/or Eastern religious philosophy, they also claim that the primary philosophy behind the martial arts actually originated in Old Testament Biblical times (citing such passages as Gen. 14:13-16; 2 Sam 6:14; Psa. 144:1; Eccl. 9:10 as proof-texts), even going back all the way to the Garden of Eden! (*Christian Martial Arts*, Tottingham & Tottingham, pp. v & 2). Therefore, according to these advocates, Satan made "inroads" into the true Bible-based martial arts, capturing them for himself, and that all we need to do now is to reclaim them and change them "from an Asiatic philosophy to a truly Bible-centered Christian philosophy" (*Christian Martial Arts*, pp. ii & 2). Once these "dramatic changes" in "approach" are made, we are told, the "Christian can indeed study the martial arts in total harmony with his walk with the Lord" (*Christian Martial Arts*, p. v).

This, of course, is the same logic men use to "Christianize" any worldly, pagan, and/or occult philosophy or practice, whether it be astrology (the "[Gospel in the Stars](#)"), [psychology](#), [Eastern "medicine,"](#) magic, pyramidology, graphology, numerology, etc., etc., etc. The logic goes something like this:

"It was originated by God (which requires a few verses out of context to 'prove' it), Satan stole it and/or counterfeited it (under the false assumption that 'Satan can't create, he just steals from God'), we need to reclaim it and re-Christianize it, and then we can use it 'to glorify God'" (*Christian Martial Arts*, pp. 75 & 83).

- The violence associated with karate smacks of anything but "Christian." Legendary karate "masters" were reputed to have superhuman powers, including the ability to kill small birds with a yell ("the shout of doom"), a secret knowledge of how to touch lightly at a spot on the body to cause death ("the touch of death"), and the ability to penetrate an adversary's body with a bare hand to withdraw his still-beating heart. The very nature of these violent forms of expression runs counter to God's Word.

- How then can any Christian justify his involvement in karate or any of the other martial arts? He can't. Not even by claiming that such involvement is for self-defense, exercise, to learn discipline, etc. (let alone justifying it for evangelism purposes!). There are other methods by which these results may be obtained -- methods not associated with harmful violence and false doctrine.

* The chief source of our information for this report was a special report written by Albert Dager of *Media Spotlight*. Other sources used were various encyclopedias and three books on karate/martial arts: *The Way of Karate*, *Karate Within Your Grasp*, and *Christian Martial Arts*.

Biblical Discernment Ministries - 4/92

<http://www.rapidnet.com/~jbeard/bdm/Psychology/karate.htm>

Testimonies

Hi, Brother Scott, i have personal experience in Martial Arts (internal arts), before i came to the Lord i was trying (i emphasize 'trying' as it just wouldn't work for me) to learn Tai-Chi, the art were you cultivate your chi or life force and use it to do superhuman feats like hitting people without touching them etc.

*It did not work for me as i mentioned, one day after practicing i got up and said i know that this isn't working because God isn't allowing it to work for me!, thank God he protected me from demon possession which **MUST** happen for these things to work. The book i read was saying that you may get a spirit guide and you will feel sensations all over your body, you will feel a warm feeling like a warm fire wrapping around your legs and working its way across your body, you will also receive healings etc.*

I remember the day i received the revelation that this stuff is of Satan, i burned the books and threw the others in the bin, the training only consisted of blanking your mind while doing strenuous exercises which was basically staying in a squatting position for prolong periods of time.

i repented of this stuff long ago and am fully aware of the source of this power, the tai-chi masters were saying that their techniques wont work against many people for some unknown reason, they said there is less chance of it working on Children and women. Only if they knew that Satan simply does not have the authority to attack all people, only those who God allows for whatever reason.

Because of that i know that such people can never hurt a Christian or any other person that God decides to protect.

Personally have no issue with things like western Boxing or wrestling as it is purely physical without the spiritual baggage.

Thank you for your time, cya.

C G

Brother! You are an inspiration as a man of the Lord. You have no idea.. I pray that someday, I am as receptive to Lords spirit, that I may touch others the way that you are. I truly have had a conflict with this issue that resulted almost in suicide. In my earlier walk, when the enemy was given rights by me ignorantly, I couldn't see the enemy fire or where it was coming from...

Words can't describe what this sermon means to me bro. I've had a conflict that would render any man useless apart from the Grace of God and the Holy Spirit pushing him through.

I know that Gods has your soul in His hands for eternity brother.....
Rest in Christ,

In Eternal Thanks
Weston L.

"Free at Last"

Dear Satan ... For awhile it was a blast.. but now its the past. Fighting and striving to learn how to dive into self protection ... not Christ's reflection ... No... I had a f u n direction... to learn the art of war... letting it live deep down in my inner core... building a home.. so I could be all alone ... afraid of

every man who came my way... but now I can say .. "Fear of man bringeth a snare. .. " Lord I said this agony isn't fair... and God now said " Weston it was you, and all y o u " Lord" this is true. ". I loved my sin, gloried in my shame.... pretending it was about your name ... A deceitful worker of the kingdom of God loving the worldly applaud ... Loving my wizard leader. and this 6 black belts... and a heart that never felt my pain ... as I couldn't stand my karate fame... Still I quit and returned... and my soul always burned.. with the heat of devils that wanted my life.. and LIVED BY MY STRIFE... yes o yes I hid it good just as a deceived Christian should... I walked and talked... saying I ll save the lost... but what is the real cost... I never thought. The real cost is this.... the Lord God... has you on His list... of those who HE shall hide HIS face from... because we are deaf and dumb..... not willing to DIE to SELF, so that we can overcome..... Jesus said "The man who loves HIS LIFE will LOSE IT, and the one who hates it will hold it onto life eternal... "put that in your journal ... next time you stand in the mirror with only m a n to fear.

In Jesus Christ my Lord,
Special Thanks to Scott Johnson for His Obedience during my gal 5 , rom 7
war.

WESTON A LANNERS

A RELIGION THAT IS TO BE LIVED OUT 24 7!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

O my dear Lord in Heaven how I am sorry.

Scott. .. this is blowing my mind man. So much of what you are saying and preaching, I have experienced. There is certainly no way to divide what you love and learn in the classroom, and the way that you think outside of it. The mind is taught and formed as a martial artist. As you kick , punch , jump and yell.... the m i n d is working off of visions. Visions of winning, and self driven glory fill the mind of a fighter. Visions of dominating and excelling in power and skill. The mind is an enemy of GOD (rom 8 7) ... and the mind goes to work to make sure that the flesh has its way ! Proverbs say " Commit thy actions to the Lord and the thoughts shall be established. " What about when we commit our thoughts to the flesh. ? The sin shall be established.

Karate is one of the most subtle and sever occult groups there is truly.

**Sweet Jesus
Wes**

Comment Name: Pastor Edward Watson
Comment Email: wats@nc.rr.com

Comment Title: Great Sermon!

Comment Location: Durham, North Carolina

Comment Text: Thank you Dr. Scott for exposing this devilish practice that has infiltrated the lives of many unsuspecting believers. This is where the rubber meets the road in the faith of a professing Christian; when he hears the truth of this message will he come out and be ye separate and touch not the unclean thing that God may receive him or stay in his deception and reject the truth. If this message is in your hands it is there because God wanted it there to set you free, trust him now, renounce the devils behind this and Jesus Christ will set you free.

Scott,

You know, This excuse of worshipping a false religion and it being ok with God because we live in America makes me sick. It is the same thing we hear from those who want to worship the "Unholy days of the Roman false church"(Christmas, Easter, Halloween, etc.). As Christians, just because we live in America does not make it ok in God's eyes. We hear preachers teach against false heathern religions but then turn right around and put their support behind Martial Arts or Yoga classes for his church members.

Many Christians will tell you they follow after Martial Arts to learn self defense. If they would spend time in the scripture they would see that Gods form of self defense for his people is his Word.

Steve McCool

The Spiritual Danger of THE MARTIAL ARTS

Dr. Russell K. Tardo

Billy Jack, Bruce Lee, David Carradine's "Kung Fu," Chuck Norris, the Karate Kid, Ninja Turtles, and a host of others have made karate very popular in America. The martial arts were already popular in the Far East when Hollywood glamorized the fighting techniques with a string of low budget but successful movies. Although highly fictionalized, they found an eager audience in the western world. We westerners took an immediate shine to the seemingly indestructible karate practitioner as portrayed in the movies. He was independent, quiet spoken, self-confident, fearless, and capable of defeating a veritable army almost singlehandedly. Karate schools, called "Dojos" sprang up in cities across the U.S., and hundreds of thousands of Americans began their quest for

the coveted "Black Belt," worn only by the martial arts Master. From there it wasn't long before the martial arts began seeping into the Christian church. Sadly, it's been the habit

of the church to adopt the fads of the world, and thus, many ministries were soon teaching judo instead of Jesus and holding courses in every conceivable form of the martial arts.

Recently, several large specialized ministries have appeared, especially featuring the martial arts and strong man stunts. The average service held by these "Christian karate" teams has them breaking bricks, boards, baseball bats, and huge blocks of ice with their heads, feet, and hands. Phone books and handcuffs are ripped apart, and other

things usually associated with Eastern Mysticism and the occult (such as nail beds and walking on hot coals) are employed in a spectacular display of strength and skill. Ministers around the world have invited these karate teams to hold crusades in their churches, knowing that they will draw a capacity crowd that can then be told the good news of Jesus Christ. While I do not doubt the good intentions and sincerity of these men, sincerity is not the issue here. Truth is. And the former is never a substitute for the latter. So while the motivation behind such performances may be earnest, in viewing them, the Bible believer is eventually forced to question whether such displays are biblical. We know they are popular, but are they compatible with Christianity? More to the point, is a martial arts demonstration a scriptural platform from which to preach Christ? While one may argue that Christ can be preached from any platform, we must also bear in mind that the method we employ affects the message we preach. For instance, how can someone **preach** “turn the other cheek” when he’s **teaching** selfdefense?

And how can one preach “love your enemies” while teaching you how to hurt them? You see, when the method contradicts the message, it destroys credibility. And seeing phone books ripped apart by a scantily clad muscleman, who bobs his head up and down, gathering momentum and mental strength as he prepares to crash his head into a thousand pound block of ice, can’t possibly prepare the heart for a message about a meek

Savior who extolled humility and scorned self-exaltation. While such stunts might attract an impressionable group of young people to sign up for a karate class, it is difficult to see

how it will cause them to want to enroll in a Sunday School class.

Please do not misunderstand. This is not an outsider’s polemic against something I know not of. I was once among the millions of Americans who sought the black belt, and I dedicated almost five years of my life to its pursuit. Then, something (someone) intervened. Christ! When I received Christ, no one had to tell me that karate was wrong or unchristian, for I knew it automatically! That was almost 20 years ago. Now I am saddened by a generation of Christians who see no conflict between the martial arts and

Christ. They naively believe that karate’s source can be divorced from its practice. This, as we shall see, is faulty reasoning. The fact is, all of the martial arts were birthed from an anti-Christian womb. That is why their philosophy attacks the teachings of Jesus at every hand, and their practice conflicts with His example. I discovered that the martial arts were not harmless practices, but that grave spiritual dangers lurked in every corridor

of their use. The particular style I studied was Korean (hap-ki-do), but all of the styles spring from the same source. Thus, it is out of genuine concern that I feel obligated to make every Christian aware of these spiritual dangers of the martial arts.

1. The Martial Arts all originate in false religion.

Funk & Wagnals says, “The art of karate is more than 1000 years old and originated in the ancient orient, first as monastic training and later as a defense by Chinese peasants against armed bandits.”¹

Karate (Japanese, “empty hand”) developed much later than its forerunner, the Chinese *Kung Fu* which is more diverse and holds closely to its Buddhist philosophical roots.

Bob Larson, a respected Christian author and researcher says, “The original religious philosophy of kung fu dates back as far as 2696 B.C. where **it was rooted in the occultic forms of divination** known as the *I-Ching* and the “Book of Changes.” Lao Tzu, the Chinese sage born in 604 B.C., added further **demonic embellishments**. His teachings were set forth in a 5,280 word manuscript called **Tao te ching**, often called simply the *tao* or *the way*. He taught that salvation could not be found

in prayer but rather by the observance of nature, the natural way. With the adoption of Taoism, kung fu developed into **a complex system of occult practices** that included contemplation and breathing exercises. The common doctrine of **ki** made acupuncture an

aid in the quest for health in physical development. Eventually, this led into a search for the mysteries of **the alchemy, further tainting kung fu with overtones of demonism**.

“The next development in the history of kung fu took place when a monk named Bodhidharma brought Buddhism to China in the sixth century A.D. When he discovered the monks sleeping during his lectures, he introduced exercises to assist them in meditation. Known as **I-chin Sutura**, it **combined kung fu with philosophical principles of Zen** to develop a highly sophisticated form of weaponless defense. The monks at his Shaolin temple became famous for their savage abilities of defense employed whenever they were attacked in the course of pilgrimages. Eventually two schools of practice evolved: Ch’un Fe (kung fu) based on the hard (external) school of Buddhism and the soft (internal) school of Taoism. As the martial arts spread beyond the monastery to the fields of war, some of the religious flavor was lost. **But the essential undergirding pagan principles have never been completely overshadowed, even unto today.**”²

Christians who participate in the martial arts and insist that they do not include any form of occultism in their practice still cannot deny its patently occult roots. Friend, if a corrupt root cannot produce good fruit (Matt. 7:17-18), how can we possibly believe that the rotten core of occultism lying at the root of the martial arts does not taint and pervert them? The Bible does not tell us to embrace the occult, but to flee from it!

“Let us cast off the works of darkness, and put on the weapons of the light” (Rom. 13:12 Literal Translation).

2. The Martial Arts all have an underlying occult philosophy. In the martial arts, the practitioner exercises “mind over matter” and through meditation taps into a consciousness of greater power. Surprisingly, many Christians miss the connection between karate and the occult. They see it as mere physical exercise but are blinded to its

spiritual and philosophical aspects, all born of the ancient Orient.

Mind over Matter

The proper frame of mind is essential to karate practice. In order to break boards, one must **focus (kime)**, that is, he must see *through* the boards, see his fist emerging

through the other side of them. This is the occultic practice of **visualization**, and **mind over matter**. The same is true for shattering bricks or ice. He must empty his mind of the

thought of either pain or failure, and concentrate all of the energy of his body on a specific target. In entering such a mental state, the practitioner, willingly or not, has crossed over into the sinister realm of the occult.

Masutatsu Oyama, one of the world's most renowned karate experts said,

"Always more vital to karate than techniques or strength is **the spiritual element** that lets

you move and act with complete freedom. In striving to enter the proper frame of mind

Zen meditation is of great importance. Though we say that **this meditation involves a**

state of impassivity and complete lack of thought, we mean that through meditation we

can overcome emotion and thinking and give freer reign to our innate abilities than ever before. **The Zen state** of selflessness is the same condition of disregard for selfish thoughts and concern for personal welfare that the artist experiences in the heat of creation. **The man who wants to walk the way of karate cannot afford to neglect Zen**

and spiritual training."³

As Oyama said, Zen (occultism) is an essential ingredient in karate. In fact, it is precisely this occult connection through which the karate master derives his uncanny powers, such as: catching bullets between his teeth, pulling punches short of striking the

body (with the effect still felt), exercising psychokinetic powers (i.e., moving objects by mental force alone), etc.

Furthermore, Oyama said,

"Though it seems impossible, with karate you can actually snap off the top of a beer bottle with your bare knife hand. Mastering the fundamentals and unflagging *constant daily spiritual and bodily training* will make the impossible possible for anyone. Certainly breaking the neck of the beer bottle off and leaving the bottle standing is difficult, but constant karate training can help you develop speed and strength that surpass common sense."

Oyama has also engaged in unarmed battle with bulls. In his lifetime, he dealt sudden death to three of them, and broke the horns off 48 others! Obviously, such amazing feats of strength spring from no mere human source.

Furthermore, there is a form of divination (fortune telling, or knowledge of future events) that begins to operate in those who advance in karate disciplines. Hidetaka Nishiyama and Richard C. Brown, in their book *KARATE, The Art of Empty Hand Fighting* said,

"At an advanced level, it is even possible for a karate expert to sense the movements of his opponent before they take place."

Though such divining is not uncommon in any practice of occultism, any manner of it is not only forbidden by God, but is an abomination to him (cf. Lev.19:26; Deut.18:10; Isa.19:3; Acts16:16).

Thus, to deny an occult source and presence in karate is to deny the obvious.

Additionally, **martial arts practitioners traffic in other aspects of pagan/idolatrous religions**, i.e; walking on hot coals, lying on nail beds, etc., which practices are linked to Buddhism and Hinduism, not Christianity. Even the term **Martial Arts** itself denotes the arts of war, deriving from “Mars” the ancient Roman god of war. Thus, its very title presupposes violence and aggression.

How can a disciple of Christ also practice the disciplines of the ancient, pagan god of war? And how can one who practices Christianity also practice blatant occultism? Scripture declares:

“Ye cannot drink of the cup of the Lord, and the cup of devils: ye cannot be partakers of the Lord’s table, and of the table of devils” (1 Cor.10:21).

3. The concept of self-defense is itself both unscriptural and anti-christian.

Some believers may argue this point, considering self-defense both justifiable and “Christian.” But even they must realize that the violent spirit of karate is neither!

A. It violates the Golden Rule, Matt.7:12.

B. It contradicts the direct commands of Jesus. For instance, He said:

- 1) love your enemies (Matt.5:44)
- 2) turn the other cheek (Matt.5:39)
- 3) resist not evil (Matt.5:39)
- 4) bless them that curse you (Matt.5:44)
- 5) do good to them that hate you (Matt.5:44), etc.

In fact, the alert reader will at once realize that both in practice and philosophy, the martial arts directly violates not only all of the aforementioned, plus at least half of the principles in the Lord’s Sermon on the Mount; i.e., being merciful (Matt.5:5); being pure in heart (5:8); being a peacemaker (5:9); etc.

And how do the following statements of Christ line up with the practice of the martial arts:

“Listen, all of you. Love your enemies. Do good to those who hate you.

Pray for the happiness of those who curse you; implore God’s blessings on those who hurt you. If someone slaps you on one cheek, let him slap the other too! If someone demands your coat, give him your shirt besides” (Luke 6:27-29).

Without a doubt these are hard sayings, but this is how Christ calls His followers to live. Is this the philosophy you will learn in karate? Turning your cheek, or kicking your adversary’s cheek? Surrendering your goods to the robber, or harming the robber if you can? After all, did Jesus teach and set an example of self denial, or self-defense?

4. The Martial Arts glorify the flesh, by involving bodybuilding and the entire bodyworship

scene. A few pertinent questions are in order here. If we dedicate ourselves to diligent body-building, will our great physique draw the lost to Christ? If so, then do men of greater stature, like Goliath, who follow false religions, have a distinct advantage over Christians of smaller size? Will their huge size enable them to convert more to their religion than we can to ours, simply because they are bigger than we are? Was then the apostle Paul’s ministry a complete failure because he was short?4

Furthermore, how is Christ glorified by stunts of physical strength? No one in

history was stronger than Samson, yet even his mightiest feats of strength did not result in

the conversion of a single Philistine. He tore off not mere handcuffs, but the gigantic gates of Gaza, laid them on his shoulders and deposited them on a hilltop miles away! Yet even this feat did not bring a single Philistine to repentance and faith in the God of Israel! This being true, how are we to believe that kicking a few bricks and breaking a few boards will somehow cause wholesale repentance among the unsaved?

“He must Increase....”

Let’s be brutally honest. Who is *increasing* through martial arts and bodybuilding demonstrations? Isn’t it the karate practitioner who is attracting all of the attention, praise and admiration as he grunts and kicks, jumps and breaks boards and bricks? Isn’t it the strongman who rips apart phone books, and snaps baseball bats who is

admired, and not Jesus? And isn’t it possible that impressionable young people go home

committing the sin that Jude condemns in Jude 16:

“having men’s persons in admiration....”

Is Christ displaced to the far background while MEN take center stage in these demonstrations? Is the eternal principle of John 3:30 directly violated? John the Baptist said “He must increase, but I must decrease.”

But how can Jesus increase at the same time MEN increase? How does the muscleman *decrease* while strutting his stuff across a stage? Isn’t it obvious that such displays glorify the creature rather than the creator?

Our Only Glory in the Cross

According to the Apostle Paul, the only glory we should have is in the cross of Christ (Gal.6:14), not in our own power, ability or physique.

If feats of strength were so effective a means of reaching the lost, then why can’t we find even one remote reference to Paul, Barnabas, Silas or Timothy ever using them in any of their three missionary journeys? Seriously, beloved, can one even imagine Paul

on a stage at Phillipi clapping while some Macedonian muscleman breaks a block of ice with his head? That’s not the kind of power Paul was interested in. Indeed, had he relied on that kind of power, he would have had no power to look the devil in the eye and say “I

command thee in the name of Jesus Christ to come out of her” (Acts 16:18). No, the power Paul enjoyed and the power employed by the martial artists are mutually exclusive

and God’s power will not be seen as long as man’s is in the spotlight.

A Stumbling Block

Worse yet, it is a stumbling block cast before the young and vulnerable. Jesus warned:

“But whoso shall offend one of these little ones which believe in me, it were better for him that a millstone were hanged about his neck, and that he were drowned in the depth of the sea. Woe to the world because of offenses! for it must needs be that offenses come; but woe to that man by whom the offense cometh” (Matt. 18: 6-7).

Those who promote the martial arts in spite of its inherent occultism, endanger the

very souls of young and tender Christians. Every stream of the martial arts flows from the same polluted river-occultism. To downplay this occult connection, or worse yet, to deny it altogether while at the same time promoting the Martial Arts, is to “throw the Christians to the lions.” Innocent young believers are sucked under in the deep undercurrents of the Buddhist and Hindu spirituality that permeates the martial arts, and many of them never resurface. They become prey, and the Church or individual Christian who initiated them into the martial arts becomes guilty of their blood, and responsible for their deception. God will hold them accountable!

The Weapons of Our Warfare

Scripture declares that the Christian’s weapons are not carnal (cf. 2 Cor.10:4; Eph.6:10-18). That is, they are not fleshly, tangible or material. Since our warfare is a spiritual one, against a spiritual adversary (the devil, cf. 1 Pet.5:8-9), then obviously the weapons with which we fight and resist must be a spiritual and not carnal or fleshly nature. Our weapons are the **spiritual weapons** of praise, prayer, faith, the Word of God, the blood of Jesus, and the name of Jesus. The martial arts, contrarily, make *fleshly* weapons of the head, feet and hands. Furthermore, employing the martial arts against another person overlooks the fact that our true foes are not human, but spiritual. Thus, the martial arts are not only occult, they are carnal. They are a carnal means to a carnal end, and they gender carnality, such as vanity, pride, strife, self-confidence, and vainglory. In fact, we can state unequivocally that virtually every aspect of the martial arts is either carnal or occult. For instance:

* *The karate yell* employed by the practitioner before striking his victim is intended to instill fear. That is not only carnal, it is diabolical, “for God hath not given us the spirit of fear...” (2 Tim.1:7). If fear is a “spirit,” and if it’s not from God, then it can only be demonic.

* *The karate symbol* (present in almost every stream of the martial arts) is the “yin-yang,” the ancient religious (occult) symbol of contrasts, good and evil, light and darkness, right and wrong.

* *Martial arts prowess* is carnal at best, demonic at worst, and

* *The martial arts philosophy* is predominately spiritual, borrowed from anti-christian religions such as Buddhism and Hinduism.

Thus in philosophy and in practice, the martial arts are not only occult, they are CARNAL! The Bible warns,

“to be carnally minded is death...” (Rom.8:6).

5. By their fruits you shall know them. While those who promote the Christian karate teams cite their bountiful “fruit” as evidence of their legitimacy, a careful scrutiny of this so-called fruit is in order. Much of the time, what is proclaimed to be genuine, God ordained fruit is really the waxy, artificial department store variety. For instance, one church hosted a well known karate-ministry, and boasted that their community’s entire public school football team was converted through the martial arts demonstration. However, none of those converts ever as much as visited the church that hosted the conference, and no evidence of fruit has been noted by anyone knowing the football

team. On the other hand, the fruit that **has** been observed after such crusades and in the

lives of Christians who take martial arts lessons includes:

* *Children kicking and punching their brothers and sisters.*

* *A new interest in violence* in Christian homes, i.e, violent toys, returning to violent movies, and even a desire to inflict violence upon others. With the learning of the martial arts comes the longing to use it.

* *Children getting into fights*, at school, in the neighborhood, etc. Karate students often develop a sense of “cockiness” and an inflated sense of their self-defense ability which can lead to trouble. Fights they formerly would have avoided or walked away from (which is the true Christian pattern), they now engage in. More than a few “six month karate experts” have discovered too late that they know just enough karate to get hurt.

In

spite of the what the movies show, today’s violent street toughs are not likely to be defeated by karate. They have fought many times before, and yes, they’ve even fought “karate” men before, so they won’t scare with some stance or yell. In fact, in many cities, jumping into a karate stance will almost guarantee a fusillade of bullets. Karate offers little defense against automatic weapons.

Officially, school is still out on whether those who study the martial arts get into more fights than those who don’t, but the fact seems likely.

* *Legitimizing the occult.* It is always wrong to use occult practices in church for it legitimizes them in the minds of the impressionable. If the martial arts are acceptable, so

are their attending elements: occult meditation, fire-walking, employing Hindu nail-beds, etc. Unfortunately, the martial arts are simply another form of Eastern mysticism that has crept into the Christian church along with other New Age practices and beliefs.

* *Paranoia.* Speaking from experience, many karate students soon exhibit the exact opposite of that which Jesus promised his disciples. Instead of enjoying peace, calm, love and joy, they are consumed with fear, imagining everyone as their potential enemy. This can and does ferment to the point of paranoia.

Important Questions to Consider

Does the end really justify the means? Or, do the means determine the end?

Is filling our church auditorium with people a pure enough motive, regardless of the message they see and hear? Did Jesus seek only to draw large crowds? Obviously, the answer is **No**. Several times, after performing actual miracles (not mere strong man stunts) he even told people not to tell others. Remember, many of the greatest miracles were done in relatively private settings, or before only a small number. He walked on water in a solitary place, before only a few, and when he turned water into wine, no one but the servers knew it! There was no big demonstration, and no call for all to “come see

signs and wonders.” Though some of the Lord’s healings were done in public, many of them were performed in relative privacy (i.e. healing of Jairus’ daughter, deliverance of Gaderene, etc.) The fact is, when the biggest crowds were present, he would usually teach them, not demonstrate what he could do. How unlike today’s cheap, shallow, circus-like karate demonstrations for Christ.

What about martial arts as exercise? Many Christians have been seduced by the

exercise aspect of karate, yoga, etc. But where will it lead? Eventually, those who embark on the karate journey will inevitable be overcome by the spiritual aspects of it as well. The two sides of karate, the physical and the spiritual, are so closely intertwined as to make them inseparable. To explore the one is to discover the other. There are enough non-occultic forms of exercise to take advantage of so as to leave us without excuse here.

In conclusion

The whole concept and practice of the martial arts contradicts Christianity. It is at once, occult, fleshly, man serving, and Christ denying. It is, in fact, **anti-christian** in spirit, philosophy, and practice. Smashing bricks and breaking boards opposes the example of Christ. The Bible says of Him,

“He shall not cry, nor lift up, nor cause his voice to be heard in the street. A bruised reed shall he not break” (Isa. 42:2-3).

Worse yet, smashing ones enemies opposes the plain teaching of Christ (cf. Matt. 5:39,44; 7:12, etc.).

The ultimate goal of karate is not merely physical, but spiritual enlightenment/occultism! It is a veritable “spider’s web”, seeking to ensnare the unwary, the ignorant, and the self-confident who believe they can dabble in the devil’s web (occultism) and not

become his prey.

Dear reader, please consider these warnings, and remember the Apostle Paul’s admonishing.... “lest Satan should get an advantage of us: for we are not ignorant of his devices” (2 Cor.2:11).

END

¹ Funk and Wagnals New Encyclopedia, Vol.14, p333

² Bob Larson SPEAKS OUT, Martial Arts

³ Masutatsu Oyama, WHAT IS KARATE, Japan Publications, Tokyo, 1966

⁴ “Paul” Greek *Paulos*, from Latin *Paulis*, meaning “little.” According to tradition, Paul was short of stature.

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Dr. Johnson Comment: Below is an abbreviated version of an article I found on the internet regarding a book entitled: "**KUK SOOL WON: A Brief History**" **Please bear in mind** that these are **not my words** but the words of qualified men who are explaining what Kuk Sool Won is. This **is not biased research** as these men are **the very ones promoting** this martial art. The evidence speaks for itself and as you will see is overwhelming in regard to the contradiction this martial art (as is true of most) presents to a Bible believing Christian. I provide much further documentation beyond this initial excerpt so please read this article in its entirety. It is **not my intention** to attack any individual or to hinder the work of the Lord in any way shape or form. Actually my goal is quite the opposite and this

lines up with the Biblical tenet that the truth shall set you free. I ask myself that if I were being deceived (which I openly admit before the Lord that I am not above being deceived) would I want someone to come to me and tell me the truth or would it be better for me to remain in the deception and be destroyed for lack of knowledge (Hosea 4:6).

Galatians 4:16 "Am I therefore become your enemy because I tell you the truth?"

Proverbs 18:13 "He that answereth a matter before he heareth it, it is a folly and a shame unto him."

Proverbs 14:12 "There is a way which seemeth right unto a man, but the end thereof are the ways of death."

I Corinthians 2:15: "But he that is spiritual judgeth all things..."

Ancient History of Kuk Sool Won

General Kim Yu Shin - Korea's Greatest General

Excerpts From:

KUK SOOL WON: A Brief History

BY

Phillip Holmes, Kwang Ja Nim

Edited by Suh, In Hyuk, Kuk Sa Nim

With assistance from John Cockaday

TKD and Korean Martial Arts, February- March 2002

The will to survive is inherent in all living creatures. From time immemorial, humans have had to fight to survive, and when we look honestly at the world today, circumstances have not changed to any great degree. One has only to pick up a newspaper or listen to a news bulletin on the radio or television to become aware of yet another atrocity of one sort or another. Although as individuals, generally speaking, we have no great control over the events that occur on a global scale, we can, to a certain degree, influence the destinies of our own lives. Therefore, to some it is a matter of great importance whether we allow ourselves, or our fellow human beings, to be robbed, attacked, mutilated, or even killed, without trying to do something to prevent this violation of our peaceful existence.

It was probably this view which compelled the ancient masters of the Korean martial arts to devise sophisticated systems of self-protection. Moreover these systems were effused with a [philosophical](#), ethical and [spiritual](#) framework that helped ensure they would not be used for retaliation, coercion or aggression. Great care was taken that these physical, mental and [spiritual](#) techniques were developed, controlled and transmitted from one generation to the next with almost military precision. This ensured that only those who were worthy might learn the secrets of the masters.

In this, the first of three articles on [Kuk Sool](#), although we focus on the History of Korean Martial Arts, to do so, we must also explore the [history of Korea, for the country and its martial arts are inextricably interwoven](#). Modern Korea is as much a product of its martial arts, as its martial arts are a product of the country. What we shall see emerge is the Korean "[martial spirit](#)" that has endured throughout. An examination of this [martial spirit](#) being the heroic exploits of Admiral Lee, Sun Shin (1) considered the greatest naval commander in Korean

history, who is as famous in the East as Admiral Horatio Nelson is in the West.

Therefore, this article traces a chronological route from Korea's ancient tribal beginnings to the present day, and explores how history, politics religion as well as Korea's early martial arts systems have helped shape modern Korea martial arts in general and Kuk Sool (traditional Korean martial arts) in particular.

The Roots of Kuk Sool

The names KUK SOOL and KUK SOOL WONtm were coined and first used in 1958 by Suh, In Hyuk, when he founded the art, and represents a uniquely comprehensive study of the traditional Korean martial arts. Although when one hears the term martial arts, one would naturally think of "physical" skill, however, with KUK SOOL, there is an implicit meaning that goes much further to include the cultural, philosophical, mental and spiritual heritage of the Korean martial arts and psyche.

The Legend of Tan Gun- 2333 BCE

The earliest name give to the Kingdom of Korea was CHOSON- 'land of the morning calm', or 'morning freshness' - by the legendary founder of the nation, TAN GUN. (6)

As legend has it, a god named HWAN UNG decided he wished to live in the human world, and chose TAE BAEK SAN (7) Mountain (one of the three highest peaks in the MYOH YANG, or Ever-White Mountain range in North Korea) as a suitable place to live. When HWAN UNG descended from heaven, he appeared under a

sandalwood tree. He brought with him three thousand loyal heavenly subjects, who were to be responsible for teaching the people a number of useful arts and crafts, which included farming and healing. HWAN UNG undertook also to instill upon the people moral principles, as well as to impose a code of law. The legend continues that at this time there lived in a nearby cave a female bear and a tigress, who both wished to become human. HWAN UNG took pity upon the creatures and told them that if they followed his instructions they would both, within a period of one hundred days, be transformed into human beings. Only the bear followed faithfully HWAN UNG's instructions and after the appropriate time became transformed into a woman. When the bear-woman was unable to find a husband, she prayed under the sandalwood tree to HWAN UNG who answered her prayers by marrying her. Their offspring was named TAN GUN WANG GOM - 'King of Sandalwood.'

Bul Kyo Mu Sool: [Buddhist Martial Arts](#)

Throughout history, [religion has influenced every major civilization](#) in the world and [Korea is no exception](#). The oldest form of religion known to Korea is [SHAMANISM, or ANIMISM, based on the belief that spirits dwell within the forces of nature, as well as in inanimate objects](#). One popular example of this belief is the worship of the mountain god or spirit, which is usually symbolized by a white-bearded old man, with a tiger at his feet.

When BUDDHISM was introduced to Korea, during the three kingdoms period, it was able to exist in harmony with Shamanism as certain Buddhist concepts were not entirely in conflict with traditional Shamanistic beliefs. This is quite clearly illustrated by the fact that Shaman mountain-god shrines are to be found in almost all Buddhist temples.

SILLA - 417-458 BCE

Introduced by the Korean monk ADO (who studied in China)

Confucianism and Taoism were also introduced about this time, but were destined not to have the same influence as Buddhism until much later. However, both of these systems of philosophical thought were to make significant contributions to the overall Korean martial art psyche.

With the introduction of **Buddhism into Korea** came **BUL KYO MU SOOL** - **Buddhist martial arts** - which were to **contribute greatly to the development of Korean martial arts**. However, first it is necessary to explore the paradox of Buddhist martial arts! Why did members of a **religious/philosophical** movement, strongly committed to the pursuit of non-violence to any sentient being, feel compelled to develop a highly skilled and scientifically worked out martial arts system and become involved in the fighting ways of the secular world? There are three reasons that can be identified to answer the paradox which all revolve around practical and humanitarian issues: health, personal safety, and defense of the temple and homeland. These are now discussed in turn.

1) Health

A fundamental requirement of a **Buddhist monk** is to sit or kneel in **meditation** (usually on hard, wooden floors) for long periods of time. Inevitably, this would lead to health problems such as poor circulation, poor digestion and assimilation of food and muscular weakness. Therefore, over the centuries, the monks developed special techniques that would enable them to endure and recover from these grueling meditative practices and to become stronger and healthier generally. Among these special techniques were WHAL BUB, or external healing techniques such as acupressure, acupuncture and bone setting and HYUL BUB, or internal healing such as blood circulation stimulation techniques, deep abdominal KI (universal life force) breathing techniques, herbal medicines and dietary considerations. As the monks developed and used these special techniques, they became increasingly stronger and were able to achieve harmony between NAE GONG (mental or inner power techniques) and WAE GONG (physical, or outer power techniques).

2) Personal Safety

Another characteristic of the **Buddhist faith** is begging for alms, which is often undertaken by novice monks. This entails traveling within the local community to call upon individual houses to pray for happiness and prosperity and in turn to receive a donation of food. Even this simple exercise could prove dangerous in those ancient times, as thieves and bandits did not always discriminate between people from the religious and secular world!

On other occasions, these men of peace would travel from one temple to another, often carrying valuable scriptures engraved on gold leaf. Again, they were very vulnerable to attack from opportunist thieves and bandits. Therefore, some form of self-defense was considered necessary to enable them the monks to survive the relatively hostile world. However, although they did not want to be harmed personally, they also did not want to cause harm to anyone else - not even an attacker! Thus, they worked out a skillful and scientific system of self-defense. Not only did the system employ a minimum amount of force necessary to subdue an attacker, it also provided the monks with the required anatomical knowledge and skill to help them heal any injuries they necessarily or inadvertently caused the aggressors in the process of defending themselves. A humanitarian outlook such as this can surely only be found in the highest ideals of the human spirit. Many of the empty-hand self-defense techniques that the monks developed were as a result of observing different creatures from the natural world. For example, there were movements and techniques that bore the characteristics of animals such as the tiger, bear and snake; birds such as the eagle and crane; and insects such as the praying mantis. Mythical creatures such as the dragon also found expression in this system.

Although their **Buddhist** counterparts in the SHAOLIN Temple of China had also developed fighting systems of self-defense based upon mimicking the exact movements of these creatures, for the Korean monk it was the creature's unique 'essence' or 'fighting spirit' that was observed, understood, and embraced. One reason why the Korean monks held this point of view was simply that it was considered that man was superior to these creatures and that it would be undignified to copy exactly the movements of a perceived lower form of life.

It is interesting to note also that, although primarily their skills were with their empty hands, some very important weapons that were considered 'natural', that is to say, 'non-bladed', because of the Buddhist precept of the prohibition of killing. Among these weapons were BONG SOOL (staff technique), DAN BONG SOOL (short staff technique) and JI PAING EI SOOL (cane or walking stick technique). Even to this day, it is surprising how powerful and effective a coiled up newspaper or magazine can be, utilizing DAN BONG techniques! However, where weapons are concerned, it is to be mentioned that these warrior monks

used bladed weapons such as swords and spears in times of national emergency.

3) Defense of Temple and Homeland

At different times in history, when invading armies threatened to overrun their homeland, these patriotic warrior monks took up arms to protect their temple and country. For many centuries after it was first introduced, **Buddhism** held a special place in Korean society, being designated as the national religion. There were many links between Buddhism and the government. As more often than not the king had strong Buddhist beliefs, donations of land and favor were often made. Therefore, there was, to some extent, an obligation on the part of the Buddhist movement to assist in times of national emergency, and perhaps to a certain degree some self-interest to protecting their way of life. Nevertheless, when asked to fight off hostile aggressors, the Korean monks were fiercely patriotic and became known as "defenders of the Nation". If it were not for the contribution of BUL KYO MU SOOL, the history of Korea might well have been quite a different story.

The Order of the HWA RANG

The influence of Buddhism on Korean martial arts can perhaps be most easily and directly traced to the role played by the now legendary Buddhist monk, WON KWANG DAE SA, in the formation of a fighting elite known as the HWA RANG. The formation of this elite warrior corps has an interesting history, which is now described before detailed attention is paid to the HWA RANG.

Dr. Johnson Comment: Below are some Christian orientented explanations of some occultic terms and symbols associated with a high number of martial arts including Kuk Sool Won. I present these so we as Chirstians are not destroyed for lack of knowledge(Hosea 4:6)



Yin and Yang: Taoist concept, used in the New Age movement, holding that the universe consists of two opposite energy forces

(positive/negative; male/female, etc.). Both are necessary and both must be harmonized for proper function. This Yin and Yang also flow through the human body so that a balance is required to maintain health. Many [New Age holistic health](#) techniques, such as [acupuncture](#), are based on attempts to balance this alleged energy or [chi](#). When all is balanced, the Yin and Yang harmonize and the body works properly.

[Taoism](#), Lao-tzu: Chinese philosophy teaching that there is no personal God—all is the impersonal Tao (similar to the impersonal God-force of [pantheism](#) in [Hinduism](#)). The Tao is composed of conflicting opposites ([Yin and Yang](#)) which should be balanced or harmonized through [yoga](#), [meditation](#), etc., to promote spiritual wholeness. According to legend, Taoism founder Lao-tzu wrote *Tao Te Ching* (“The Way and Its Power”) about 550 BC. His teaching was developed and spread in the third century BC by Chuang-Tzu, whose writings inspired the *Tao Tsang*, 1200 volumes of Taoist scripture.

[Meditation](#): Entering an [altered state of consciousness](#) by use of a [mantra](#), [yoga](#), deep relaxation techniques, controlled breathing or [visualization](#). Often linked to Eastern metaphysical philosophies, the [New Age](#) and/or Eastern religions, these techniques promote the *emptying* of the mind or the suspension of critical thinking. This is different from biblical Meditation where one is encouraged to meditate *on* God, His attributes or His word, employing the whole mind (Joshua 1:8; Luke 10:27).

[New Age](#) is a recent and developing belief system in North America encompassing thousands of autonomous (and sometime contradictory) beliefs, organizations, and events. Generally the New Age borrows its theology from pantheistic Eastern religions and its practices from 19th century Western occultism. The term “New Age” is used herein as an umbrella term to describe organizations which seem to exhibit one or more of the following beliefs: (1) All is one, all reality is part of the whole; (2) Everything is God and God is everything; (3) Man is God or a part of God; (4) Man never dies, but continues to live through reincarnation; (5) Man can create his own reality and/or values through transformed consciousness or altered states of consciousness. [Research material](#) and [Profile](#) are available.

[Dr. Johnson Comment:](#) Below is a lecture study I found being done by an oculist named: [Kwahn Jahng Nim](#). Notice that he speaks on numerous different false religions: [Confucianism](#), [Taoism](#), [Shamanism](#), etc... **[Please take special notice that amid this whole cultic expose, one whole day of his lectures are devoted to Kuk Sool Won.](#)** The connection between this martial art and the new age are totally undeniable. And according to II Cor. 6:14: What fellowship has Christ with

Belief or light with darkness. In II Cor. 6:17 the Lord tells us to: Come out from among them and be ye separate saith the Lord and touch not the unclean thing and I will receive you.

Lecture / Workshop Dates: 2005

Kwahn Jahng Nim Talks About ...

Topics for 2005

WINTER TERM - 2005	
1) Thursday 13 th Jan	<p>CONFUCIANISM: (Etiquette & Respect) <i>We shall look briefly at the life of Confucius; discuss his central philosophical themes of CHUN TZU (superior man), JEN (humanity toward others), TE (virtue), YI (righteousness) and LI (correct etiquette and respect).</i></p> <p><i>On a practical level, we shall learn the correct way to bow in different situations and how to fold up our DO BOK (training uniform) the traditional way.</i></p>
2) Thursday 10 th Feb	<p>HWA RAHNG DO: (Codes of Honour) <i>We shall look briefly at the history of the HWA RHAHNG DO (Way of the Flowering Youth), the elite fighting force of early Korea, who can be compared with the SAMURAI warriors of Japan. We will, however, focus on the Codes of Honour they lived by i.e. The SE SOK O GYE (The Five Commandments) and the KYO HOON (The Nine Virtues), to try to understand what made the HWA RHAHNG DO an elite fighting force, and superior warriors.</i></p> <p><i>On a practical level, we shall learn how to do KUK GOONG (archery) while riding on horseback!</i></p>
3) Thursday 10 th March	<p>TAE KUK GI: (Philosophy Embodied in the Korean Flag) <i>The national flag of Korea – the TAE KUK GI, embodies a symbolic design that is rich in Oriental philosophical thought and concept. In this talk which shall discuss the ideas contained within this simple, but profound design, such as the YIN/YANG symbol and the four primary TRIGRAMS.</i></p> <p><i>On a practical level, we shall learn how to consult the I CHING, the classic oracle of the East.</i></p>

SPRING TERM - 2005

<p>4) Thursday 13th April</p>	<p>TAOISM: (Oriental Philosophical Theory) <i>The origins of this mystical, naturistic system of Oriental thought are lost in the mists of antiquity. However, the essence of this philosophy is crystallised in the thoughts of LAU TZU (604-532 BCE), who is attributed with the authorship of the Taoist classic, the TAO TE JING. In this talk, we shall explore Taoist principles, proverbs and stories of sages of old.</i></p> <p><i>On a practical level, we will learn the martial art way of speaking without talking!</i></p>
<p>5) Thursday 12th May</p>	<p>SHAMANISM: (Tribal Religion of Ancient Korea) <i>Shamanism is the oldest form of religion known to Korea and dates way back to antiquity. It almost certainly has influenced the psyche of the Korean people and not least, the martial art warriors who inhabited those times. It is based on the belief that 'spirits' dwell within the forces of nature as well as in inanimate objects. In this talk, we shall explore the legend of the mountain god and discuss the martial aspects of Shaman adepts walking and dancing on knives and swords.</i></p> <p><i>On a practical level, we will walk on clouds and fly over mountains to the sounds and rhythms of Shaman drums.</i></p>
<p>6) Thursday 9th June</p>	<p>BUDDHISM: (Philosophy and Meditation) <i>The sheer depth, richness and influence of Buddhist teaching, is not to be underestimated in relation to the traditional Korean martial arts. From the very first day a student walks into the DOH JAHNG, Buddhist philosophy and teaching permeate many different areas of KUK SOOL training. We shall discuss briefly the life of the Buddha, and his philosophy, focusing on the 108 ways to enlightenment.</i></p> <p><i>On a practical level, we will practice, the Metta Bhavana or Meditation of Universal Loving Kindness with 10,000 candles.</i></p>
<p>7) Thursday 14th July</p>	<p>ZHEN JIU: (Oriental Medicine and the Martial Arts) <i>Oriental medicine is one of the oldest and most effective forms of medicine known to humanity and has been used for over 2,500 years by the Oriental people. Throughout the ages, martial art warriors have learnt and used this form of healing to assist their survival in an inhospitable world. In this talk, we shall discuss the history of this time-honoured therapy and its relationship with the martial arts.</i></p> <p><i>On a practical level, we will learn some traditional Oriental medicine pressure points to help with: Headaches, muscle spasms/cramps, fainting, breathlessness</i></p>

and energy loss.

AUTUMN TERM - 2005

7) Thursday 8th Sept

GRASPING THE WIND: (Understanding Pressure Points)

Martial Arts training can encompass many different aspects. It is considered that to know how to find an opponent's most vulnerable spots and to subdue and disarm them, with the least amount of effort and injury to all concerned, is the ultimate application of a higher level of training and understanding of the combative **arts**. In this talk, we shall discuss and learn the location and English translation of the name of some of the most effective points and their application in relation to **martial** art training.

On a practical level we will locate the following vital points: HAP GOG, SU SAM LI, CHUHN BOO, TAE CHOONG, SAHM UM KYO, HYUEL HAE and DAE POH (otherwise known by juniors as the death by tickleation point...!)

8) Thursday 13th Oct

YU, WON, HWA: (Oriental **Martial Art Philosophical Theory**)

There are three basic principles that lie **at the heart** of

Kuk Sool Won training and they are:

- 1) **YU YON HAN WON CHIK** – The Water Principle
- 2) **WON HYONG UI WON CHIK** – The Circular Principle
- 3) **CHO HWA WON CHIK** – The Harmony Principle

It could be said that the philosophy of YU, WON, HWA, is a reflection of life itself. We can either observe and accept the natural world and way of things, or we can ignore and oppose them at our peril. In this talk, we shall explore these fundamental principles that are so important to our understanding of our **martial** art.

On a practical level, we shall learn how to use the three principles in a conflict situation and specifically, in response to an attackers punch to the face and/or chest.

9) Thursday 10th Nov

CHOL LYAK: (Strategy of the Masters)

An old Samurai maxim states that:

'A man, who has attained mastery of an art,

reveals it in his every action'

In this talk we shall discuss such things as CHOL LYAK (strategy), how a master of the martial arts might assess a given situation and JWA SEH (stance), an individual's unique position in relation to everything).

On a practical level we shall learn how to do eight things at once and win without fighting!