

Why Christian Martial Arts?

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Benefits of Martial Arts Training

Participation in a martial arts program can be fun, challenging and rewarding for men and women, young and old. There are many reasons why adults get involved in the martial arts, and even more reasons why they want their children to participate.

For adults, martial arts training can provide:

- A high level of fitness and conditioning
- A life-long sports program
- A personal self-defense system
- An outlet for competition

For children martial arts training provides:

- Confidence and self esteem
- Self-discipline
- Routine and motivation
- Respect and courtesy
- Concentration
- Leadership development
- Physical development
- Mental discipline

For children and adults with hyperactivity, ADD (Attention Deficit Disorder) or learning disorders, martial arts training has been found to be an effective and structured means of learning and mental discipline.

How to find the Martial Arts School that is Just Right for You.

Before you can decide on the right school for you or your children, you should ask yourself three questions:

1. What do I want to get out of martial arts training? As you ask this question make a list of the goals you want such as physical fitness, self defense, motivation and/or concentration.

2. In what style of martial arts do you want to train? Today there are scores of styles to choose from. Some are *hard* styles, some are *soft* styles. Sometimes styles are grouped according to country of origin such as Japan, China, Korea, Okinawa, Brazil and Indonesia. Some stress kicking and punching, others throwing and grappling. You may want to go on line and look up “Features of Martial Arts Styles.”

3. In what kind of school environment do you want to be trained? Schools are as varied as the martial arts they teach. Today the traditional school (dojo, dojang, etc.) has made room for other models. Is your ideal school:

- ☼ The traditional School?
- ☼ The Martial Arts/Fitness Facility?
- ☼ The Sports Competition School?
- ☼ The Full Contact School?
- ☼ The Family-Oriented School?
- ☼ The Church-based Christian school?

After you have answered these questions you are ready to begin your search for the perfect school.

What Makes A Christian Martial Arts Program?

Over the past 20-30 years, there has been a proliferation of Christian Martial Arts programs throughout the United States. Today one can find Christian programs that teach almost any style of

the arts in any school environment. But what makes a Christian martial arts program?

Several elements go into the making of a true Christian martial arts program. First, the art itself is neutral, and based on natural laws and not spiritual mysticism. A Christian program will teach the principles of the style in a Christian world-view context and not insist on oriental meditation or philosophical metaphysics.



A Christian program exists to honor the Lord and will make Him the “Center” or “Point of honor” in all classes. The class will not only open and end with proper martial arts etiquette but with prayer and many times Bible reading or study.

A Christian program will have a code of conduct that is biblically-based and acknowledges the sanctity of life and defense of the weak and helpless. It will emphasize team work and sportsmanship as well as respect, dependability, courage, honor, and humility.

A Christian program will provide the students with opportunities to memorize Scripture, learn tools for personal evangelism, and provide the opportunity to use skills in public evangelistic demonstrations, and even on team mission trips.



divided by belt color? Age? Size? Ability? Do you see anything that may cause you concern about safety?

Finance—The price tag for martial arts training varies greatly from region to region and from school to school. Generally, Christian martial arts programs are run as a ministry and the cost per lesson is much less than a commercial program. Ask the school to explain *all* the costs, not just the tuition. Here you must determine whether or not the cost is a good representation of the value. Be very cautious about programs that require you to sign long-term contracts.

What to Look For in a Christian Program

When deciding on a Christian martial arts program consider the following:

Philosophy—Does the school promote a biblical-based Christian values system? Does it have a code of conduct? Does it have a mission or faith statement? Does it build and mold Christian character in the students? Does it compliment what the student learns at home and at church? Does the program stress personal peace and confidence or aggression and intimidation?

Faculty—Are the instructors qualified? Do the instructors have a positive Christian testimony? Is the school and its instructors certified and if so by whom? Are junior instructors supervised? What kind of instructor certification program does the school provide for its instructors? Who in the school has been trained in First Aid? What are the teaching methods that are used? How do the instructors interact with the students, especially the children. Are the classes fun as well as instructional?

Facilities—When considering a program, you must consider the space and safety factors. Is the facility clean and orderly? Is the equipment in good repair and usable? Is there sufficient space to train the number of students who are present? Are classes

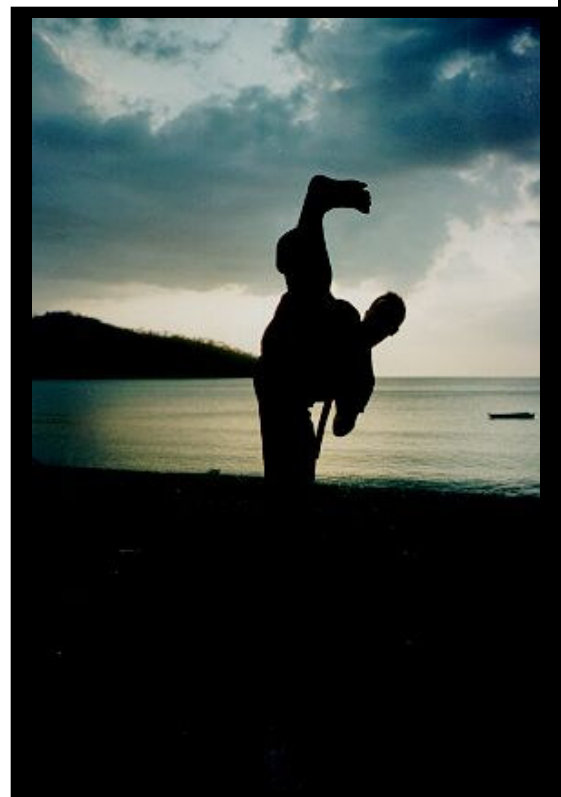


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