

## “Faith” and “The Martial Arts”

I know there are many people who believe you cannot be a Martial Artist and a Christian. For those of you who stand by this statement, I ask, how is it possible to take away a man's faith in the Lord just because he practices the Martial Arts? I have been training in the Martial Arts for over 18 years and have been a born again believer for 12. I am a Christian and I am a Martial Artist. God makes my spirit strong, while the Martial Arts make my body strong. I must admit there was a time in my life when I made Martial Arts my god and I tried to live my life on my own, but Jesus changed all that. It is important for you to understand that I do not use Martial Arts as my connection to God, but as a sport, a tool for conditioning the body, and self-defense.

I believe many Christians condemn the Martial Arts because it is associated with other religions like Buddhism and other cultures that you are not familiar with. But I remind you of what Jesus said to Peter in Acts 10:15, “What God hath cleansed, that call not thou common [unclean]”. For an example what is the definition of “Kiai” is a Japanese term that is a compound of “Ki” meaning mind, will, turn-of-mind or spirit and “ai” being the contraction of the verb *awasu*, signifying "to unite"; literally "concentrated spirit"(Wikipedia) and in American it is just a spirited yell or shout. I have some of my good Christian buddies refer to this as “Calling Demons from Hell” which is not true. I have trained for years and I have never summoned a demon by doing a Kiai. This just goes back to a statement I made earlier because they don't understand the what the martial arts is about they assume the worst. Let me explain what we are doing when we Do a Kiai.

- We are learning how to breathe as we train
- We are protecting ourselves from getting injured

And these are just a couple of reasons.

Let us continue, was it not Abraham in the bible that had trained servants to protect his people and his live stock?

**Genesis:**

**Chapter 14, Verse 14:** *and when Abram heard that his brother Was taken captive, he armed his trained servants, born in his own house, three hundred and eighteen, and pursued them unto DAN.*

**Chapter 14, Verse 15:** *and he brought back all the goods, and also brought back again His brother LOT, and his goods, and the women also, and the people.*

This is just one place where Gods people had to fight for something they believe in. There are many others such as David and Goliath and The Wall of Jericho.

So I am a firm believer that I am required to protect my family and friends, I do this with the Martial Arts. I am not one to argue about this topic because I know in my heart that I am doing the right thing. I have always wanted to be a Martial Artist and my mom told

me years ago to put God first and things would work out. Sure I have made mistakes but who hasn't. The question is do we learn from our mistakes sadly most of the time the answer is no. I have seen so many lives that have been changed by the martial arts (I am just one) and I believe that God expects that of me. Some times I would worry about what my Christian brothers and sisters thought. It took me a long time to realize that it is between me and God, my job is to make him happy. I found that God has taken every step with me. Don't get me wrong I do care what others say to a point but I can't let that stop me from doing what I know God has giving me to do. I am so glad that I have a mother and father who supported me in the Martial Arts and I have come to learn that my mom was correct in saying "Put God First Son!" I just hope to be as wise with my children and lead them in the right path, to be a true Martial Artist and to be women and men of God. So with a lot of faith and good training in the Martial way I believe they will be.

In conclusion I think that the Martial Arts and Faith do mix as long as we keep our faith first, then our family and the Martial Arts.

- Faith
- Family
- Martial Arts

To me these are the most important things in life; I hope this makes sense.  
So "**Train hard and fight to win!**"

Disagree or agree you are still my brother/sisters in the Martial Arts

God Bless the Brother Hood!

Clyde Surret