MARTIAL ARTS; YOGA AND THEIR RELIGIONS
FROM A CHRISTIAN VIEWPOINT
Amanda Buys’ Spiritual Covering

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MARTIAL ARTS, YOGA, & THEIR RELIGIONS
FROM A CHRISTIAN VIEWPOINT

INRODUCTION

Christian Viewpoint

Have you ever been in the position as a Christian being asked to give your viewpoint on things like homeopathy, reflexology, yoga, bonsai, etc? I have! And you know, every time when something like that happens, I think to myself: “Oh my! I don’t know enough! I cannot answer them sufficiently!” – and sent them off with a short pamphlet on the subject which I always keep at hand. Well, I think it is time that we, as Christians in this world as it is today, have to be prepared for questions like these.

We ought to be “walking pamphlets” in this world.

1 Peter 3:15 “15 But in your hearts set Christ apart as holy [and acknowledge Him] as Lord. Always be ready to give a logical defense to anyone who asks you to account for the hope that is in you, but do it courteously and respectfully.”

We are living in a world strewn and interspersed with the “mixed seed” of different cultures and religions all around us. We as Christians have to tread cautiously over these areas, and fix up our acts around this, so that we may walk straight and sure, sow our seed, and gathering the crop, not looking to the left or to the right. Many around us are suffering spiritually and in other areas for lack of proper perspective and knowledge on this matter.

Just think: You may have been, or presently are, or will be involved in the Martial Arts in any one of it’s various forms in the future.
Or, you may know some Christian who is interested in, or is already taking part in Martial Arts of some form. Perhaps your child, under peer pressure, is nagging you at present to take classes in it. Even if none of the above apply to your situation, you will eventually come across this subject among your family or friends or even in the recreational “ministries” of your Church!

You need to be armed with a Christian Viewpoint on this matter!!
Actually, there are many people today, including small children and senior citizens, who are diligent participants in the Martial Arts, who would also call themselves Christians. A fear for personal safety in our society today being the main reason, numerous self defense and sports classes involving the Martial Arts are advertised and offered almost everywhere from the Physical Education Department in high Schools and colleges/universities, even to Recreational Organizations such as the YMCA (Young Men’s Christian Association), as well as the numerous variety of individual private schools that abound across the world, many of them having a “flavor” of spirituality around them.

Think about the violence glorified in the movies by combative action heroes, who are idolized by many. A flashy kick or deep meditation by “spiritually evolved” grandmasters, are “wowed!!” by people of all ages and backgrounds throughout the world.

The term “Martial Arts” generally refers to the collective body of various personal or individual fighting systems or methods. The English words taken literally of course convey the obvious: it is the art of fighting or the body of “war-like” arts.

The real meaning of the term “Martial Arts” is derived from Roman mythology - Mars, the Roman god of war. One of the most important Roman deities, Mars was regarded as the father of the Roman people, because he was the father of Romulus, the legendary founder of Rome. Although his original nature and functions are obscure, Mars was identified by the Romans with the Greek god of war, Ares. Ares, in Greek mythology, was the god of war and son of Zeus, king of the gods, and his wife, Hera. Aggressive and sanguine, Ares personified the brutal nature of war.

Usually, one thinks of some of the popular, philosophically-based systems of self defense from the orient such as karate, aikido, tai-chi and kung-fu. Within these in turn, exist a whole range of different styles. Not to mention many others recognizable to certain countries and eras which have been passed down from generation to generation. Add to these the modern day combative, "sports" such as boxing, wrestling and the like and you have a phenomenal array of styles and methods of physical aggression which have evolved over the years and which have many devotees practicing them.
Benefits

The reasons given as support for being involved in the Martial Arts will always invariably fall into one or more of the categories listed below:

Here then, are the 14 top reasons why many Christians, as do their secular counterparts, advocate involvement in the Martial Arts:

1. External Security Reasons
   A. It is necessary for self-preservation and increases the odds of survival if attacked (self-defense).
   B. It is necessary to protect my family and other loved ones or my (innocent) fellow man from evil men.

2. Inner Security Reasons
   A. It teaches how one can gain a sense of accomplishment and self-confidence that can be transferred to any, other "life" situation.
   B. It teaches one how to achieve inner freedom and peace.

3. Recreational and Therapeutic Reasons
   A. It is fun
   B. It is therapeutic such as Tai-Chi or similar slower art. (Even Tai Chi has Taoism, a false religion of yin and yang, seeking oneness with Nature, without Jesus of course, as its foundation). It teaches how to maintain balance and proper posture.

4. Physical Conditioning Reasons
   A. It builds the muscles and is good for overall conditioning.
   B. It is a fantastic way to stretch the limits of the human body and to display such skills and qualities as speed, power, limberness, gymnastics of various sorts etc.

5. Scientific and Aesthetic Reasons
   A. It is a wonderfully, precise science (the physics and kinesiology behind it are fascinating).
   B. It is a beautiful art (the forms collection of various, sequenced movements not unlike dance choreography).

6. Religious/Ministry Reasons
   A. If I master it I can use it as a ministry tool and bring others to Christ., especially impressionable youth who might not otherwise come to Him.
   B. By practicing it with the Christian Philosophy of Love, I can focus on, "minimal injury to my attackers" as the goal and thereby achieve peace with my fellow man while gaining his respect.
7. Egotistical Reasons

A. Frankly, it makes me feel more like a man having the knowledge that I can handle any physical situation and prevent sudden potential embarrassment or harm to myself or my family due to antics of some bully or an assailant.

B. Honestly speaking, I do kind of like the way others are awed by my knowledge and ability in the Martial Arts.

The “Martial” Christian (what a contradiction!), also asserts that he can indeed learn and practice this while rejecting the **anti-Christian philosophy** that is **behind** many or these arts. He believes that as long as he can treat it purely as physical exercise and not bow down to any other gods or spiritual teaching that comes with it, then that's fine with God.

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Now, for those of you who are dogmatic adherents of, "an acceptable", form of practicing the Martial Arts: Please, brace yourselves as this mighty, carnal stronghold in your lives is about to be pulled down by spiritual weapons which will effect your release and give you True Freedom!

For, in the Name of Jesus Christ of Nazareth, each and every one of the satanic (of the Wicked One who is interested not in the things that be of God but the things that be of man - Matthew 16:23) reasons listed above that are often given by deceived, supporters of the study, practice and teaching of the Martial Arts, will be categorically and unequivocally exposed for the lie that they are, by the Light of God’s Word and will be disposed of (we pray) from your thinking and life by the Presence of the Illuminating Holy Spirit of God.

One just needs to lay down **human wisdom** and **yield** to the, "foolishness" of the **Cross of Christ**, which the world and Satan perceived as the **epitomy of weakness**. As we understand the meaning of the Cross and let the Holy Spirit apply that Truth to our daily lives, we will see that:

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| 2 Corinthians 12:9 | “9 But He said to me, My grace (My favor and loving-kindness and mercy) is enough for you [sufficient against any danger and enables you to bear the trouble manfully]; for My strength and power are made perfect (fulfilled and completed) and show themselves most effective in [your] weakness. Therefore, I will all the more gladly glory in my weaknesses and infirmities, that the strength and power of Christ (the Messiah) may rest (yes, may pitch a tent over and dwell) upon me!” |
| 1 Corinthians 1:25 | “25 [This is] because the foolish thing [that has its source in] God is wiser than men, and the weak thing [that springs] from God is stronger than men.” |

Let us consider then the above reasons from the standpoint of God’s Word. If one is willing to humble oneself under the teaching of Jesus Christ, it would be readily apparent from the following that the **practice of the Martial Arts is diametrically opposed to the Truth as it is found in Christ.**
The practice of learning to actually strike or harm someone through punches, kicks, locks, throws etc., or the simulation of doing such things, is inherently wrong. Jesus does not advocate violence or techniques to overpower anyone physically. He wants us to be gentle and forbearing, entrusting ourselves to Him Who judges righteously and will repay the evildoer. He certainly doesn't want His follower to practice self-defense! He is our defense and He will never allow a threatening situation to develop for a person who is His Child and Servant or his family, whereby He would either deliver through whatever means He wills to use at the time or allow for some hurt and pain to come for the Gospel's sake.

Nothing in the life of the Child of God happens for bad ultimately so long as he depends on the Lord his God and obeys Him. God will help His Children in any situation, even violent ones. Either one of three things will happen ultimately.

1. We will get killed and go to be with God or...
2. We will get injured or...
3. Get deliverance by God's sudden provision of another person or some other means (the Bible is full of such examples; Hezekiah, Paul, Elisha etc.)

It is ultimately an obedience and faith issue. If we believe that He will never allow anything bad to happen to those who follow His commandments, then there is no fear of the future or any circumstance, even unfavorable and unexpected ones. He is Sovereign! He will do things for His Glory and for our ultimate good!

This Art is obviously not a peaceful thing. God opposes the violent man. The Martial Arts, contrary to many of the adherents' claims, most definitely encourages a subtle development of pride and a carnal, competitive spirit in an art that emphasizes a "survival of the fittest" mentality through diligent study of destructive empty hand (and foot) weapons and instills an inclination to be in the "ready" position to getting involved in a violent situation whenever and wherever it develops. The practice of the Martial Arts is a positive hindrance to spiritual growth. However, basic stretching- or strengthening exercises are not wrong when kept as a small, disciplined part of one's life.

1 Timothy 4:7,8 "7 But refuse and avoid irreverent legends (profane and impure and godless fictions, mere grandmothers’ tales) and silly myths, and express your disapproval of them. Train yourself toward Godliness (piety), [keeping yourself spiritually fit]."
8 For physical training is of some value (useful for a little), but godliness (spiritual training) is useful and of value in everything and in every way, for it holds promise for the present life and also for the life which is to come.

But the foundational elements in the "soft" as well as the "hard" Martial Arts are wrong and it is like inviting a wild horse to live with you day by day. While trying to control this new animal of pride with all sorts of associated, carnal thoughts of self-defense, ego and competition, you are trying to live a gentle, holy and peaceful life.

Psalms 33:16,17 "16 No king is saved by the great size and power of his army; a mighty man is not delivered by [his] much strength. 17 A horse is devoid of value for victory; neither does he deliver any by his great power."

Who, in their right, spiritual mind would willingly put a hindrance to the progress of a holy life which is supposed to imitate Jesus? He is gentle, He is non-violent, He is the Prince of Peace, Who did not break a bruised reed nor did He quench a smoking flax.

Isaiah 42:3 "3 A bruised reed He will not break, and a dimly burning wick He will not quench;"

Psalms 11:5 "5 The Lord tests and proves the [unyieldingly] righteous, but His soul abhors the wicked and him who loves violence."

The Christian Martial Artist is a contradiction if there ever was one. He is simply trying to serve two masters at once and that will never work.

Whether we embrace the religious and philosophical and metaphysical aspects of the Martial Arts, we must still understand that it is inherently wrong whatever way you may try to look at it.

After all, if the goal is self-preservation, then what good is it for someone to be standing around praying when he or she are trained to hurt and kill? This too is quite obviously not in tune with the Spirit of God at all.

Training for self-defense purposes is to add to God's provision of deliverance from evil men. Can God use someone mighty yes. Yet, He doesn't say train for self-defense. However, we note in the Scriptures that he very often uses the weak and the few in order accomplishing a mighty deliverance, so that the glory goes to him. We are never to be self-sufficient or do or practice anything that promotes that. For self-sufficiency before God is an abomination and the child of Pride.
The man who practices the martial arts and claims allegiance to Jesus Christ will never mature in Him fully as he ought to. When a person's complete confidence is in God, then he has no need of any Martial Arts or weapons, or an earthly army even. All that's necessary is to do God's Will.

The Martial Arts is not at all in God's Will but actually militates against His Word. Our time and energy must be invested in reaching the lost for Christ and in building up His Kingdom and for the love and service of our brethren. Not to spend a lifetime in trying to, "Christianize", our own lusts and interests and try to offer them up for God's service either.

The Lord is not mocked. We will continually reap peaceless thoughts as a result of being a Martial Artist and the only Art we will be developing in the spiritual sense is the Art of forever trying to justify what God shows is clearly not the lifestyle He has ordained for His children. The principle is to, "turn the other cheek" which at the very least tells us not to waste our God given time energy and other resources to "train" in self-defense. He never dictates to us that we ought to use measured or controlled physical responses (fighting skills) to calm down an aggressor by hurting them only so much and win his respect. NO! He does not advocate us hurting anyone! Rather than aspiring for belts and degrees, let us seek to be clothed with His armor, filled with the Spirit of God and the Fruit of the Spirit as we see it in:

**Galatians 5: 23-26**  
"23 Gentleness (meekness, humility), self-control (self-restraint, continence). Against such things there is no law [that can bring a charge]. 24 And those who belong to Christ Jesus (the Messiah) have crucified the flesh (the godless human nature) with its passions and appetites and desires. 25 If we live by the [Holy] Spirit, let us also walk by the Spirit. [If by the Holy Spirit we have our life in God, let us go forward walking in line, our conduct controlled by the Spirit.] 26 Let us not become vainglorious and self-conceited, competitive and challenging and provoking and irritating to one another, envying and being jealous of one another."

If we insist on living in the flesh with a worldly mentality in responding to something that promises false peace or if we use something even for physical conditioning when it is inherently wrong and diametrically opposed to Jesus Christ or whatever purpose or so-called benefit, then we will be left in the desert to wander another, "forty years" until we walk humbly before him with total reliance on Him and Him alone.

The greatest command to love your neighbor as yourself is exemplified by those who understand that love makes itself vulnerable at times so as to save the sinner who hurts.

Why does a Christian spend time in developing carnal weapons when the actual warfare and attacks are essentially spiritual in nature?
God has given us spiritual weapons that will literally bring down many evil spirits which are the real enemies acting within the evil aggressors.

How we have forfeited the Truth and sold ourselves to that cunning Dragon’s lies who is quite content as long as we are wrapped up in the natural and physical realm and never mature enough even to exercise proper use of our spiritual weapons: the armor of God in Ephesians 6! We wrestle not with flesh and blood but with principalities, powers and spiritual wickedness in the high places. So the Lord very logically and graciously provides us not only with insight into the nature of our struggle here on earth, but gives us the weapons with which to defend ourselves and defeat the great Dragon and his emissaries.

Ephesians 6:10-18  “10 In conclusion, be strong in the Lord [be empowered through your union with Him]; draw your strength from Him [that strength which His boundless might provides].
11 Put on God’s whole armor [the armor of a heavy-armed soldier which God supplies], that you may be able successfully to stand up against [all] the strategies and the deceits of the devil.
12 For we are not wrestling with flesh and blood [contending only with physical opponents], but against the despotisms, against the powers, against [the master spirits who are] the world rulers of this present darkness, against the spirit forces of wickedness in the heavenly (supernatural) sphere.
13 Therefore put on God’s complete armor, that you may be able to resist and stand your ground on the evil day [of danger], and, having done all [the crisis demands], to stand [firmly in your place].
14 Stand therefore [hold your ground], having tightened the belt of truth around your loins and having put on the breastplate of integrity and of moral rectitude and right standing with God,
15 And having shod your feet in preparation [to face the enemy with the firm-footed stability, the promptness, and the readiness produced by the good news] of the Gospel of peace.
16 Lift up over all the [covering] shield of saving faith, upon which you can quench all the flaming missiles of the wicked [one].
17 And take the helmet of salvation and the sword that the Spirit wields, which is the Word of God.
18 Pray at all times (on every occasion, in every season) in the Spirit, with all [manner of] prayer and entreaty. To that end keep alert and watch with strong purpose and perseverance, interceding in behalf of all the saints (God’s consecrated people).”

The Lord Jesus did not fight nor teach His immediate disciples or his future followers how to fight physically in the 3½ years He walked physically with them. If it had been as important to defend oneself physically, even in those robber-infested roads of Jericho, surely our loving Shepherd would have taught His followers a few basic joint locks and kicks etc! On the contrary, he taught self-sacrifice and blessing and loving one’s enemies and submitting the rest of our situations and circumstances and outcomes to God Who is ever watching over His own and will surely defend them.
**1 John 2:6**  "6 Whoever says he abides in Him ought [as a personal debt] to walk and conduct himself in the same way in which He walked and conducted Himself."

**Luke 6:40**  "40 A pupil is not superior to his teacher, but everyone [when he is] completely trained (readjusted, restored, set to rights, and perfected) will be like his teacher."

May God give us as Christians in this world today, an understanding and conviction by His Holy Spirit to depart from unfruitful works and to spend our time and energy and resources to prepare ourselves for His sudden appearance when He shall judge every man's deeds.

**CONCLUSION THEREFORE: NO BENEFITS!!!**
PART A:

THE INNER CORE …

The Martial Arts are undeniably interwoven with Chinese religion, which consists of mainly Zen Buddhism with a great deal of it’s make-up in the Chinese medicine and fighting. Martial Arts is not synonymous with all forms of combat. It is a sub-set of combat systems developed in the East which incorporate a philosophy of life.

If you could remove the religion and/or philosophy it will be no longer really a Martial Art, but simply a form of combat. These are referred to as "Arts" because they are not merely combat-techniques but are also an expression of an Eastern "spiritual" philosophy. Eastern Martial Artists are in general agreed that boxing and wrestling are not true martial "Arts" unless they are allied to such a philosophy.

Contemporary interest in the martial arts often focuses on their spiritual aspects, as means of increasing self-confidence, assertiveness, concentration, and personal defense.

To get trained into these Martial Arts, is no crash-course matter! It has to be learned stage upon stage, facet upon facet, similar to what we as devoted Christians know in the Word of God as “precept upon precept, precept upon precept, and line upon line, line upon line”! In fact, the person who gets involved into and who wants to accelerate in the Martial Arts, has to embrace this as a complete lifestyle! Because it asks for a new lifestyle, the ‘student’ will have to choose a complete new mindset. Now the Word of God says we have to have “the mind of Christ”.

My point is that for a Christian to participate in this medium, is practically impossible. To be able to accelerate in this “art form”, the student needs a keen interest in, as well as practice Buddhist meditation – and for a child of God to carry a mixture of that and to maintain a “sound mind without fear” as prescribed in the Word of God, is simply impossible.

Martial Arts are categorized into two groups, i.e.
1. the Soft Arts and
2. the Hard Arts.
A BRIEF DESCRIPTION

The "soft" or "internal" Martial Arts focus on inner spiritual development, balance, form, and mental awareness. It avoids the normal fighting methods of grappling, hitting and kicking. They are based on a system of yielding to an attack and have the Taoist principle of neutralizing any committed attack of the opponent, with a minimum of physical effort on the defender’s part.

Besides emphasizing the importance of Taoist and Buddhist philosophical principles, stress is also placed on utilizing the chi force. Through breath control techniques, internal school practitioners seek to "collect, cultivate, and store" the chi force in the region located below the navel. The movements are based on, and similar to animal movements.

The Soft Arts consist of: Tai chi chuan, Pa-kua, and Hsing-I.

The "hard" or "external" martial arts stress powerful foot and hand strikes, along with a regimen of intense hand and body conditioning. While the external system advocates some use of breath control, the emphasis lies more on generating quick movements, utilizing force in straight, linear motions, and responding to force with force.

While the moves in the soft arts are mainly movements to entrap the opponent by either circling or linear movements without strikes until you are within reach of the other person, then only using either an open palm or a fist, the hard arts are aggressive, using straight lines in attack, concentrating on the shortest distance to the opponent. All of these moves are based on strikes of power, like tripping, hitting, kicking and throwing the opponent.

The various “hard” Arts are: Aikido, Hapkido, Ju-jitsu, Judo, Karate, Kendo, Kuatsu, Sumo wrestling, Taekwon-do & Ninjutsu.
I. SOFT INTERNAL

Of the over four hundred different styles of Chinese Kung Fu, only three types are considered "Internal" or "Soft" by that definition, and they are: Tai Chi Chuan (Supreme Pole Boxing), Pa Kua Chang (Eight Trigrams Palm) & Hsing I Chuan (Form of the Will Boxing). All other kung fu styles are considered External and derived from Da Mo and the Shaolin tradition. A student in any of these soft styles will have to learn the importance of a number of animals.

Each art has its own particular animals involved, and the various moves in the arts will have been based not only on the moves of the particular animal, but also on the nature and habits of that animal.

A student will choose an animal which they favor in their studies, and practice these. Some of these animals are the: golden cock, horse, snake, monkey, sparrow, stork, tiger and dragon.

1. Hsing-I

Hsing-I Chuan or XingYiQuan is the first of the "three sisters" of Neijia, or Internal Martial Arts (Kung Fu) practice. There are three primary styles of Hsing I Chuan being practiced today. The ShanXi Style, the HeBei Style, and the Hon an Style. Each style of Hsing I Chuan is distinctly different in flavor and appearance from the other methods, or families, as they are sometimes called. There are five basic movements in Hsing-I as there are five basic elements in Yin and Yang. These are: splitting, crushing, pounding, drilling and crossing, each having many variations and it cover every angle and direction of defense and attack.

The ShanXi style is known for its vigorous and powerful movements and abundant releases of fah jing energy. This method is tight in frame keeping a well-guarded movement structure which is quick and extremely powerful. It is by far the most complex in form and nuance of the three different families. This is especially evident in its twelve animal structures.

HeBei style, in contrast to the ShanXi style, uses much larger frames and appears slower in practice. Its stances are more open than the ShanXi style, and there will be less appearance of fah jing energy in the practice of the forms. Many people practice the HeBei method today and chances are if you meet a practitioner of Hsing-I, they will likely be of the HeBei method over any other. HeBei Hsing-I's expressions of the Five Elements are more simplistic than those of the ShanXi and the Twelve Animal structures are much more simplified.
The last style, known as the Hon an style, is a very simplified style of Hsing-I practiced exclusively by the Muslim Chinese community for generations. It has only Ten Animal structures which are extremely simplistic with one or two movement forms only. The Five Elements are present only as concepts in this method.

Suffice it to say that Hsing-I is known as a most powerful form of Chinese Kung Fu.

2. Tai chi chuan

This is the popular one of the three soft Martial Arts – likely to be found exercised by all age groups. Even elderly people manage to practice this style with its slow, precise movements and exercises. Tai chi chuan gets taught and practiced in institutions teaching stage crafts, e.g. drama schools, etc., for it is believed to bring great peace of mind and a control over bodily movements. All of the 128 movements in the solo Tai chi exercises are performed in a circle, and is in fact very difficult to perform correctly. It needs a very flexible body to enable one to perform all of the movements, which particularly involves the turning of the upper body whilst keeping a perfect balance below the waist. This particular art is considered to best reflect the philosophy and the understanding of Yin and Yang. When performed, the movements of Tai chi focus on attacking around the circle and back into the aggressor. Every attack is redirected so that the fending off of attacks and the counter-attacks are of great importance.

3. Pa-kua

Pa-Kua Chang is the second of the "three sisters" of Neijia, or Internal Martial Arts (Kung Fu) practice. The Neijia School of thought is comprised of Pa-Kua, Hsing-I and Tai-Chi as primary disciplines. Each style of Pa Kua Chang has a different flavor, but the appearance of the form, regardless of family, will have certain characteristics that remain a constant. Each method will also contain certain unique techniques and training methods that may set it apart from the other methods, or families, as they are sometimes called. For example: The Lung Hsin (Dragon Heart) style is a powerful integration of smooth angular transition coupled with the characteristic spiral winding and unwinding of Pa-Kua, yielding an appearance that is not entirely unlike stringing together a series of Hsing-I turning sequences in terms of visual effect. In contrast, the You Lung Hsing (Swimming Dragon Form) has the appearance of a languid, continuous expanding and contracting spiral.

Compare any of the other methods to these two and you will get yet again the combination of same, yet not same, which is perhaps fitting for an art that derives its principles from the I Ching or Book Of Change. Pa Kua's tactical principles of constant motion, bait and switch, hit and run, and blending with the ever changing canvas that is combat, remain a constant throughout all the various styles. As do the mechanical methods of closing and opening the body with spiral-like power.
II. HARD EXTERNAL

1. Aikido

The Japanese word Aikido consists of three characters which can be translated as "the way of unity with the fundamental force of the universe."

Aikido was developed by Morihei Ueshiba, known to thousands of students of Aikido throughout the world as O Sensei (Great Teacher). Even as a young man, Morihei, Ueshiba was an extraordinary martial artist; a master of the sword, the staff, the spear, as well as the art of ju-jitsu. But O Sensei also had a strong spiritual drive, and brooded over the futility of a path based on victory over others. His desire was to revive the art of Budo (fighting ways) through good training. Leading a life of austerity and rigorous training, O Sensei struggled with this dilemma. He delved deeply into the study of religion, especially Shinto, (Japan’s native religion of nature worship). The dilemma was resolved in a moment of profound ‘awakening’. Transformed by his spiritual insights, Ueshiba transmuted his technical mastery of traditional martial arts into a new martial art.

The art of Aikido was one that was fundamentally different from those that preceded it. "The secret of Aikido," he wrote, "is to harmonize with the movement of the universe and bring ourselves into accord with the universe itself." O Sensei maintained that Budo is a work of love, a path to overcome discord in ourselves and bring peace to the world, "To make the heart of the universe one’s own heart."

This is an unarmed method of fighting, in which defense is of great importance and care is taken not to inflict any serious injury to one’s opponent. The art is to go “with” the opponent. If the opponent pulls, let him pull, but keep in unison with him. In Aikido, the fighter does not wait for an attack as in other Martial Arts. He stays calm and serene, even in the midst of an attack, but at the same time has the skill and ability to overcome the attacker when the need arises.

The dojo (practice hall) has to be peaceful and in harmony at all times, for the students need to keep peaceful control on themselves and their movements. To maintain this peaceful atmosphere, the ki power is brought about through the practice of meditation and yogic breathing techniques. The art of ki is of utmost importance in Aikido, and without it, this art would become nothing more but a series of holds and locks.
2. Hapkido

A martial art of self-defense of Korean origin. It’s name means literally "The way of coordination and internal power." Hapkido is a **complete martial art** in that it consists of: dynamic striking and kicking techniques, very similar to Taekwondo, both hard and soft style deflection techniques, throws, takedowns, ground-fighting, and extensive joint locking techniques. **The main aim is to turn the opponent’s energy back against him.**

It was originally developed by the Buddhist monks in Korea, with the Buddhist faith system at it’s root, and it incorporates Buddhist methods of meditation to build up the ki power. It is a mixture of Korean and Japanese fighting.

3. Ju-jitsu

The ‘gentle art’ of self-defense. It **incorporates Judo** [throws, pins & mat work], **Aikido** [leverage, momentum, pressure points & joint locks] and **Karate** [hits & kicks] into an extremely effective self-defense system. It means the art of gaining victory through **yielding, or gentle art**.

The history of the martial art of Ju-Jitsu (Gentle Art) can be traced back over 2,500 years. Ju-Jitsu developed from many individual teachings that either started in **Japan** or found their way to Japan from other **oriental countries**. Going far back into **Japanese mythology** it is possible to trace Ju-Jitsu to the ancient **Japanese gods, Kajima, and Kadori**, who supposedly used Ju-Jitsu to punish the lawless inhabitants of an eastern province of Japan. During the **Tokugawa era**, (ca. 1650 and on), Ju-Jitsu continued to flourish as part of the **Samurai warrior's** training.

4. Judo

It means many things to different people. It is a fun sport, an art, a discipline, a recreational or social activity, a fitness program, a means of self-defense or combat, and a **way of life**. Judo is a sporting art, and at the same time a **spiritual discipline**.

Whether this matter of spiritual discipline is made known or not, it is the **backbone of this Martial Art**.

Judo comes to us from the fighting system of **feudal Japan**.

Founded in 1882 by Dr. Jigoro Kano, Judo is a **refinement of the ancient martial art of Jujutsu**.

| **Judo** was introduced into the Olympic Games in 1964 and is practiced by millions of people throughout the world today. |
Judo, which is translated as the "gentle way", teaches the principle of flexibility in the application of technique. This is the flexible or efficient use of balance, leverage, and movement in the performance of Judo throws and other skills. Skill, technique and timing, rather than the use of brute strength, are the essential ingredients for success in Judo.

The ungodly attitudes of both Ju-jitsu and Judo, are a source of many undesirable effects in Christians, such as confusion of mind, headaches and other varied problems.

5. Karate

(Japanese, “empty hand”), a martial art of unarmed self-defense in which directed or focused blows of the hands and feet, accompanied by special breathing and shouts, are dealt from poised positions. More than a method of combat, karate emphasizes self-discipline, positive attitude, and high moral purpose.

Karate is more than 1000 years old and originated in eastern Asia.

The karate trainee toughens hands and feet by driving them into containers of sand, rice, or gravel and by striking sandbags and special punching boards. Constant exercises are important for limbering up and for strengthening the muscles of the body. Deep-breathing exercises are also useful because exhalation and sudden shouts accompany the directed blows, particularly the final or so-called killing blows. Such breathing and cries help the rhythm of the karate attack, to focus more force in each blow or block, and psychologically invigorate a person while disconcerting the opponent.

Karate’s empty handed way is portrayed in this Zen Buddhism saying by Funa Kashi:

“As a mirror’s polished surface reflects whatever stands before it and a quiet valley carries even small sounds, so must the student of Karate render his mind empty of selfishness and wickedness, in an effort to react appropriately towards anything he might encounter. This is the meaning of ‘Kara’ or empty in Karate.”

It is said that Karate, when taught correctly, is a balanced system of physical education, spiritual discipline, self-defense and competitive sport. When a student has reached the stage where automatic reflex action comes into play, this can become a problem in the everyday life outside in the world. The mind, at this stage, is so conditioned by the training, that there is no room for any other type of study or actual thought on any other subject. A student of Karate will become totally absorbed by the complete training involved in this art, and there will be no room, nor desire for the things of God.
Most Karate dojos (training halls), have a Shinto or Buddhist shrine close to the Kamiza ‘upper seat’ and the students will bow to the shrine at the beginning of each practice or performance.

Exodus 20:5 “5 You shall not bow down yourself to them or serve them; for I the Lord your God am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generation of those who hate Me,”

6. Kendo

The art of Japanese fencing. "Ken" or tsurugi is from the character meaning sword. The character for "Do" or michi includes the meaning ‘way’ or path which translates as “The way of the sword". A path in life which is followed through the training of kendo. Kendo, the Way of the Sword is the art of Japanese Samurai Swordsmanship. It is rooted in the traditions of Budo, the Martial Way.

Modern Kendo bears but faint resemblance to Kenjutsu and to its feudal origins of sword wielding samurai warriors which are today depicted in movies and television. The story of the rise of modern Kendo begins with the samurai and extends over the culture of several centuries.

Kendo began to take its modern appearance during the late 18th century with the introduction of protective equipment and the bamboo sword, the shinai. The use of the shinai and protective armor made possible the full delivery of blows without injury.

Consequently in 1895, the Butokukai, an organization devoted to the martial arts was established. In 1911, Kendo was officially introduced into the physical education curriculum of middle schools and in 1912, the Nihon Kendo Kata, a set of regulations for Kendo, was published. In 1939 as Japan prepared for war, Kendo became a required course for all boys. Today, Kendo continues to grow under the auspices of the All Japan Kendo Federation, the International Kendo Federation, and federations all over the world.

Kendo, like other martial arts requires discipline and a dedication to training. Almost all martial arts have a set of kata. Kendo is no exception.

Kata are pre-set sequences of motions which illustrate very deeply one or more aspects of the art.

Repetitive practice of kata internalizes the lessons of the kata. Kendo kata are practiced with a solid wooden sword called a bokken. There are ten kendo kata specified by the All Japan Kendo Federation. Each kata studies a single set of concepts in a very pure setting allowing the practitioner to delve deeply into these concepts.
An important part of training is the use of the kiai—an explosive sound, a kind of controlled yell or shout intended to inspire courage and determination in the utterer and fear in the opponent, and to upset the concentration of the opponent as a cut or thrust is made. Kendo training is hard and so is the discipline which prevails. The discipline or etiquette is an essential part of the art and is much respected. To be a good kendoka means much more than being just a good swordsman. It is a character-training art designed to produce equilibrium between mind and body; a harmony of mental and physical fitness.

7. Kuatsu

The art of recussitation with many variations. Once upon a time, the longer you were unconscious the more likely you were to die. Especially on a battlefield. Kuatsu techniques grew up alongside jujutsu as practical first aid, and particularly teachers of Jujitsu have to study Kuatsu, as it is considered to be an important part of first aid. Kuatsu is not generally known of and only advanced students will know of it’s existence. The point is, the very fact that specialized methods of resuscitation are needed, stresses the fact that fatal injuries can be obtained in exercising Martial Arts.

8. Sumo

The traditional, national sport of Japan. This form of Japanese wrestling is of a highly specialized kind and one of the oldest of the Japanese martial arts. The most notable feature of the sumotori (competitors) is their size. They are gargantuan men, who seldom weigh less than 130 kg (285 lb). Often they are much heavier and may be 200 kg (440 lb) and more. They achieve these proportions not only by eating prodigious quantities of food while staying in ‘food-stables’, but also by practicing the art of haragei, a form of abdominal development called by the Japanese ‘soul in the stomach’. Great weight gives them a low center of gravity and this makes them more stable. The traditional topknot hairstyle is ancient and called o-icho-mage or chon-mage according to the category of the sumotori. They wear thick silk belts around their waists. The object is to force your opponent out of the ring (dohyo) or to make any part of his body (except the soles of the feet) touch the playing surface. The combatants cannot pull hair, gouge eyes, or strike with a closed fist. Pushing, tripping, slapping and various body throws are commonly seen in Sumo. Judo was derived from ancient Sumo throwing techniques.
The wrestlers belong to teams, and live communally in a lifestyle that is completely dedicated to the sport. Sumo is a way of life as well as a sport, and all involved wear distinctive clothing and are considered role models all year round. A strict meritocracy, you gain rank and pay in Sumo only by winning; lose and you drop in rank.

The referee traditionally bears a fan as a symbol of authority, and a dagger, said to have been originally supplied so that a referee might disembowel himself if he gave a miscall. There is also a panel of five judges—often yokozuna (ex-grand champions). Sumo is accompanied by much hallowed ritual. To begin an event the yokozuna process enters into the arena for the ceremony named dohyo-iri.

In front of each yokozuna walks his tsuyuharai (personal attendant or herald) and behind him comes his tachimochi (sword bearer). They perform a traditional routine in the ring. Following them, caparisoned in embroidered aprons, enter half the top wrestlers involved. They form a circle, clap their hands, hitch up their aprons, and withdraw. The rest of the sumotori then enter and carry out the same rite. A Shinto priest attends all Sumo bouts and the most important bouts are actually held in a Shinto temple.

These formal manifestations of strength and prowess completed, the real business gets under way. Two champions enter the ring and after some easing and flexing of muscles they pick up handfuls of salt and scatter them, and then follow it up by much stamping of the feet to scatter or frighten away any unwanted spirits. This is a shinto purification ritual. They then crouch, pound the floor with their fists and have an “eye battle”. This ritual is known as shikiri-naoshi and is allowed to go on for four minutes.

The earliest written mention of sumo is found in the Kojiki (Record of Ancient Matters), a book from the year 712, which is the oldest extant example of Japanese writing. According to the book, about 2,500 years ago, the gods *Takemikazuchi and Takeminakata grappled on the shores of Izumo until the latter finally lost. Thus control of the archipelago was ceded to the Japanese people led by *Takemikazuchi, who is said to have established the imperial family from which the present emperor traces his ancestry.

* [Takemikazuchi or Take-Mika-Dzuchi-No-Kami, god of thunder, Shinto, Japan. One of the Raijin gods of thunder, storms and rain, he is also one of the warrior deities who guarded Prince Ninigi on his descent from heaven to earth. A tutelary god of swordsmen and judoka artists and linked with the god Futsu-Nushi-No-Kami].
In prehistoric times, sumo appears to have been performed mainly as an agricultural ritual to pray for a good harvest. During the reign of Emperor Shomu (r. 724-49), sumaibito (sumotori) were recruited from all over the country to perform in the Imperial Palace garden at a festivity called 'sechie' held each year on the 7th day of the 7th lunar month (early August by today's calendars). At the same time cultured people would gather as well at the palace to display their skills at writing poetry. Sumo expanded from an agrarian ritual to a large-scale rite to pray for the nationwide peace and prosperity of Japanese society.

9. Tae kwon do

A Korean martial art, known for its dramatic flying and spinning kicks. The name comes from the Korean words tae (foot, or kick), kwon (fist, or punch), and do (art, or way of life) and literally means “the art of hand and foot fighting.”

The roots of Tae kwon do go back thousands of years. Tae kwon do students can improve themselves physically, and mentally by training. The final goal is to achieve harmony with nature and oneself. Balance is gained by controlling both evil and good forces (Yin vs. Yang). A true Tae kwon do student knows how to ‘behave in all situations’.

Tae kwon do (and this goes for every Martial Art) is not only a way to improve skills of self defense, but it’s a way of life. Because of the military background, there is a general code. These codes are reflected in the so-called 'Commandments of modern Tae kwon do' and is strongly influenced by Buddhism. These commandments are influenced by the HwaRang Do code of honor:

Serve your lord with loyalty:
1. Serve your parents with filial piety
2. Trust your friends
3. Never retreat from a battle
4. When taking life, be selective

The commandments of Tae kwon do are used as a guide for the moral development of students and art. No student who does not fully understand these tenets can ever hope to master the true essence of the art.

Commandments of modern Taekwondo:
1. Loyalty to your country
2. Respect your parents
3. Faithfulness to your spouse
4. Respect your brothers and sisters
5. Loyalty to your friends
6. Respect your elders
7. Respect your teacher
8. Never take life unjustly
9. Indomitable spirit
10. Loyalty to your school
11. Finish what you begin
One of the four elements of Tae kwon do (besides sparring, style forms and self-defense) is the break test. It is an obligatory part of the black-belt exam and is a popular element of Tae kwon do demonstrations. Breaking an object is a way to practice **concentration, power, focus, speed and precision on non-living objects**, without injuring oneself or another.

### 10. Ninjutsu

It's a **martial art**, but also a **Way Of Life**. It requires Minimum effort to achieve Maximum effect. **Some principles about the way of Ninja:**

- **First of all avoid conflict or combat situation even (and especially) if your honor is in stake.**
- **Don't engage a fight unless you must defend your family, friend, nature and then yourself.**
- **Be open and listen to yourself, others, and your surroundings and live in harmony.**
- **Have mercy upon your rival, try to understand him.**

**Ninjutsu is the martial art of the Ninja warriors of the Nin clan of Japan.** It originates from about a thousand years ago in Japan when feudal Japan was ruled by the **Samurai warriors** and their lords the **Shoguns**. The Samurai had the right to kill a peasant as they wished, for the peasants were not allowed to stand up against them. The Ninja didn't agree to serve the Samurai, and escaped to mountain regions of Iga and Koga, where they started training in the arts of war. They based the fighting upon a **Chinese military text** and over the years the **Ninja** started training in any known martial art, and became **the warrior class of the peasants.**

The Ninja's training begun **from the day of birth** and continued **till the day of death**. Since the Ninja took his first steps he began playing special games that had been invented in order to enrich different abilities such as **evasion, weaponry, unarmed combat and camouflage.**

The Ninja specialized in **espionage and assassination** using any means possible. But they also trained to reach **spiritual heights, pushing the limits of the body and mind.** During the centuries the knowledge of the art was passed **in secret** within the families. No one else knew anything about the art until Japan emerged into the modern era.

The Ninjas were absorbed into the Japan's secret service and special groups. Then it opened its doors to the Japanese public.
11. Samurai

class of ancient Japan whose history is inextricably linked with Jujitsu. The word was first used in the eighth century to describe armed farmers. Over the centuries their influence and social status grew particularly large during the long periods of civil war. The clan chieftains who were called ‘daimyos’, commanded groups of armed retainers who were called “The Samurai”. They were bound in loyalty to their chieftain by the very strictest code of honour, but they were completely ruthless and treated the peasants in a most inhuman way.
The samurai formed a distinct class, wearing two swords as a symbol of their caste and followed a rigid code of ethics known as bushido. They had great pride in themselves and they demanded almost god-like status among the population.

At the end of the 16th century AD, one of the Samurai clans, called “Tokugawa”, made themselves head over all of the Samurai clans. They were called Shogun, and their chieftain “The Shogun”. This chieftain desired to keep the common people under his complete control. It was as result of this control that the Catholic missionaries, who arrived in Japan with the mission to convert people to Christianity, were completely blocked. Even foreigners, who came into Japan during those times, were massacred or beheaded. With the arrival of an American Expedition in 1853, the Samurai were disbanded.
PART B:

RELIGIONS OF THE MARTIAL ARTS

Introduction

The various philosophical and religious backgrounds of the Martial Arts are such that they have an influence on the whole of the practice of, and participation in, these arts. Every part of the Martial Arts comes from a background of an Eastern religion, and the influence of these religions permeates every part of these arts from the moment a student enters the 'dojo'. The ordered behaviour, the moves, the bowing, all of the mind control, acknowledgement of the 'sensai' (teachers) and shrine, the attitudes, uniforms, and the fighting bouts can be traced back to these religions.

The following information will confirm to Christians just how counter-productive these practices are, and that they are against all the teaching in the Bible. To fully understand all that the Martial Arts represent, it is necessary to give some details of the Eastern religions that form such an important part of the Arts.

In some instances the whole teaching and practice of the religion is to quell any reaction to outside stimulus, and a withdrawal into a false world of non-involvement which originally in Buddhism and Zen Buddhism is to withdraw into oneself, and this is particularly emphasised in the self-improvement techniques. Both Buddhism and Zen Buddhism have roots in Hinduism. These attitudes become clearer as the student moves upwards through the grades, and involved in these attitudes of perfection is also a fear of not placating the gods, and their subsequent anger and retribution.

In some of these religions there is a particular emphasis on the sanctity of all life, for in their belief in reincarnation there is the possibility when one is reborn, that one may come back as an animal or insect. Indeed, according to one's Karma, the process could reverse from an animal or insect into a human being. This explains why there is a vegetarian diet, for the thought of eating a relative is unacceptable.

Where a vegetarian diet is recommended or indeed prescribed, it will, almost certainly involve following a pattern of vegetarianism in keeping with a particular belief system. So it can be seen how a student may become more and more involved with the following of an Eastern religious discipline.

There is a similarity in the Martial Arts to other organised groups where the full knowledge of all that that group represents is only known as one advances through the levels and grades. It is only then that an awareness of the full details become gradually clearer, and a deeper understanding is gained. By that time it is more difficult to extricate oneself from further involvement.
This knowledge comes as the student is assessed for his behaviour, mind control, ability and reliability. When the sensai agree the student is ready he will then be moved on to another grade.

One can now see why it is such a pity that parents in particular allow their children to join these classes thinking that the exercises will do them good, when the truth is that there is a strong possibility that the children may be affected mentally and spiritually by such an introduction to the Martial Arts. Parents are given children by God Almighty, and they are entrusted into their care to guide and lead them in righteous living, I find it very sad that so many parents today have so little concern or understanding of the areas that mean potential danger to their children.

**RELIGIOUS ROOTS – MARTIAL FRUITS**

In the early 6th century AD, Bodhidharma, an Indian priest and knight, brought Zen Buddhism to China along with a system of 18 self-defense exercises. The exercises evolved into a form of boxing, which spread, with Zen, throughout China and in the 12th century reached Japan.

Worldwide contemporary interest in the martial arts often focuses on their spiritual aspects, as means of increasing self-confidence, assertiveness, and concentration. Personal defense is also increasingly an important issue, particularly for women and the elderly.

One of the most serious concerns regarding the Christian's possible involvement with the martial arts stems from the fact that a good majority of them originated in Asian cultures permeated by a variety of Eastern religions.

Taoism, Buddhism, Confucianism, Shinto, and various folk myths and traditions have, in varying degrees, contributed to the development of many Asian-based systems of fighting.

The question is, must one necessarily compromise his/her relationship with Christ and endanger his/her spiritual life in order to participate in the martial arts? One of the greatest concerns is that Christians who participate in the martial arts - especially Christian children - might be contaminated to some extent by harmful aspects of Eastern thought. This, of course, must be avoided. There can be no compromise when it comes to one's relationship with Christ.
I. THE RELIGIOUS ROOT

It is true that the martial arts are little more than an expression of Eastern religious thought and are therefore wholly incompatible with Christianity. Concerns about Eastern influences are legitimate and should be seriously considered.

While most "external/hard" martial arts avoid or minimize Eastern religious elements, in some cases an "external/hard" art retains some religious trappings. The Indonesian-based style pentjak-silat, for example, is oftentimes colored by an eclectic blend of animism, shamanism, occultism, Hinduism, Buddhism, and Sufism.

**Meditation.** Within the context of the martial arts, 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."

It is said that diligent practice of meditation "leads to a non-dualistic state of mind in which the distinction between subject and object having disappeared and the practitioner having become one with 'god' or 'the absolute,' conventions like time and space are transcended [until] finally that stage is reached which religions refer to as salvation, liberation, or complete enlightenment."

The Christian, of course, must not participate in such forms of meditation, for at least three reasons. First, it's goal is to provide the practitioner a way (if not the way) to ultimate truth and freedom through sheer human effort, thus advocating a form of self-salvation over and against what the Bible explicitly teaches (Eph. 2:8-9).

**Eph. 2:8-9**  "8 For it is by free grace (God's unmerited favor) that you are saved (delivered from judgment and made partakers of Christ's salvation) through [your] faith. And this [salvation] is not of yourselves [of your own doing, it came not through your own striving], but it is the gift of God; 9 Not because of works [not the fulfillment of the Law's demands], lest any man should boast. [It is not the result of what anyone can possibly do, so no one can pride himself in it or take glory to himself.]"

In so doing, it ignores man's fallen nature (Rom. 3:10-12) and denies Christ's exclusive claim as the way to salvation (John 14:6).
Rom. 3:10-12  “10 As it is written, None is righteous, just and truthful and upright and conscientious, no, not one.  
11 No one understands [no one intelligently discerns or comprehends]; no one seeks out God.  
12 All have turned aside; together they have gone wrong and have become unprofitable and worthless; no one does right, not even one!”

John 14:6  “6 Jesus said to him, I am the Way and the Truth and the Life; no one comes to the Father except by (through) Me.”

Second, Eastern meditation’s stated goal of transforming one’s state of mind into a **monistic** ("all is one"), if not an outright **pantheistic** ("all is God"), outlook, lies in direct **contradiction to the Bible**. The latter recognizes an **eternal distinction** between a personal Creator-God and His creation (**Is. 44:6-8; Heb. 2:6-8**).

Third, such altered states of consciousness can **open one up to spiritual affliction and deception by the powers of darkness**. This alone should serve to dissuade any Christian from participating in **Eastern forms of meditation**.

Scripture defines meditation in terms of the believer objectively contemplating and reflecting on God and His Word (**Josh. 1:8; Ps. 1:2**).  

[From:  **A Christian Assessment** by Erwin de Castro, B.J.Oropeza & Ron Rhodes].
II. THE BRANCHES

1. Shintoism

It is rooted in the ancient history and mythology of Japan. Because writings on Shintoism were relatively non-existent prior to the arrival of Buddhism in the sixth century, the nature of its beliefs and worship during ancient times remains indefinite. This new religion was welcomed in Japan to both complement and enrich the Shinto faith, though initially, the Buddha was viewed as just another manifestation of kami (spirits or gods that embody forces of nature and deceased ancestors). Reverence for the kami is the center of worship.

Shinto is an all-pervading indefinable way which is quite universal. Shinto or Kaminomichi or the way of the Kami or the Gods is the name of the religion observed by the Japanese from time immemorial.

“Shinto implies spontaneous following of the ‘Way of the gods/spirits.’”

Shinto is divided into two classes, i.e. the Sectarian Shinto, which is sub-divided into 13 sects; and the Shinto of the national faith of the Japanese, or the State Shinto Religion.

The system of Shinto resembles more the system of Hinduism than that of Confucianism or Buddhism. It is a kind of personal religion. It ascribes divine attributes to every being. It is a kind of pantheism. Absolute loyalty to the Sovereign Emperor, who is regarded as a direct descendant and representative of the highest God, respect for ancestors, profound feeling of piety towards the parents and love for children form the fundamental structure of the Great Universal Way.

The mirror, the sword and the jewel have a figurative meaning in the course of the development of Shinto. They symbolize wisdom, courage and benevolence or intelligence, will and love in Shinto theology. These three are the holy ensigns of royalty of the Sovereign Emperor. They are supposed to symbolize the dynamic working of the Great Way and so they are found in the forefront of every Shinto shrine, popularly known as Mistu-tomo-e or the three big commas.

There are many gods in Shinto, but the ancestral Sun-Goddess, Amaterasu-omi Kami, stands supreme above them.

Susano-o-no-Mikoto is the impetuous divine brother of the Sun-God. He is the God of rainstorm. Tsukiyomi-no-Mikoto is the Moon-God. These three constitute a divine triad. They preside, respectively, over the plane of High Heaven, the vast ocean, and the realm of Night.
There is an enormous amount of pride and feeling of superiority among the Japanese people, and all things of Japanese origin are considered to be of a higher quality than anything from any other source. This feeling of pride gives a degree of confidence to its populace and is totally against all that Christianity teaches. In fact the Bible teaches the very opposite to pride, as the teaching of our God is to prefer the other person, and to remember that God made man, so we have no right to consider ourselves better than others. The following passages make this matter quite clear:

**Proverbs 16:18-19**  “18 Pride goes before destruction, and a haughty spirit before a fall. 19 Better it is to be of a humble spirit with the meek and poor than to divide the spoil with the proud.”

**Philippians 2:3-4**  “3 Do nothing from factional motives [through contentiousness, strife, selfishness, or for unworthy ends] or prompted by conceit and empty arrogance. Instead, in the true spirit of humility (lowliness of mind) let each regard the others as better than and superior to himself [thinking more highly of one another than you do of yourselves]. 4 Let each of you esteem and look upon and be concerned for not [merely] his own interests, but also each for the interests of others.”

As we have already seen, Shinto is part of all Sumo wrestling bouts, and the influence of Shinto underlines all the Japanese Martial Arts. The bowing at the start of a practice or competition comes from the Japanese and Shintoism. Any shrine or other article of reverence in the ‘dojo’ is part of Shintoism. Nippon also covers every Martial Art originating in Japan. The continuing faith of Shinto despite the abolition nationally of this faith has made little difference to the majority of the Japanese, because this faith is built on fear, and there is an undercurrent of fear that holds those still following this faith to continue appeasing the gods.

The vegetarian diet of many of the Eastern religions is connected with their view of Incarnation. The Christian faith has no such belief as we are promised a place in Heaven when we die (**John 3:15** and **John 6:47**). Both these verses tell of how those who believe in Christ and follow His ways will have life everlasting. In **Acts 11:10**, we can read the story concerning Peter when he had a vision from God of a sheet being let down full of fourfooted animals, wild beasts, creeping things, and birds of the air, and a voice which told him to arise ‘kill and eat’, and Peter refused saying that nothing unclean had entered his mouth. The voice said, ‘What God has cleansed you must not call common’ and this was repeated three times.

This command from God proves that the creation of animals, fish, birds, and insects were all for the care and use of man, as has already been referred to. **Genesis 1:26-31** confirms this fact, and as the word in Acts shows, it was God’s plan that man should subdue the creatures of the land and use them for his benefit.
2. Hinduism

Hinduism is one of the oldest religions in the world, and the Hindu scriptures were written over a period of 2,000 years, from 1400 BC to 500 AD.

A religious tradition of Indian origin, comprising the beliefs and practices of Hindus. The word Hindu is derived from the river Sindhu, or Indus. The word Hinduism is an English word of more recent origin. Hinduism entered the English language in the early 19th century to describe the beliefs and practices of those residents of India who had not converted to Islam or Christianity and did not practice Judaism or Zoroastrianism.

As Hinduism grew, various groups added other elements into their ceremonies which included new ways towards reaching perfection. This state of perfection is named Nirvana. Nirvana is the Hindu concept of complete happiness, and final fulfillment. The recorded truths of Hinduism are contained in many books. The Vedas contain the wisdom, and cover several books. The contents include the mantras which are hymns of praise to the gods Brahmans, the teaching of ritual rights, and the Rig-veda hymns and praises to the Hindu deities, Indra, Soma, Varima, and Mitra.

Hindus themselves prefer to use the Sanskrit term sanātana dharma for their religious tradition. Sanātana dharma is often translated into English as “eternal tradition” or “eternal religion” but the translation of dharma as “tradition” or “religion” gives an extremely limited, even mistaken, sense of the word. Dharma has many meanings in Sanskrit, the sacred language of Hindu scripture, including “moral order,” “duty,” and “right action.”

The most sacred book in the Hindu faith is the Bhagavad-Gita, which is also the best known of all the Hindu writings. The Bhagavad-Gita means ‘The song of the lord’, and it speaks of lord Krishna who was the incarnation of the Hindu god Vishnu. In these scriptures it says that even those who worship other gods with love and sacrifice, in fact really worship the same gods as the Hindus. This belief can also be found in the New Age movement where it does not matter who or what you worship – all are accepted. In fact this attitude is creeping into liberal Christianity which not only weakens the teachings of Christ, but plays straight into the hands of the enemy.

Krishna is considered to be the central god of the Hindus, and is called Brahman, the supreme spirit, the ultimate reality. The three main spirits of Brahman are:
- Brahma, lord of creation.
- Vishnu, the preserver, appearing as Rama and Krishna.
- Shiva, who represents power and destruction.
There is no single Hindu idea of god. There are many beliefs which may include any of the following concepts:
- **Shiva** god of song and healing.
- **Durga** divine goddess of motherhood.
- **Vishnu** god of space and time.

The common belief is that Brahman is the one god over Brahma the creator, Vishnu the preserver and Shiva the destroyer; these three are in one god.

**Reincarnation is known as Karma,** that we are all accountable for our own actions, and that bad actions must be atoned for through the Samsara, or reincarnation. How one has lived one's life on earth, determines the life to come through reincarnation; whether that life is to be lived in the body of an animal, human being, insect, plant or inanimate object. The Hindus see reincarnation in this way: As a man casts off his worn out clothes and takes on other new ones in their place, so does the embodied soul cast off his worn out body and enters a new one.

Brahman, the Hindus believe, exists in everything; all parts of nature and every living thing including man. At the heart of this faith is a great reverence for life. We can see why, when we understand their belief in reincarnation and why they believe all living things whether animal or human should be seen to be treasured and loved. This leads to an avoidance of killing any living creature, and gives a foundation for their vegetarianism.
They believe that as Brahma is in all things, that **animals have souls**. The cow has a special place in that it is revered, and believed to have great power. Here are a few extracts from a long poem written in **praise to the cow**:

> Worship to thee, springing to life,  
> and worship to thee when born,  
> Worship, O cow to thy tall hair,  
> and to thy hooves and to thy form.

> They call the cow immortal life,  
> pay homage to the cow as death.  
> She hath become this universe,  
> Fathers and Rishis hath become the gods,  
> and men the spirits.

> The cow is heaven, the cow is earth,  
> the cow is Vishnu Lord of life.

> Both gods and mortal men depend  
> for life and being on the cow.  
> She hath become this universe;  
> all that the sun surveys is she.

*(Atharva Veda X:10)*

The only way for Hindus to be free from reincarnation is by Moksha. This is perfect peace and happiness. To attain this goal the soul has to be completely free from any and every feeling of desire or attachment. The aids to this are **meditation, knowledge, and a lack of selfishness or a grudge against anybody**. This is considered to be god-centred.

The four main stages in life lead one towards a state of Moksha and they are as follows:

1. Childhood and schooling.
2. Marriage and family.
3. The time after the children has left home
4. Life of the recluse or world renouncer.

**Stage 1**  
A young person is expected to concentrate his mind and energies on completing this first stage of schooling and study before passing on to the next stage.

**Stage 2**  
This is the time for a young person to become married and raise a family. At this time his life is one of building the family unit and raising his children in the true faith of Hinduism.
Stage 3
This is a time of rediscovering his own place in the world, and his relationship with his wife, and eventually his grandchildren.

Stage 4
At this stage one has normally retired from one's everyday occupation and one's mind concentrates on reaching Moksha.

Some Hindus leave home at this time and travel to a holy place where they can meditate in their quest for Moksha or Mukti, to enable them to find release from the cycle of birth and rebirth, and death, known as Samsara. A pilgrimage is considered of great importance towards gaining Moksha, and one of the holy places to visit is the river Ganges. To have visited this river before one dies is thought to be a great blessing, and is the desired place to visit by all Hindus.

The caste system is a unique part of the Hindu faith, and even though this system has been decried by the Government it is still very much in existence. This caste system accepts the belief that there are various classes of people:

- The Brahmins, who are the priests and philosophers and are subsidised by the state.
- The Kshatriyas, who are the upper middle classes.
- The Vaisyas, who are merchants and farmers.
- The Sudras, who are the lowest of the caste system and whose job it is to serve the higher classes as labourers and servants. They are excluded from any religious service and are not allowed to study the sacred writings of the Vedas.

There are several other sub-classes besides these mentioned. The caste system affects every part of life, and even the Christian churches are affected by this system as the people who attend the churches are mainly from one particular caste. The dowry tradition is still in a place of importance, and when a young girl marries; her father will demand a dowry from the husband to be according to the father's status. This can be a matter of continual contention if the girl's husband has a problem repaying the father. The caste system is a difficult problem, especially for Christians who teach God's Word that all people are equal. 1 Corinthians 1:17-31 contains the description of how we are all one, but to each is given a different talent for the good of all. Not that one is better than another but as each receives a gift that is used for the Lord, so all thing work together.

Another tradition that is still kept alive within the Hindu faith is the tradition of taking offerings to the temples for the various gods and goddesses; gifts of flowers, food, leaves, water, and other love gifts. Where there aren't any statues, gifts will be placed before a picture of the chosen god or goddess. Besides taking offerings to the temples, quite often there is a family shrine within the household. This will be a favourite god or goddess, and it will be venerated as the protector of the house and family.
Every morning a ceremony is carried out. This ceremony is called ‘Waking the deity’. A lamp fed with ghee (which is clarified butter) is placed before the statue or picture, and then some food is put there. Prayers will be spoken, and after this, the statue is bathed with a mixture of yoghurt, honey, milk and sugar, some ghee is added and stirred together. Following this, the statue is dressed with flowers, sandalwood, paste, turmeric, and red kurnkum powder.

Incense is burned and a bell summons and proclaims the presence of the deity. Then the ghee lamp is lit and moved in a circle before the face of the god. This offering, of light is called ‘Arti’. All present receive the lamp and pass their hands over the flame and lift their hands over their face and hair. The daily prayer is then said, which is called ‘Gayatn Mantra’. At meals a portion of the food is offered at the shrine before returning the food to the table. The food then becomes ‘Parshad’; that is blessed.

The worship of an inanimate object could not be farther from the teachings of Christ. The Bible clearly states there is only one god, and that is the Lord God Almighty who created the heavens and the earth, and for Christians to be involved with this Indian religion includes the participants in a multi-god faith. All the moves are based on the Hindu worship of all creatures, and on the movements of the animals and birds, etc. The outcome of involvement with the Martial Arts with a Hindu background can be and often is confusion.

The Hindu tradition encourages Hindus to seek spiritual and moral truth wherever it might be found, while acknowledging that no creed can contain such truth in its fullness and that each individual must realize this truth through his or her ‘own systematic effort’.

Our experience, our reason, and our dialogue with others—especially with enlightened individuals—provide various means of testing our understanding of spiritual and moral truth. And Hindu scripture, based on the insights of Hindu sages and seers, serves primarily as a guidebook. But ultimately truth comes to us through direct consciousness of the divine or the ultimate reality. In other religions this ultimate reality is known as God. Hindus refer to it by many names, but the most common name is Brahman.

The Hindu tradition acknowledges that there are many paths by which people may seek and experience religious understanding and direction. It also claims that every individual has the potential to achieve enlightenment.

Three other religions that originated in India branched off from Hinduism: Buddhism, Jainism, and Sikhism. In the United States, 19th-century writers such as Ralph Waldo Emerson and Henry David Thoreau drew on Hinduism and its scriptures in developing their philosophy of transcendentalism. Millions of Westerners today practice meditation or yoga to achieve relief from stress or physical fitness, indicating Western receptiveness to Hindu practices.
In the West a religion is understood to be conclusive—that is, it is the one and only true religion. Second, a religion is generally exclusionary—that is, those who do not follow it are excluded from salvation. Finally, a religion is separative—that is, to belong to it, one must not belong to another. Dharma, however, does not necessarily imply any of these.

3. Buddhism

A religion to about 300 million people around the world. The word comes from 'budhi', 'to awaken'. It has its origins about 2,500 years ago when Siddhartha Gotama, known as the Buddha, was himself awakened (enlightened) at the age of 35.

To many, Buddhism goes beyond religion and is more of a philosophy or 'way of life'. It is a philosophy because philosophy means 'love of wisdom' and the Buddhist path can be summed up as:
(1) to lead a moral life,
(2) to be mindful and aware of thoughts and actions, and
(3) to develop wisdom and understanding.

Buddhism explains a 'purpose to life', it explains apparent injustice and inequality around the world and it provides a code of practice or way of life that leads to 'true happiness'.

Siddhartha Gotama (the Buddha), was born into a royal family in Lumbini, now located in Nepal, in 563 BC. At 29, he realized that wealth and luxury did not guarantee happiness, so he explored the different teachings, religions and philosophies of the day, to find the key to human happiness. After six years of study and meditation he finally found 'the middle path' and was enlightened. After enlightenment, the Buddha spent the rest of his life teaching the principles of Buddhism - called the Dharma, or Truth - until his death at the age of 80.

There are many different types of Buddhism, because the emphasis changes from country to county due to customs and culture. What does not vary is the essence of the teaching - the Dharma or 'truth'.
The Buddha taught many things, but the basic concepts in Buddhism can be summed up by the Four Noble Truths and the Noble Eightfold Path:

I. Life is full of sorrow, birth is painful, death is painful, disease and old age are painful. Both having what we desire is painful, and not having what we desire is painful.

II. This concerns the cause of suffering. It is the craving desire for the pleasures of the senses which seeks satisfaction now here, now there, the craving for happiness and prosperity in this life and future lives.

III. To end suffering one needs to give up any craving, passion or desire. Until this aim is achieved, suffering will continue.

IV. To end all pain, one must follow the Eight-Fold-Path:

1. Follow the teachings on this Eight-fold-path with “Right View”. You must accept the Four Noble Truths and the Eight-fold-path.
2. ‘Right Resolve’. You must renounce the pleasures of the senses; you must harbor no ill-will toward anyone and harm no living creature.
3. ‘Right Speech’. Do not lie, do not slander or abuse anyone. Do not indulge in idle talk.
4. ‘Right Behavior’. Do not destroy any living creature; take only what is given you’ do not commit any unlawful sexual act.
5. ‘Right Occupation’. You must earn your livelihood in a way that will harm no-one.
6. ‘Right Effort’. You must resolve and strive heroically to prevent any evil qualities from arising in you and to abandon any evil qualities that you may possess. You must grow, increase and be perfected.
7. ‘Right Contemplation’. Be observant, strenuous, alert, contemplative, free from desire and of sorrow.
8. ‘Right Meditation’. When you have abandoned all sensuous pleasures, all evil qualities, both joy and sorrow, you must then enter die four degrees of meditation, which are produced by concentration.

Buddhist Precepts

There are five precepts taught by Buddhism that all Buddhists should follow:

1. Kill no living thing, including insects.
2. Do not steal.
3. Do not commit adultery.
4. Tell no lies.
5. Do not take any intoxicating drinks, or drugs.

There are some other precepts but they are only for monks and nuns.
4. Zen Buddhism

Zen is the peculiar Chinese way of accomplishing the Buddhist goal of seeing the world just as it is, that is, with a mind that has no grasping thoughts or feelings.

"Concentrate on sincerity and on unifying your spirit. Forget yourself, forget your enemies, forget winning and losing, and when you have done so, you will be in the spiritually unified state that is called mu, or nothingness, in Zen. When you have spiritually reached the state of impassivity you will have entered a corner of the Zen world of mu."

- Oyama -

This impassive, "spiritually unified" mental state is identical to that achieved in yoga or other meditation-relaxation techniques, hypnosis or trance medium ship. The Bible forbids such emptying of the mind (Deuteronomy 18:11), calling it one of the "works of the flesh." (Galatians 5:20)

The mental state brought about by such meditation gradually conditions one to adopt a different world view from what a Christian should have. The emptying of the mind brings about a feeling of union with the universe. The word "yoga" means "yoking" or "union." After this experience, the subject can come to believe that he is at one with God or is God, because God is in everything.

Arrival at this pantheistic conclusion is the goal of Eastern religions, which teach that man can solve all his problems if only he will realize that he is divine.

It is not surprising that people in this mental state open themselves up to possible demonic influence. The lie they come to believe is almost identical to one Satan told Eve in the Garden of Eden: "You will be like God." Christians are wise not to court the spiritual oppression this kind of mental state can invite. Yoga is not for Christians. The only "yoke" we should ever take up is Christ's.

Matthew 11:29-30  "29 Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls. 30 For My yoke is wholesome (useful, good—not harsh, hard, sharp, or pressing, but comfortable, gracious, and pleasant), and My burden is light and easy to be borne."

Although the development of Zen was a long time after the death of Buddha, it still maintained the important teachings on meditation. This precept of meditation was what originally led the Buddha towards enlightenment. 'Self-Effort' is the basis of Zen practice, with an emphasis on concentration leading to enlightenment. This enlightenment is called 'Satori'.

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The daily practice of sitting cross-legged in either the half lotus position, or full lotus position where the legs are crossed with the feet being brought up to the surface beside the knees, is practised for long intensive periods and is called 'Zazen'. The chanting of a Sutra may also accompany the meditation. A Sutra consists of an extract from Sanskrit literature.

A Koan will be given to the student for him to consider, it is believed this solving of a Koan will lead the student towards enlightenment. An instance of a Koan is: We are all familiar with two hands clapping, what is the sound of one hand? (If you protest that one hand can't clap, you go to the foot of the class. Such a remark simply shows that you haven't even begun to get the point.)

The study and meditation in Zen eventually leads the student to a state where there is a lack of logical thinking, and the student will lose all his critical faculties. This attitude leads towards a withdrawal from life.

With the student reaching this state it makes it particularly difficult to witness with any success to a Buddhist, as his mind and feelings appear to be so far away that one cannot make contact on a normal level. The aim of Zen would appear to be the practice of losing one's own sense of evaluation and logical thinking, and retreat into a world of living without natural feeling.

The Christian concept of living in the world is so different from the attitude of Zen Buddhism, as the foundation of the Christian faith is love, and to love one has to be able to feel and recognise different emotions. The Zen Buddhist teaching is to reach a place where one is no longer aware of feelings; neither love nor hate. Jesus' words in John 15:9-13 all speak of Jesus' love for us, and that He laid down His life for us. Love is the central teaching in Christianity, but I have yet to find any mention or teaching of love in these Eastern religions.

As Christians we will have to settle our minds on the fact that there is no middle-path – it's either Light or darkness. Let us use the Wisdom of God which is in fact spiritual intelligence, to choose Life and Life more abundantly!

5. Confucianism

This is not so much a religion as it is a philosophy. It is a way of “relating to”, “integrating with” the world and man to man, as well as advice on ways of relating to the almighty. Confucianism originates from China and it still has a strong impact upon the way in which the Chinese people’s faith in Taoism and their thoughts, morals and actions are affected.
Confucius was born in about 550 BC in Shantung, China. He was noted for his wisdom as a teacher, especially in the fields of political and social reforms. After the death of Confucius, two major schools of Confucian thought emerged. One was represented by Mencius, the other by Xunzi (Hsün-tzu).

Mencius continued the ethical teachings of Confucius by stressing the innate goodness of human nature. He believed, however, that original human goodness can become depraved through one's own destructive effort or through contact with an evil environment.

In opposition to Mencius, Xunzi contended that a person is born with an evil nature but that it can be regenerated through moral education. He believed that desires should be guided and restrained by the rules of propriety and that character should be molded by an orderly observance of rites and by the practice of music. This code serves as a powerful influence on character by properly directing emotions and by providing inner harmony. Xunzi was the main exponent of ritualism in Confucianism.

Confucianism has a strong tradition in China, and it so affects the people's thinking and attitudes, that it is important for something to be written concerning this subject. Confucianism is more a philosophy than a religion; a way of relating to, and integrating with, the world and man-to-man; and advice on ways of relating to the almighty. This philosophy still has a strong influence on the way the Chinese people's faith in Taoism and their thoughts, morals, and actions are affected.

Confucius was born in about 550 BC in Shantung, China. After having been married and producing a son and daughter, he was divorced. As a teacher, reputation for his wisdom spread, and he became a teacher of some note, especially in the realm of political and social reforms. He spent his last years writing what have become Confucianist classics. Confucius' impact on Chinese thought was enormous, and in 206 BC Confucianism became the State religion. Even so, in 212 BC Emperor Shi Huang Ti ordered all books on Confucianism to be burned, and established Taoism in its place, but this did not have the desired effect, and the following Emperors all accepted Confucianism, and sacrificed at his tomb.

By 574 to 581 AD Emperor Wu announced that in his opinion Confucianism should be the people's first choice, with Taoism second and Buddhism third. Following this order concerning the religions in China, different Emperors from 841-847 AD issued varying orders, including the closing of the Monasteries and Nunneries, but despite these events the people's loyalty to these faiths have continued up to today, and they are very much alive and practised regularly.

In 1068 AD Confucius was raised to the rank of Emperor, and in 1906 he was raised to the rank of co-assessor with the deities of Heaven and Earth. The teachings of Confucius are mostly concerning morals and the way to live. Among these teachings there is one called 'Filial Piety' which concerns devotion and obedience by the younger members of a family to the elders, particularly in the case of a father and son.
This devotion is demonstrated while the parents are alive, and shown after their death with grief and sorrow. The outworking of this teaching is that Chinese families look after their parents, if necessary in their own homes until these parents die.

This teaching has also underlined the fact that on entering a home, one first makes obeisance to the family shrine, which will mostly be one of photos and memorabilia placed on a sideboard or table just inside the front door. This veneration of the ancestors is a difficult situation for Chinese Christians, as the ancestors are not released in any way for a new life after death, as we Christians believe. Amongst the 'Ethical Doctrines' are many virtuous edicts that are good, but one of these edicts displays the difference in this philosophy and the Christian faith:

> We know so little about life, how can we then know about death?

Although many of these teachings of Confucius seem good advice, they differ from Christ's teachings in several ways. One way is this; that all the teaching is about self-effort, while the teaching in Christianity is that man hasn't the ability to save himself without the help of a saviour. The emphasis of Confucius' teaching is of the intellect, and says nothing of the supernatural. It appears to be a man-made explanation of ways to exist in the world with one's fellow-man.

Confucianism therefore puts the emphasis on self-effort, while Christianity teaches that man has no ability to save himself without the help of a Savior.

### 6. Taoism

Taoism is an ancient Chinese philosophy which promotes living simply and in harmony with nature, and going with the flow. Ancient Taoists believed that by following the natural world, pursuing a strict diet and meditation regime and not struggling with their lot, they could achieve an inner calm, improved health and great martial power.

The Taoist masters, often referred to in the ancient texts as 'sages' or even 'immortals' typically studied such topics as meditation, martial arts, herbalism, diet and medicine and often the arts. Though they might seem unconnected, study of all of these topics leads to self improvement on a physical, mental or spiritual level and this is one of the reasons they appealed to the Taoists of old.

One path of inner transformation is through purification, and the correct breathing called 'chi'. There are many types of breath. One is called 'embryonic breath' and this is considered to be of great importance. Exercises were also developed to enable the body to relax and be in balance, Tai Chi is one such discipline.
Taoism is still very much alive today, and a Taoist family will see that an offering is made to the Earth god of the house or the flat first thing in the morning. Maybe joss sticks will be lit with an offering of prayer, and tea or cakes placed before the god. This god will be a totally Taoist deity; he or she will represent the primal force or deity that inhabits the dwelling place, and is called “The house god”.

All activities have to be planned with the permission of this house god. As the Taoist faith has developed, so the number of gods have grown, and the following is a guide to some of the better known gods.

**Heavenly Sage - Jade Emperor** - Jade dawn of the golden gate, who has the elements of the future and of the way about him. The jade emperor has forces to help him to ensure obedience to his will.

**Erh-ling** - his nephew. Erhling is the most powerful of all the Taoist gods. Erh-ling carries out the orders and commands of the Jade Emperor who presides over ministries of: thunder, wind, wealth, literature, war, exorcism, and illness.

**Wang** - his door keeper.

**Earthly Hierachy** - over earth and water, water dragon kings and their hordes, with four dragon kings.

**Earth Great Emperor of the Eastern Peak** (a holy mountain) - gods of the walls and ditches report back to the great Emperor as to whether the people are keeping their side of the balance of Yin and Yang.

**Two door gods: Wealth** - Tsa'ai Shen, god of literature; **Kuan Ti** - god of war and his two companions.

**Emperess of Heaven** - goddess of the seas.

**Ten Kings of Hell - King Yama** the head. He is pictured on all the banks of hell notes which are burned every day to appease the gods and provide a means to live for the dead.

1st Hell: King Ch' in Kuang
2nd Hell: Chi-chiang
3rd Hell: Sung-ti
4th Hell: King Wu-Kuan
5th Hell: King Yama
6th Hell: King Pien ch’eng
7th Hell: King T'ai-shan Chun
8th Hell: King Ping-teng
9th Hell: King Tu-shih
10th Hell: King Chuan-lun in charge of the wheel of rebirth.
Three Gods of Happiness - these are found in all places, especially in the temple in Kowloon, and they include: longevity, happiness and success.
The priest's main emphasis is to continue the cycle of cosmic renewal liturgies, and the balance of Yin and Yang.

Give way and overcome
Bend and become straight
Empty yourself and be full
Use up things and they are new.

(Tas Te Ching Ch.22)

Which is more important?
Your fame or your true self?
Your true self or your wealth?
Which is ultimately more valuable?

(Tas Te Ching Ch.44)

The previous lists of the gods and goddesses is given to show the fear and complexity of Taoism. Life is a continuous process of placating the gods and goddesses for fear of their anger and any possible retribution. This is a very intellectual religion, and has a continual emphasis on the mental approach. The koans for example, are all of the mind, and have no correct answer as far as one can see. This is all so far from the simplicity of the Christian faith, and the teaching and God's words of the world's creation in perfection.

The origins of the philosophy and religion of Taoism arose out of a Shamanistic belief which is believed to be one of the oldest religions of the world.
The advice to common people was to withdraw from any ambition because of the harsh and cruel rule in the country at that time, and also to withdraw from any emotional involvement. This teaching, and the fact that Taoism as such has no writings on how to survive evil other than by escaping mentally, is remotely removed from the teachings of Jesus Christ. He came to give us Life, and Life more abundantly. He came to teach us how to live life – not how to ignore life. He came to show us the way to overcome evil in this world by accepting Him as our only Source of Life and Victory. In contrast with this truth is Taoism, a self-centered religion.

Their basic belief was that there were two worlds existing side by side; nature and spiritual beings overlapping, but distinct from the physical world and the spirit world. This spirit world includes all things of nature; trees, streams, animals, earth, plants, rocks and each has a spirit; therefore we must care for these things or we may be affected in an undesirable way.

Genesis 1:31 “31 And God saw everything that He had made, and behold, it was very good (suitable, pleasant) and He approved it completely. And there was evening and there was morning, a sixth day.”
Psalm 104:13,19,24  “Psalm 13 He waters the mountains from His upper rooms; the earth is satisfied and abounds with the fruit of His works.
19 [The Lord] appointed the moon for the seasons; the sun knows [the exact time of] its setting.
24 O Lord, how many and varied are Your works! In wisdom have You made them all; the earth is full of Your riches and Your creatures.”

This is a most wonderful psalm of praise to God for His creation.

7. Shamanism

“Shamanism and similar areas of research have gained in significance because they postulate new ideas about mind and spirit. They speak of things like vastly expanding the realm of consciousness ... the belief, the knowledge, and even the experience that our physical world of the senses is a mere illusion, a world of shadows, and that the three-dimensional tool we call our body serves only as a container or dwelling place for Something infinitely greater and more comprehensive than that body and which constitutes the matrix of the real life.”

Holger Kalweit, Dreamtime and Inner Space

Shamanism, the world’s oldest healing tradition, is found in all cultures on Earth. Shamans work with their allies – the animal spirits.
(See Prayers of Renunciation – Ancient Roots – available from Kanaan Ministries.)

8. Animism

The term animism is derived from the Latin word anima meaning breath or soul. The belief of animism is probably one of man’s oldest beliefs, with its origin most likely dating to the Paleolithic age. From its earliest beginnings it was a belief that a soul or spirit existed in every object, even if it was inanimate. In a future state this soul or spirit would exist as part of an immaterial soul. The spirit, therefore, was thought to be universal.
It is insignificant how men and women gained the belief that a spirit or soul resides in all objects. It is historically evident that they did. Trees and plants were worshiped as totems or because of their usefulness and beauty. In many cultures certain trees and plants have been feared. In some ancient cultures “trees were generally regarded as maternal deities or forest spirits, to be respected even when their lives were sacrificed for human use (pagan woodcutters never felled a tree without first begging its forgiveness). Female tree spirits live on in myth and folklore as dryads, the Greek version of the tree-worshiping druid priestesses.” Plants and trees have been considered sacred by themselves because, as some have thought, they are home to certain spirits. Field crops, thought to harbor spirits of infertility, has been honored by ancient tribesmen and peasants throughout Europe.
The above describes nature worshipers among which many occultists are numbered. They view life as being in everything, and everything, even man, supporting life. Life is sacred - all life.

"One of the foremost characteristics of Neo-Paganism (or occultism) is the return to the ancient idea that there is no distinction between the spiritual and material, sacred and secular."

Everything is still one as it was to primitive man. Animism may also be the unconscious fabrication of a spirit manifestation by the medium. It is not a fraud as the medium actually believes that he is channeling a spirit. It usually happens when the medium is put under pressure to attend a request or works in a spiritualistic circle where spirit phenomena are expected to occur. The spirit of the medium then fabricates a manifestation and it is interesting to notice that the medium’s body undergoes all the usual changes that happen in an actual spirit communication, such as altered breathing, contortions, and such procedures.
III. YIN AND YANG

The yin/yang symbol is one of the oldest and best known symbols in the world, but few understand its meaning. It represents the two poles of existence which are opposite but complementary, and which exist in everything.

Yin represents everything that is feminine, dark, withdrawn, receptive and passive and things moving down and in.
Yang represents the masculine, bright, forceful and expansive, and movement out and up.

According to the philosophy, everything contains both yin and yang - this is why we see a spot of white in the black segment of the yin/yang symbol and vice versa. It also accounts for the Taoist's sense of contentment - he has accepted that things change and evolve constantly, moving first one way and then the other. Thus he does not feel upset or worried when obstacles or hard times come - he knows that things will improve. Nor does he get caught up with riches or power when they come his way. Though he might enjoy them, he knows that they are not permanent, and willingly waves them good-bye when the time is right.

In the internal arts, the cultivation of the inner power (chi) can be seen as the yang, while the development of softness represents the yin. Movements in the T'ai Chi forms are constantly expanding then contracting, and practitioners are taught not to put themselves in extreme positions to avoid being caught off balance. The interplay of these forces forms the basis of Taoist philosophy.

Yin and Yang have a strong influence in Kung-Fu styles. The religion of Taoism is central in these styles of Martial Arts, and the Ying and Yang can be seen in the hard and soft styles with their action and non-action.
Both sides of the symbol are a part of the other, and can only exist together. They are inseparable forces, flowing one into the other. **As each flows:**

Night into day  
Summer into winter  
Hard becomes soft  
Yin becomes Yang  
Yang becomes Yin again.

These symbols of Yin and Yang are surrounded by eight trigrams and all are a part of creation. Each has its own importance and must be in exactly the correct position. First comes Ch'ien which is seen as heaven and creation – three straight lines. Opposite are three broken lines. These represent the earth, K'un. This is passive. The other lines represent lake, fire, thunder, wind, water, and mountains.

One can now see the importance of the Taoist faith on all the Chinese Martial Art styles, and the Yin and Yang which stands for action and non-action. South Korea has this sign on the National flag (their main faith is Buddhism).
Although Yin and Yang originate in Taoism and Confucianism they have a link into all of the Martial Arts through the teaching of Zen Buddhism and the meditation techniques in Buddhism and the practice of Yoga.

The Taoist teaching on Yin and Yang has no foundation in the teaching in the Bible. In Christianity there is no need for a man-made solution towards finding an inward peace and harmony. Christ taught that peace comes with obedience in following the teaching He gave us, and in accepting His love and care for us, and so through His love we can love others. In Yin and Yang there is a male dominance that is ungodly and an attitude that finds no place in the Christian teachings. In Galatians 3:26-28 it says this:

**Galatians 3:26-28**  
"26 For in Christ Jesus you are all sons of God through faith.  
27 For as many [of you] as were baptized into Christ [into a spiritual union and communion with Christ, the Anointed One, the Messiah] have put on (clothed yourselves with) Christ.  
28 There is [now no distinction] neither Jew nor Greek, there is neither slave nor free, there is not male and female; for you are all one in Christ Jesus.”

**Trigrams**

Three-line structures of solid (yang) or broken (yin lines, eight of which (the Pa Kua) form the basis of the great Chinese book of divination, the I-Ching. They symbolize the Taoist belief that the cosmos is based on a constant flux of complementary forces – the masculine and active and balancing the female and passive yin. Permutated groups of two trigrams make up the 64 hexagrams of the I-Ching, the interpretation of which provides a guide to wise action.

It also represents the three states of man as body, soul & spirit, the irrational emotions, the rational mind and the supra-rational intellect.

**Pa Kua**

The eight complementary pairs of opposites, usually placed in a circle, the circumference of which symbolizes time and space. Each trigram in the Pa Kua represents a force in nature and there are four yin and four yang powers giving balance and harmony in the universe. The broken lines are yin and the whole lines yang.
The Five Elements (Wu Hsing)

The *five elements theory* has the same underlying philosophy as the Yin/Yang theory - that of *constant change and evolution*. The elements (or 'winds')—earth, metal, fire, wood and water—are best understood as *phases of a constantly moving cycle*. Each grows and replaces the next in much the same way as the seasons progress. Each of the elements can be seen as the *manifestation of a particular aspect of Chi*, and they also correspond to *colors, tastes, seasons, directions and parts of the body*, among other things.

Many different cycles can be identified within the five elements, but the two most common are the Shen (Constructive) and Ko (Controlling or Destructive):

<table>
<thead>
<tr>
<th>Constructive ('Shen') Cycle</th>
<th>Control ('Ko') Cycle</th>
</tr>
</thead>
<tbody>
<tr>
<td>From METAL we get WATER</td>
<td>METAL is controlled by FIRE</td>
</tr>
<tr>
<td>(Metal turns liquid when melted)</td>
<td>(When it is melted)</td>
</tr>
<tr>
<td>From WATER we get WOOD</td>
<td>FIRE is controlled by WATER</td>
</tr>
<tr>
<td>(Water makes plants grow)</td>
<td>(Obviously!)</td>
</tr>
<tr>
<td>From WOOD we get FIRE</td>
<td>WATER is controlled by EARTH</td>
</tr>
<tr>
<td>(Wood burns to create fire)</td>
<td>(Earthen defenses can hold water, and earth absorbs water)</td>
</tr>
<tr>
<td>From FIRE we get EARTH</td>
<td>EARTH is controlled by WOOD</td>
</tr>
<tr>
<td>(Fire creates ashes, which become part of the earth again)</td>
<td>(Trees and plants maintain earth structure and take nutrients)</td>
</tr>
<tr>
<td>From EARTH we get METAL</td>
<td>WOOD is controlled by METAL</td>
</tr>
<tr>
<td>(All metals are extracted from the earth)</td>
<td>(All wood can be chopped or sawed)</td>
</tr>
</tbody>
</table>

As you can imagine, a full and detailed understanding of yin and yang and the five elements as required by disciplines such as *Traditional Chinese Medicine* is extremely involved and requires much study. However, the important point is the *underlying philosophy* - that everything changes, and furthermore, changes in accordance to a universal law, and that appreciating the changes and working with them and not against them, makes for a ‘peaceful and happy life’.
IV. WU WEI AND NOTHINGNESS

“To attain knowledge, add something every day, to attain wisdom remove something every day.”

This ancient Chinese proverb illustrates the value that the Chinese culture places on nothingness.

In Chinese art the space in a picture is as important as the painted area - and in meditation and martial arts an empty mind is viewed as the ultimate attainment.

This is really just a logical application of the theory of yin and yang - the yin side (emptiness and nothingness) is just as important as the yang side (movement and action.) Those following the Taoist path are advised to empty out their minds until nothing remains.

But why bother? Well, a mind that has no preconceptions or rigid plans is far more flexible. The ‘empty vessel’ of Taoist writings can act spontaneously as the situation demands because they are not tied to any particular set of actions. In martial arts, therefore, a fighter with a perfectly clear mind can react instantaneously to any attack, and spotting a weakness, exploit it without hesitation.

As well as emptiness, the Tao teaches the benefit of nothingness. It is when we practice doing nothing that our body and mind relax and we feel at peace, so nothingness is brought into everyday life in the idea of Wu Wei. Wu Wei translates as ‘not doing’ or ‘doing without doing’ and like much of Taoist thought it goes against the way many things are done in our society.

The idea is to go with the flow around you and not struggle against the tide. When someone advances, yield. Be pliant and patient, and wait until you are in a strong position before advancing. The image of the 90s man or woman is one of a hard working hard playing businessperson who gets things done by being vigorous and aggressive, managing social life, family and work with the same overzealous approach.

This very yang attitude is highlighted by marketing departments to sell us the painkillers, mobile phones and ready meals which we all need in ‘today’s hectic world’.

What we really need is a good holiday, and a few moments to rest each day, and we need to ask - ‘is this really what I want?’ The modern Taoist says no, and tries to bring the yin back into the balance of his life.
Wu Wei is often the Taoist concept that people have most trouble grasping. This is not really all that surprising since it seems to do away with the rigid notion of causality that the Western world-view is based upon.

Typically, in order to get something done, it is considered that you must work at it. The more work and effort that is put in, the quicker it will happen. However, this is not the Wu Wei approach. This is not ‘doing without doing’ it is simply ‘doing’. To use Wu Wei is to have a kind of Taoist patience - it is to allow things to unfold in their own way, in their own time. This does not imply a complete lack of energy expenditure - just a recognition of the flow and cycles of the world around us.

V. CHI - THE ‘VITAL ENERGY’

Ki or Chi Power

Group training is often accompanied by a shouting chant initiated by the sensei. His shout alternates with the shouting response of the students. This shouting will continue with a rising energy and power. The word that is shouted is ‘kiai’, and each shout will be accompanied by a particular physical stance. The continuing chanting produces a semi-hypnotic effect on the students, and the sensei can utilise this effect to lead and control the class. To chant well and keep in time is very important and requires imagination and sensitivity. The overall effect is to strengthen and develop ki power. Ki is Japanese, chi is Chinese. This power can be developed to an incredible degree and is a basic necessity in most of the Martial Arts.

In the soft styles the power is certainly present but does not manifest itself in physical power. It is a development of an inner power and concentration which is just as powerful but without the visible manifestation. The ability to summon up this power uses the body’s vital energy flow, and is an integral part of the training. Breathing techniques also contribute to heighten this power especially in certain movements, and in the determination to win a competition bout.

It is this same power that is utilised in acupuncture and acupressure, and various other alternative healing methods. The root power is just the same. It is believed that acupuncture in particular links in to the ‘Life Force’ which is believed to be in every human being. This force follows certain channels and roots in the body and forms the basis of study in Chinese medicine.
It must be stated that this power (as with most powers) can be used for both good and evil. Yin and Yang represent what is good and what is evil; both light and dark. The **dark side of ki power is an energy that can kill; the light side is believed to heal.**

The more advanced a practitioner becomes in the Martial Arts and the longer the time spent in concentrating both in meditation and practice of the breathing techniques, the stronger becomes the ki power. This internal energy invades the mind, actions, and automatic system until such a time as the correct movement can follow the attacking stance or movement of an opponent with the stirring up of inner power ready to protect from an assailant. This action can take place without any conscious prior thought having taken place. Ki is a super-power wilfully stirred up and practised; to be tapped into and used when so desired. Abnormal amounts of energy and strength are utilised with ki power as have been demonstrated by practitioners breaking pieces of wood etc. with their bare hands.

Chi kung is claimed to be “the science and practice” of *chi*. Chi kung literally means **energy cultivation**. Physical and mental health is allegedly improved by learning how to manipulate *chi* through controlled breathing, movement, and acts of will. Chi kung **masters claim to be able to heal at a distance by manipulating chi.** It is even said that one can strengthen the immune system by mastering one’s chi. Most Westerners are vaguely familiar with **Kung Fu and Tai Chi**, both of which are related to chi kung.

The **acupuncturist** is convinced he or she is unblocking chi. The **reiki** therapist and **therapeutic touch** nurse think they are channeling ki or **prana**.

One way to define ki-power is to see it as a **PERFECT TECHNIQUE with PERFECT TIMING.** The ultimate form of Martial Arts is the use of the **inner mystical power of the soul, called Ki or Chi.** Most masters of the martial arts attain some use of this power, but only a true **Ki Warrior** finds the essence of the **power of the soul** and is able to call it forth in its **purest, most irresistible form.**

Ki is a power that lies at the border between ordinary **magic, psychic power, and the power of the gods** themselves. All uses of Ki fall into three broad categories:

1. **Personal Enhancements.**
2. **Mental abilities.** (Mental shielding, the ability to contact other minds, meditative "sleep", and other abilities including magic-like tricks such as levitation, flight, etc.)
3. **Projected Ki powers.** (Combined with the other two categories, Projected Ki permits the extension of a given power to include another being or beings under certain circumstances).

Various martial artists assert that learning to develop and use chi - an **alleged mystical force that pervades the universe** - is the ultimate means of attaining high proficiency in the fighting arts.
Practically everyone acknowledges that the traditional concept of chi is deeply rooted in Eastern religion and philosophy. "In the Orient we apply the word ki ('chi') to the state which is also the real nature of the universe," wrote leading aikido authority Koichi Tohei. "Ki has no beginning and no end; its absolute value neither increases nor decreases. We are one with the universal, and our lives are part of the life of the universal." Tohei's understanding of chi, in line with traditional views of other martial artists, strongly suggests a monistic and pantheistic world view. As stated above, this is incompatible with historic Christianity.

Still, there remains the issue of explaining superhuman acts typically attributed to chi, such as the smashing of multiple slabs of ice with a single blow. Some insist that the only explanation possible is the power of chi. Those on the opposite side of the spectrum, however, believe such exhibitions are accomplished by rigorous conditioning, simple physics, and good technique which, at times, is aided with a dash of trickery (as in the case of thawing the slabs of ice with hot wire). Some have suggested that perhaps certain biochemical reactions - such as an adrenaline surge - may also be involved.

Ki power is not a force to be taken lightly and there is a danger of this power being misused. The strength of ki power is totally demonic and allows the advanced student to take blows and kicks that would normally be beyond human beings to take without serious damage to their bodies. Besides the possibility of physical damage to participants, sometimes of a very serious nature, there is the long-term effect for those who become Christians, with the subsequent battle between the light of Christ and the darkness of the demonic, and satanic infiltration from the practice of the Martial Arts. The power of ki can surface very suddenly and violently in every-day life, if a student of the Martial Arts comes under an unexpected attack. This unprovoked verbal attack can stir up the ki power in such a way that it could explode violently in power and ill physical strength, and the outcome could be a serious one. Until such time arrives when the Martial Arts can be dealt with by teaching and deliverance, the exponent is in danger of reacting violently on occasion.

Despite such alternative explanations, we believe Christians should avoid all chi-related activities that supposedly enhance one's ability to harness, circulate, and unleash this mystical power. Ancient esoteric practices, especially those designed to improve alleged mystical powers, have no place in the Christian life. Moreover, there remains a possibility that in at least some cases, supernatural capabilities can be attributed to demonic power.
Now, we recognize that there have been attempts by some Christian martial artists to redefine chi to make it compatible with the Christian world view. (Some, for example, have claimed that chi is the Holy Spirit!) At best, however, such attempts only serve to cloud the issue. Utilizing an Eastern religious term while changing it’s historically understood meaning is not unlike the practice of non-Christian religions when they employ Christian terminology and pour different meanings into the words. (New Agers, for instance, redefine the Christian term "born again" to mean reincarnation.) Such semantical manipulation only serves to mask the real and present danger of involvement with chi.

Defining chi is extremely difficult - it is a concept entirely foreign to Western thought. Referred to in ancient China as ‘Dragon’s Breath’, it cannot be seen or measured, but it is present in all things. It is both matter or energy (the Chinese don’t tend to differentiate between the 2) and it comprises and defines all life and all inanimate objects in the universe.

In the body it is said to flow through channels called ‘meridians’ in a similar way to blood flowing through the veins. Traditional Chinese Medicine considers the blockage or incorrect movement of chi through the body as the cause of mental and physical disease, and internal arts such as meditation aim to increase the amount of chi in the body.

Chi is also manifest in the world around us, it is described as the ‘life force’ of the natural world and chi is ‘strong’ where there are clear streams, rolling hills and abundant plant life.

In releasing captives from the demonic power in the Martial Arts, God’s power which is greater than all other powers, is able to free and completely release all those who turn to God and His Son Jesus Christ in complete acceptance of the truth as John 8:31-32 says:

“31 So Jesus said to those Jews who had believed in Him, If you abide in My word [hold fast to My teachings and live in accordance with them], you are truly My disciples.
32 And you will know the Truth, and the Truth will set you free.”

The following two passages speak clearly of the power of God which is above and beyond all other power. The raising of Jesus Christ from the dead stands as a reminder to Satan that he is a lesser power no matter how he chooses to lead people into thinking he is the greatest, and his end is clearly written in the book of Revelation. He cannot deny that, try as he might.
Ephesians 1:15-23  “15 For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints (the people of God),
16 I do not cease to give thanks for you, making mention of you in my prayers.
17 [For I always pray to] the God of our Lord Jesus Christ, the Father of glory, that He may grant you a spirit of wisdom and revelation [of insight into mysteries and secrets] in the [deep and intimate] knowledge of Him,
18 By having the eyes of your heart flooded with light, so that you can know and understand the hope to which He has called you, and how rich is His glorious inheritance in the saints (His set-apart ones),
19 And [so that you can know and understand] what is the immeasurable and unlimited and surpassing greatness of His power in and for us who believe, as demonstrated in the working of His mighty strength,
20 Which He exerted in Christ when He raised Him from the dead and seated Him at His [own] right hand in the heavenly [places],
21 Far above all rule and authority and power and dominion and every name that is named [above every title that can be conferred], not only in this age and in this world, but also in the age and the world which are to come.
22 And He has put all things under His feet and has appointed Him the universal and supreme Head of the church [a headship exercised throughout the church],
23 Which is His body, the fullness of Him Who fills all in all [for in that body lives the full measure of Him Who makes everything complete, and Who fills everything everywhere with Himself].”

Isaiah 40:25-26  “25 To whom then will you liken Me, that I should be equal to him? says the Holy One.
26 Lift up your eyes on high and see! Who has created these? He Who brings out their host by number and calls them all by name; through the greatness of His might and because He is strong in power, not one is missing or lacks anything.”
VI. THE ACT OF BOWING

In the Japanese Martial Arts the training sessions commence with bowing, and the etiquette tends to be very formal and strict. The instructor is always addressed as ‘Sensei’ (Japanese for master) rather than by his personal name. Surprisingly this formality and discipline seems to appeal to all students without exception. The act of Bowing is a sign of acceptance, reverence, acknowledgement and submition. In the Martial Arts it represents and acknowledgement of the Sensei as an instructor and master.

A second bow quit often means an acceptance of the shrine and all that that represents. On the main wall my be hung the Associations Symbol, or in Japan there would be situated a small Buddhist or Shinto Shrine. The Shrine may house a flower or a fine sword, a scroll or flag.

Whatever is on the shrine will be a treasured item. The bow is a sign of respect, the equivalent of crossing oneself on entering a Catholic Church. Remember that Nippon is all over the Japanese Martial Arts.

When the lesson is about to begin, the students will line up facing the Sensei, whereupon they will bow again. This bow has to be performed in a particular way; the head, body, arms, and legs have to be in the correct position from all angels. The ‘dojo’ is considered to be a sacred place so all behaviour should be governed by this fact. Profanity, loud talking, socializing and any misbehaviour are out of place. All the time must be used wisely and concentrated on development of the mind and body either by training or by meditation.

Training in some of the styles of the arts will then call for the students to sit ‘Za Zen’ (sitting meditation) with eyes closed, and concentration on the correct posture and breath control. This will continue for some time. A similar procedure may take place at the end of a session as well. Maybe an oath or motto will be spoken, such as:

1. We will train our hearts and bodies for a firm unshaken spirit.
2. We will pursue the true meaning of the martial way so that in time our senses may be alert.
3. With true vigour we will seek to cultivate a spirit of self-denial.
4. We will observe the rules of courtesy, respect our superiors, and refrain from violence.
5. We will follow our gods and Buddha, and never forget the virtue of humility.
6. We will look upwards to wisdom and strength, not seeking other's desires.
7. All our lives through the discipline of Karate we will seek to fulfil the true meaning of ‘the way’.
Sentiments such as these coming from a Karate Club appear to a Westerner as misplaced, or even possibly hypocritical, but in fact in the majority of cases the students are perfectly serious, and do in fact spend their lives trying to live up to these ideals. Unfortunately, there are some whose very nature precludes them from always keeping the promise to refrain from violence. The very training aiming at automatic reaction is such, that in some circumstances the violent action comes first and the thought after.
VII. YOGA

Yoga is from the Sanskrit word 'Yuj' meaning 'union with the Divine'; union and communion; to bind, join, attach and yoke.

Different types of yoga
There are various types of yoga. Before we examine the differences, we should remember that all of them lead to the same goal, unification with the Divine – Brahma. This state is considered to lead to a liberation from all earthly sorrow and pain, all desire and anxiety. A belief in freedom from success of failure. The yoga paths can be broadly classified into:

Bhakti yoga: Path of Devotion > It is pure selfless love from the heart. A bhakti yogi feels that whenever he thinks of God, God thinks more of him. A relationship between a Bhakta and God can never be described in words.

Karma yoga: Path of Selfless Action > Karma yoga is the path of selfless service. For a karma yogi, the activities of human life is a god-given opportunity to serve him. He does not feel that the world is an illusion, does not encounter the ego-given 'highs' of success or the 'lows' of failure. Thus a karma yogi is detached while carrying out his duties on the earth.

Jnana yoga: Path of Transcendental Knowledge > A jnana yogi wants to understand the transcendental truth. He wants to solve the mystery of birth, death and the purpose of life. Hindu scriptures describe a Jnani yogi as one who utters Neti, Neti meaning 'not this, not this' to differentiate between what is permanent and impermanent. He uses viveka (discernment) for moving on from avidya (ignorance) to vidya (knowledge). He discerns that the world as perceived by the senses is not real, but an illusion conjured up by the mind.

Asthanga yoga: (eight-step) > Asthanga yoga is sometimes referred to as Raja yoga. However, Asthanga yoga is more of a philosophy like basic research while raja yoga usually refers to specific techniques which are based on not only Asthanga yoga but also on various minor upanishhads.

The best known of all the stages in the study of Yoga is Hatha Yoga. This includes a series of exercises named 'Asanas'. There are fifty-seven different positions, aimed at improving the mind and spirit, so that the whole man may be a fit vehicle for the spirit. Each position represents a part of nature, and the stance will demonstrate the animal, tree, or part of nature it copies.
Some of the positions are named as follows:

- **Vrksa**: The tree.
- **Vrschika**: The scorpion.
- **Salabba**: The locust.
- Any of the following - fish, tortoise, frog, crocodile, cock, heron, peacock, swan, dog, horse, camel, lion, serpent, or the human embryonic state.

Besides the Asanas the breathing techniques will be studied, and these are known by the name of:

- **Pránányáma**: Breathing exercises. These must not be confused with other methods of breathing exercises, as these exercises are accompanied by certain mind and mental procedures.
- **Pratyáhára**: Most commonly practised, as this is a complete method of withdrawal from the world by controlling one’s thoughts and senses. A subject to enable the student to concentrate is given by the teacher. This may be a picture, to teach how to still the mind.
- **Dhyana**: This is the next stage in meditation, and a mantra will more than likely be given, this is repeated over and over again until a state of withdrawal is experienced.

There are other areas in the study of Yoga, and teachers (named gurus) may choose to teach one area before another. These other stages include: advanced asanas, inner cleansing techniques, and other methods of self-improvement.

A student will more than likely be advised to follow a **vegetarian diet** in order to cleanse the body of unwanted substances, and to aid one’s spiritual development. They will also be advised to avoid all foods that are: sour, bitter, pungent, tasteless, heavy, or considered by Hindus to be unclean. Perfection for the yogi is to never feel heat or cold, pain or pleasure, honour or dishonour, virtue or vice, disaster or success. It is claimed that when one reaches this state one becomes free from birth, death, pain or sorrow, and becomes immortal. The ultimate end is to become one in the mind with the Divine Universal Spirit that is Brahma. Brahma is the first member of the Hindu triad of Brahma, Shiva, and Vishnu. Brahma is the creator god.

As a yogi (one who studies and practises the way of Yoga) moves on through the various stages, he is endeavouring to reach a state of oneness with this Universal Spirit, but in so doing he is gradually retreating farther and farther away from the real world into a position similar to a drugged state; into a withdrawal from earthly things. The truth is that as one progresses towards the final ‘Samsara’ (the end of reincarnation and the final release from a returning to this cycle of rebirth) the enemy is also gradually invading the person through his very passivity of mind. The yogi believes that he is succeeding in his retreat from this world, but his retreat is into a web of the enemy of this world.
Ephesians 6:12 speaks clearly of the enemy:

“12 For we are not wrestling with flesh and blood [contending only with physical opponents], but against the despotisms, against the powers, against [the master spirits who are] the world rulers of this present darkness, against the spirit forces of wickedness in the heavenly (supernatural) sphere.”

In Yoga there is no armour, no protection from the enemy. Through the yogi's passivity of mind the enemy has an open door and will take full advantage of this.

Unfortunately, yoga in the west has come to mean "hatha" yoga which is mainly physical exercise and postures (asanas). In fact, asanas is only a single step in the eight-step path (Astanga yoga of patanjali). Patanjali is quick to point out that asanas are to be used as a stepping stone for the higher paths, since just working on the beauty and welfare of an impermanent object (the body) is a waste of time and effort.

Patanjali. The eight steps that would lead a seeker from ignorance to “truth” are:

- **Yama**: Self-control
- **Niyama**: Strict observance of character
- **Asanas**: Body postures
- **Pranayama**: Breathing exercises, and control of prana
- **Pratyahara**: Withdrawal from sense-desires
- **Dharana**: Concentration on an object
- **Dhyana**: Meditation on the Divine
- **Samadhi**: Union with the Divine

Yoga is a philosophy which has to be practiced continuously, throughout the day, week, year, and life. The ability to be calm in midst of action, the ability to have a quiet mind in midst of a turmoil is the mark of a true yogi.

A lotus (yogi) lives in the marsh (the material world) but is unaffected by it, but opens its beautiful petals (mind, heart and soul) to the loving grace of the Sun (god). The lotus has petals which are unaffected by water (sense desires), and marsh (evil) with its beautiful stem (good) indicating that both does co-exist in the material world but without the Sun (God), the lotus (yogi) will die.
Dave Hunt, an occult and new age expert writes in his book *Peace, Prosperity, and the Coming Holocaust*, p. 147:

“Sadly, even professing Christians have bought into this lie. Every Yoga teacher is, in effect, a Hindu or Buddhist missionary, even though he or she may wear a cross, insist that Jesus was a great Yogi, and protest that Yoga is not a religion but science. This is the most blatant of lies. Yet it has been so widely proclaimed and believed that in America’s public schools, beginning in kindergarten, and in almost every other area of society today, Yoga and other forms of Hindu-Buddhist occultism are taught and accepted as science. In contrast, Christianity has been thrown out of the schools and is being crowded out of every other area of life in the ‘broad-minded’ move to replace religion with the New Age ‘science’!”

The practice of Yoga is pagan at best, and occult at worse. Its teachings emanate from the Eastern religions, all of which teach that self is God, only we just don’t realize it until we do the techniques. ‘The goal of Yoga is ‘self-realization’-to look deeply within to what ought to be the temple of the one true God and to discover the alleged ‘true Self’ or ‘higher Self to be God. Nothing could be more religious than that, yet with straight faces, all of the Yogis insist that practicing Yoga does not change anyone’s religious beliefs. As Christians who are in relationship with the God who created the universe, we should not be among those who exchanged the truth of God for a lie, and worship and serve created things rather than the Creator.

**Romans 1:25** “25 Because they exchanged the truth of God for a lie and worshiped and served the creature rather than the Creator, Who is blessed forever! Amen (so be it).”

While many Christians rationalize the exercises as neutral they only need to ask a professional Yoga instructor what it is really about to find that it is in fact religious. As Christians we need to ask ourselves, “would Jesus or the apostles be doing yoga?”

According to the Bible Yoga is an idolatrous practice which leads one away from the one true God and into the spiritual realm of false gods and demonic spirits, and there are consequences!

“My people are destroyed from lack of knowledge”. In Hosea’s time people had a lack of knowledge concerning God. As a result, they turned to other gods, and their idolatrous practices became a snare to them and a delusion. They became the prey of false gods even while thinking that their lifestyle was pleasing to God!
There is a Christian way of finding peace with God and oneself, and an emotion of joy and peace far removed from the yogic method of emptying the mind. In 1 Peter 1:13 the advice is the opposite of having a passive mind; it is to stir up the mind:

13 So brace up your minds; be sober (circumspect, morally alert); set your hope wholly and unchangeably on the grace (divine favor) that is coming to you when Jesus Christ (the Messiah) is revealed.

1. Breathing and Nasal Difficulties

Many people who have practised Yoga have a variety of nasal and chest conditions. With yogic breathing one is breathing in ungodly matter – not the breath of God, and the sinuses and throat can be affected. Sometimes there are asthmatic conditions. With all of these conditions, after prayers and confession are completed, deep breaths are initiated right into waist level to completely fill the lungs, and then a hard quick expelling of the breath with an open mouth, will help to release anything of an ungodly nature. Breathe in the Breath of God, and expel all that is not of God. A few of these deep breaths should release the ungodly, possibly with some coughing. No more than three deep breaths at a time are advised, or the person will become over-oxygenised and feel giddy. A little rest between the breaths is advised.

These are a few of the conditions caused by practising Yoga and the Martial Arts. There are other conditions, but each person is an individual and will therefore be affected differently, and in a particular way.


Psalm 33:1-5  “1 REJOICE IN the Lord, O you [uncompromisingly] righteous [you upright in right standing with God]; for praise is becoming and appropriate for those who are upright [in heart].
2 Give thanks to the Lord with the lyre; sing praises to Him with the harp of ten strings.
3 Sing to Him a new song; play skillfully [on the strings] with a loud and joyful sound.
4 For the word of the Lord is right; and all His work is done in faithfulness.
5 He loves righteousness and justice; the earth is full of the loving-kindness of the Lord.”
2. Kundalini yoga

According to the physiology of raja yoga, a huge reserve of spiritual energy is situated at the base of the spine. **This reserve of energy is known as the kundalini.** When the kundalini is aroused, it is said to ravel up the spine through six centers of consciousness, reaching the seventh, the center of the brain. **As it reaches the higher centers, it produces various ‘degrees of enlightenment’**. When the Kuddalini emerges at this point, Yoga is said to have taken place. **Yoga is impossible without Kundalini Awakening.**

The concept presented is the body contains a **network of channels for divine and cosmic energy.** Where these channels cross, they create pulse points of psychic and spiritual energy in the body known as **chakras**. There are said to be as much as 88,000 chakras throughout the human body, but ... of these, **only seven** are considered to be of supreme importance. Each has its own corresponding color, musical sound, psychological function, stone and gems, symbols, endocrine gland, internal organ, illnesses and ailments.

**Tantra,** sometimes called **Kundalini Yoga,** is the **worship of God as the Divine Mother;** (for those who are femininely inclined) it stresses the union of the male and female aspects of the individual, **To Wake the Snake.**

Tantra’s most important and unique characteristic is its use of **sexual imagery to portray enlightenment,** the return to ‘oneness’ beyond duality of life. When Kundalini has been awakened, as a result of **secret yogic techniques,** she rises through the chakras of the spine **slithering like a snake upward to reunion with Shiva at the crown of the head.**

When god and goddess unite in sexual embrace, **enlightenment** occurs, illusion vanishes, and there is only ‘one’. This rising Kundalini flow also causes one to go into an **altered state of consciousness,** as the heart chakra opens. This can be one of the **most dangerous practices in yoga** and is not to be underestimated in its ability to harm.

**Connected with the Kundalini practice is an elaborate occult system** that sees the human body as integrated to within and without.

Yogis have the ability to slow down their breathing surviving on almost no oxygen and to remain motionless for hours, thus freeing themselves from the “illusion” of this life. **Today it is now popular to bring the children to Yoga classes to calm them down from their hyperactivity and get them under control.**
There is no Hinduism without its practice, it is essential and spiritual. There is no yoga that is strictly aimed for the physical body; it is essentially spiritual because of its purpose. Asanas (the body postures) are one of the first methods of arousing the kundalini. Yoga is used to escape from this unreal world of time and sense which is called maya, an illusion. The goal is to reach moksha, a Hindu Nirvana.

Yoga was developed as an escape from endless reincarnations. Focusing on a series of stretching exercises, breathing practices, and meditation to reach a state of peace and harmony, this physical discipline is merely a means to an end. It is a spiritual exercise and the spiritual awakening is really the serpent power (Kundalini), an energy that when released, streams up the spine, where tremors, spasms and sometimes violent shaking and twisting are experienced.

As the Kundalini rises through the Agnya Chakra, it cools down the system, especially the cerebro-spinal fluid. This results in the balloons of the left and right Agnya becoming progressively deflated. Once this happens the Kundalini is able to reach the top of the Sushumna; the Sahasrara Chakra. At this point we can say that Yoga has taken place.

The person feels the coolness, like a breeze of cool vibrations flowing in the fingers and palms of both hands. The nadis and the Chakras themselves begin to manifest in the conscious awareness, and what has so far been a hypothesis becomes part of one’s everyday sensory experience. The fingertips, the base and center of the palm become extremely sensitive as the sympathetic nerve endings representing the different Chakras become ‘enlightened’.
The subtle system consists of three nadis and seven chakras. Each of the seven chakras has several spiritual qualities. These qualities are intact within, and even though they might not always be manifest, they can never be destroyed. When the Kundalini is awakened, these qualities start manifesting spontaneously and express themselves in a person’s life. Thus, through regular meditation, he becomes “automatically very dynamic, creative, confident and at the same time very humble, loving and compassionate”. It is a process which starts to develop by itself when the Kundalini rises and starts to nourish the chakras. This subtle body is extremely complex, but can be superficially described as consisting of 72,000 invisible psychic channels called nadis, which constitute an other-dimensional body that directly corresponds to the physical, or gross body. The subtle body is connected to the gross body at several points, which are the seven chakra points. Almost all those who practice new age therapies would be familiar with energy points called chakras.
VIII. INFORMATION FOR COUNSELLORS

1. CHAKRAS

Chakras are named after the Sanskrit for wheel. They are frequently pictured as whirling lotus petals of various colours. Chakras are psychic energy centres based at the cardinal points of the body.

According to the traditional view of yoga we have seven chakras or energy centres situated throughout the body.

Various systems in yoga will give slightly different symbols, colours or even names to the chakras. The universal life force is said to enter through the crown chakra and is filtered down through the other chakras, each of which transforms the energy into the appropriate form for the function it governs.

Kundalini energy passes in the opposite direction from the root chakra upwards. Kundalini means snake or serpent power in Sanskrit. Kundalini is the basic energy that drives the chakras from within, and it is pictured as a coiled snake sleeping at the base of the spine. It travels up the body on a spiraling psychic pathway, activating the various energy centres and changing colour, eventually becoming clearer and paler 'till it emerges through the crown chakra as pure white light to mingle with the energies of the cosmos.

Opening these through visualization is an effective method of preparing for psychic work and can also be used to close down psychic channels. These chakras need to be fully "open" for us to astral project.

BASIC, SEED OR ROOT CHAKRA (MAMADHARA)

The chakra of the earth. The red chakra. Situated at the base of the spine. Governs our instincts and genetic coding. Focuses on physical existence and survival. The chakra of courage and physical strength. It's symbol is the yellow square.

SACRAL OR PELVIC CHAKRA (SVADHISTHANA)

The chakra of the moon. The orange chakra. Situated near the genitals and reproductive system. Governs our sex drive and energy. Focuses on all aspects of physical satisfaction, home of the five senses. The chakra of all forms of fertility needs and desire. It's symbol is a white crescent.
SOLAR PLEXUS CHAKRA (MANIPURAKA) 
The chakra of the sun. The yellow chakra. Situated at the navel. Governs our sense of personal power. Focuses on assimilating experiences. Chakra of power, determination and focused will. It's symbol is a red triangle.

HEART CHAKRA (ANAHATA) 
Chakra of the four winds. The green chakra. Situated over the heart. Governs our emotions. Focuses on emotions and sympathy. Chakra of love and relating to others. It's symbol is a blue hexagon.

THROAT CHAKRA (VISHUDDHA) 
Chakra of time and space. The blue chakra. Situated close to the vocal cords in the centre of the neck. Governs our ability to communicate. Focuses on ideals, ideas and true communication. Chakra of truth and altruism. It's symbol is a white circle.

THIRD EYE OR BROW CHAKRA (SAVIKALPA SAMADHI or AJNA) 
Chakra of freedom. The purple chakra. Situated between the eyebrows. Governs our intellect. Focuses on inspiration and psychic awareness. Chakra of connecting with other dimensions. It's symbol is the white triangle.

CROWN CHAKRA (NIRVAKELPA SAMADHI or SAHASRARA) 
Chakra of eternity. The white chakra. Situated at the top of the head. Governs our spirituality. Focuses on spiritual awareness and unity with one's higher self. Chakra of wisdom and understanding. It's symbol is a white Lotus Flower. It is a two-way chakra, since it receives light from the cosmos.

CHAKRAS IN ASTRAL PROJECTION
Successful projections occur under ideal conditions. You will need to give attention to finding a suitably quiet room, eliminating any intrusive noises such as telephones, your physical comfort and clothing, the light and atmosphere in the time, the time of day and irritations in your body caused by your ego state.

After creating the ideal conditions, lie down on your back with your arms by your side in the yoga "corpse" position. Now do your relaxation exercises, staring at your feet and ending with the top of your head. Once you are relaxed, start your visualization exercises. With your eyes closed visualize the shamanistic symbol for the universal consciousness the circle with the cross inside it dividing the circle into four segments. Now imagine that at every chakra you have a small pouch drawn shut with a drawstring. Starting with the. Base/root chakra, imagine the pouch being opened. Visualize the drawstring being loosened and the pouch being pulled open allowing the chakra's symbol to emerge from the bag and sit above it. Carry on opening the chakra's - from the base/root chakra to the crown chakra, releasing the stream of energy that will carry your consciousness with it as it exits the crown chakra.
2. INFORMATION ON SEX MAGIC AND TANTRA

Right from the start it is important to remember that the occult always perverts or does the opposite of God’s truth.

Sex was created by God to serve as
- a spiritual union between a man and a woman,
- a sacred act between two people of the opposite sex, unified in marriage.
- a way of expressing love
- a way of procreating

Sex magic is about
- expressing and liberating consciousness
- reaching altered states of consciousness
- spiritualising sexuality
- achieving “unity” with universal life energies, cosmic powers and the “divine”
- connecting to other dimensions
- using the mind to achieve “psychic” power through the power of orgasm
- releasing sexual energy and harnessing Kundalini
- primal and creative energy being taped into

Sex as the act God created and sex through tantra (sex magic) are poles apart. Sex magic has it’s base or roots in Tantra, much in the same way as numerology is based in Cabala.

When all is said and done, remember that all magic, sexual or otherwise, is witchcraft and witchcraft is an abomination. This power has to do with Eastern religions – meditation, yoga, karate, etc. It is a so-called “white serpent” that is coiled up at the base of the spine in the base chakra, and gets awakened when practising these above arts. When Christians have not renounced their involvement, they usually suffer lower back problems among many other things.

Chapter 2

Chapter 3 In the Eastern religions, the conscious creation and stimulation of sexual energy is known as Tantra. The idea of Tantric sex is to stimulate the sexual energy held in the base of the spine, the Kundalini energy as it has become known. This was symbolized as uncurling serpents and in Tantra the participants control and delay orgasm to transform the kundalini from its original state (ching) into higher energy (ch’i) and finally its highest expression (shen). Stimulating the kundalini is described as lighting the inner fire.
Tantra is designed to complete this process in a more controlled way. Once the Kundalini is awakened, you have a constant supply of enormously powerful energy with which to create whatever you choose. The satanists use sex as a fundamental part of their ritual so they can tap this sexual, kundalini force, for their horrendous purposes.

Sex magic comes in many forms and guises, hidden beneath Hindu and New Age mumbo-jumbo, and to understand sex magic you are going to have to understand its roots in Tantra.

In reality, there is a much darker truth beneath what the Tantric Masters are teaching. Yoga, meditation, concentrating on “emptiness, mantras and emptying the mind of thought all lead to altered states of consciousness.

An altered state of consciousness is similar to self-hypnosis or opening of the spirit to cosmic forces. It creates a gateway to the soul. It sets the practitioner up for soul control and demon possession.

You do not achieve Nirvana or paradise. You do not unite with “god”. You do not “evolve” into a higher karma or improve your reincarnation. You do not reach a higher level of consciousness or evolvement.

Tantra would have us believe that sex magic is pure and holy. There are various ways of using sex magic, and all of them are evil.

**Sex magic is used by Satan to create**
- soul control
- soul ties
- transference of spirits

**Sex magic is about**
- using sex as a weapon
- tapping into cosmic powers to achieve your own end
- bewitching your partner
• tapping strength from your partner
• enforcing dominance over your partner’s spirit
• subduing and controlling your partner to achieve ranking
• using “sacred orgasm” to generate power for magic
• entering someone else’s very soul

Examples mentioned previously:
• sleeping with a medium to access the demons she uses to “see” things
• using visualization and fantasy to “hex” someone
• controlling and manipulating your targets marriage
• overpowering an occultic rival in the ranking struggle
• finding a gateway into your targets sub-conscious mind
LOTUS POSITION

SAHASRARA CHAKRA
WHITE.
MOON ELEMENT.
RENEWS LIFE FORCE AND
GIVES INFINITE YOUTH.

AJNA CHAKRA
VIOLET.
THIRD EYE HAS
EMMENSE PSYCHIC
POWERS.
DESTROYS KARMA
OF PAST LIVES.

ANAHATA CHAKRA
GREEN.
EMOTIONS.
FOUR WINDS.
SEAT OF PRANA
ENDOWS ONE WITH
PSYCHIC POWERS.

VISUDHA CHAKRA
BLUE.
TIME AND SPACE.
FLUENT SPEAKER.

MANIPURA CHAKRA
YELLOW.
SUN.
SOLAR PLEXIS.
FIRE ELEMENT.
ABILITY: OVERCOME
SORROW AND
ELIMINATES DISEASE

SWADHISHATANA CHAKRA
RED.
SEED / ROOT.
EARTH CENTRE.
DWELLING OF KUNDALINI.

MOOLADHARA CHAKRA
ORANGE.
MOON.
SACRAL / PELVIC
WATER ELEMENT OVER
SEXUAL PARTS.
IX. MOPPING UP – STRAIGHTENING OUT

In the previous pages we have waded our way through a toilsome ‘swamp’ of intricate ideologies, philosophies, imaginings, and some misty, nebulous beliefs, remotely removed from the open, clear-cut surety of what we are familiar with in our own special Secret Place and High Tower, Jesus Christ.

“Since every believer is part of a cultural group, many of the norms of that group become the sinful world of the believer. The self-centered lifestyle of the group relentlessly presses in upon believers to conform them to its mold. As citizens of the Kingdom of God, believers are to recognize the intrinsic evil of many dimensions of their culture and resist their subtle entrapments.

Generally speaking from a biblical perspective, there exist three different broad types of cultural components: those compatible with the Christian faith, those incompatible, and those neutral.

A people’s style of dress, housing, food, and like cultural components are neutral. The gospel has nothing or little to say about them. People can become Christians and continue with those cultural components unchanged.

Many cultural components are compatible with the gospel. In fact some components of non-Western cultures are more “Christian” than parallel components of Western culture. Love for family, for example, female marital fidelity, love for and protection of children, respect for, love of, and care of the aged and handicapped, and acceptance of a simple lifestyle, are all cases in point.

The gospel reinforces these good cultural components within the host cultures.

It recognizes in them further evidence of God’s general revelation which extends to all humanity. Other cultural components, however, are not compatible with the gospel. At this point, the Christian message challenges the host culture and can upset the cultural balance. This is especially true when the culture is structured by a world view which clashes with a general biblical world view. This clash will occur even if the world view of that culture is a spiritualistic or religious world view. Religion, or its functional substitute, provides content to one’s world view. As such, it lies at the very heart and soul of a culture. Christianity is compatible with any religion other than itself, but non-Christian religions often provide the bridge over which the gospel crosses into a culture. Just as often, however, religion becomes the major barrier to the acceptance of the gospel by a culture.
Either way, when a culture or subculture responds to the gospel, dramatic cultural change often follows. The gospel will eventually challenge the “world” of that culture or subculture.

**Christianity is exclusive.** It alone provides the one path to eternal life. Jesus Himself said:

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**Matt. 7:13-19** ‘13 Enter through the narrow gate; for wide is the gate and spacious and broad is the way that leads away to destruction, and many are those who are entering through it. 14 But the gate is narrow (contracted by pressure) and the way is straitened and compressed that leads away to life, and few are those who find it. 15 **Beware of false prophets** , who come to you dressed as sheep, but inside they are devouring wolves. 16 You will fully recognize them by their fruits. Do people pick grapes from thorns, or figs from thistles? 17 Even so, every healthy (sound) tree bears good fruit [worthy of admiration], but the sickly (decaying, worthless) tree bears bad (worthless) fruit. 18 A good (healthy) tree cannot bear bad (worthless) fruit, nor can a bad (diseased) tree bear excellent fruit [worthy of admiration]. 19 Every tree that does not bear good fruit is cut down and cast into the fire.”

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The Gospel is authoritative and dogmatic. It will not compromise with evil or moral, social, or religious error. It lays down standard for both belief and conduct.

Where these conflicts with cultural components of the target culture, those components must eventually change or the culture will not become biblically Christian. *The Gospel challenges the “world” within the culture and the cultural “world” resists the Gospel in continuous conflict. Thus each new generation must be brought to personal faith in Christ.”*
WHAT SHALL WE CONCLUDE THEN?

We as the living Church have the Word inside of us. We have to **move and live and have our being** in this world today, amidst it’s numerous cultures, religions and challenges. We need to carry the Presence of our God amidst a “crooked generation” and display His **Power and Grace and Freedom** to them.

Dear reader, I humbly ask you to take a good look at yourself as child of the Father, into the **mirror of God – His Word**. Then allow His **living Water** to wash you time and time again and be renewed by it’s Power! I ask you to make sure in view of all these false perceptions we have read through in the preceding pages, that you are **not a fence-sitter, but a “water-walker!”** Do not stay in the boat where it is comfortable, compromising and non-challenging! Get up, get out and **walk in faith** – He will meet you more than halfway!

We as Christians are the **inheritors** of such a **mind blowing Legacy**! Look deep into this **Testament of our Father** and see the **unfathomable riches** we have inherited! Take a good look at the Keys of the Kingdom you are holding in your hands and use it to unlock those riches, as well as those who are prisoners of ungodly traditions and cultures.

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**Rom. 8:33-36:**

33 Who shall bring any charge against God’s elect [when it is] God Who justifies [that is, Who puts us in right relation to Himself? Who shall come forward and accuse or impeach those whom God has chosen? Will God, Who acquits us?]

34 Who is there to condemn [us]? Will Christ Jesus (the Messiah), Who died, or rather Who was raised from the dead, Who is at the right hand of God actually pleading as He intercedes for us?

35 **Who shall ever separate us from Christ’s love? Shall suffering and affliction and tribulation? Or calamity and distress? Or persecution or hunger or destitution or peril or sword?**

36 Even as it is written, For Thy sake we are put to death all the day long; we are regarded and counted as sheep for the slaughter.”

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Allow yourself to be **permeated with the riches of the Word and Truth of our Lord Jesus Christ** and go out there and **gather the crop**, so that we may be ready when He returns.
Let us not be slack or have numerous excuses and explanations. The **Word of God is true and clear-cut:**

**Heb. 4:11, 12**

11 Let us therefore be zealous and exert ourselves and strive diligently to enter that rest [of God, to know and experience it for ourselves], that no one may fall or perish by the same kind of unbelief and disobedience [into which those in the wilderness fell].
12 For the Word that God speaks is alive and full of power [making it active, operative, energizing, and effective]; it is sharper than any two-edged sword, penetrating to the dividing line of the breath of life (soul) and [the immortal] spirit, and of joints and marrow [of the deepest parts of our nature], exposing and sifting and analyzing and judging the very thoughts and purposes of the heart.

We, as **born again, Spirit filled** children of God, have received the **Source** of all enlightenment there will ever be on this universe of ours. We do not have to follow the pathways of foreign religions or cultures, or do physical exercises or use mind powers to achieve that. We do not need kundalini powers or chakras to take us to the levels of exhilaration and ‘enlightenment’ – we have the Spirit of God and the Mind of Christ within us to give us everlasting **joy, peace and wisdom**!

Let us come to the point of saying: **“Honestly Jesus, You may strip me to the core!”**
Let us reach the place in the Spirit of being able to allow the Spirit of God within us to take us beyond what we may ever thought possible. **Let us die to ourselves and live for Him!**

**Revelation 2 & 3**

“1 TO THE angel (messenger) of the assembly (church) in Ephesus write: These are the words of Him Who holds the seven stars [which are the messengers of the seven churches] in His right hand, Who goes about among the seven golden lampstands [which are the seven churches]:
2 I know your industry and activities, laborious toil and trouble, and your patient endurance, and how you cannot tolerate wicked [men] and have tested and critically appraised those who call [themselves] apostles (special messengers of Christ) and yet are not, and have found them to be impostors and liars.
3 I know you are enduring patiently and are bearing up for My name’s sake, and you have not fainted or become exhausted or grown weary.
4 **But I have this [one charge to make] against you: that you have left (abandoned) the love that you had at first [you have deserted Me, your first love].**
5 Remember then from what heights you have fallen. Repent (change the inner man to meet God’s will) and do the works you did previously [when first you knew the Lord], or else I will visit you and remove your lampstand from its place, unless you change your mind and repent.
6 Yet you have this [in your favor and to your credit]: you hate the works of the Nicolaitans [what they are doing as corrupters of the people], which I Myself also detest.
7 He who is able to hear, let him listen to and give heed to what the Spirit says to the assemblies (churches). To him who overcomes (is victorious), I will grant to eat [of the fruit] of the tree of life, which is in the paradise of God.
8 And to the angel (messenger) of the assembly (church) in Smyrna write: These are the words of the First and the Last, Who died and came to life again:
9 I know your affliction and distress and pressing trouble and your poverty— .......10 Fear nothing that you are about to suffer. [Dismiss your dread and your fears!] Behold, the devil is indeed about to throw some of you into prison, that you may be tested and proved and critically appraised, and for ten days you will have affliction. Be loyally faithful unto death [even if you must die for it], and I will give you the crown of life.
11 He who is able to hear, let him listen to and heed what the Spirit says to the assemblies (churches). He who overcomes (is victorious) shall in no way be injured by the second death.
12 Then to the angel (messenger) of the assembly (church) in Pergamum write: These are the words of Him Who has and wields the sharp two-edged sword:
13 I know where you live—a place where Satan sits enthroned. [Yet] you are clinging to and holding fast My name, and you did not deny My faith, even in the days of Antipas, My witness, My faithful one, who was killed (martyred) in your midst—where Satan dwells.
14 Nevertheless, I have a few things against you: you have some people there who are clinging to the teaching of Balaam, who taught Balak to set a trap and a stumbling block before the sons of Israel, [to entice them] to eat food that had been sacrificed to idols and to practice lewdness [giving themselves up to sexual vice].
15 You also have some who in a similar way are clinging to the teaching of the Nicolaitans [those corrupters of the people] which thing I hate.
16 Repent [then]! Or else I will come to you quickly and fight against them with the sword of My mouth.
17 He who is able to hear, let him listen to and heed what the Spirit says to the assemblies (churches). To him who overcomes (conquers), I will give to eat of the manna that is hidden, and I will give him a white stone with a new name engraved on the stone, which no one knows or understands except he who receives it.
18 And to the angel (messenger) of the assembly (church) in Thyatira write: These are the words of the Son of God, Who has eyes that flash like a flame of fire, and Whose feet glow like bright and burnished and white-hot bronze:
19 I know your record and what you are doing, your love and faith and service and patient endurance, and that your recent works are more numerous and greater than your first ones.
20 But I have this against you: that you tolerate the woman Jezebel, who calls herself a prophetess [claiming to be inspired], and who is teaching and leading astray my servants and beguiling them into practicing sexual vice and eating food sacrificed to idols.
21 I gave her time to repent, but she has no desire to repent of her immorality [symbolic of idolatry] and refuses to do so.
22 Take note: I will throw her on a bed [of anguish], and those who commit adultery with her [her paramours] I will bring down to pressing distress and severe affliction, unless they turn away their minds from conduct [such as] hers and repent of their doings.

23 And I will strike her children (her proper followers) dead [thoroughly exterminating them]. And all the assemblies (churches) shall recognize and understand that I am He Who searches minds (the thoughts, feelings, and purposes) and the [inmost] hearts, and I will give to each of you [the reward for what you have done] as your work deserves.

24 But to the rest of you in Thyatira, who do not hold this teaching, who have not explored and known the depths of Satan, as they say—I tell you that I do not lay upon you any other [fresh] burden:

25 Only hold fast to what you have until I come.

26 And he who overcomes (is victorious) and who obeys My commands to the [very] end [doing the works that please Me], I will give him authority and power over the nations;

27 And he shall rule them with a sceptre (rod) of iron, as when earthen pots are broken in pieces, and [his power over them shall be] like that which I Myself have received from My Father;

28 And I will give him the Morning Star.

29 He who is able to hear, let him listen to and heed what the [Holy] Spirit says to the assemblies (churches).

Revelation 3

1 AND TO the angel (messenger) of the assembly (church) in Sardis write: These are the words of Him Who has the seven Spirits of God [the sevenfold Holy Spirit] and the seven stars: I know your record and what you are doing; you are supposed to be alive, but [in reality] you are dead.

2 Rouse yourselves and keep awake, and strengthen and invigorate what remains and is on the point of dying; for I have not found a thing that you have done [any work of yours] meeting the requirements of My God or perfect in His sight.

3 So call to mind the lessons you received and heard; continually lay them to heart and obey them, and repent. In case you will not rouse yourselves and keep awake and watch, I will come upon you like a thief, and you will not know or suspect at what hour I will come.

4 Yet you still have a few [persons’] names in Sardis who have not soiled their clothes, and they shall walk with Me in white, because they are worthy and deserving.

5 Thus shall he who conquers (is victorious) be clad in white garments, and I will not erase or blot out his name from the Book of Life; I will acknowledge him [as Mine] and I will confess his name openly before My Father and before His angels.

6 He who is able to hear, let him listen to and heed what the [Holy] Spirit says to the assemblies (churches).

7 And to the angel (messenger) of the assembly (church) in Philadelphia write: These are the words of the Holy One, the True One, He Who has the key of David, Who opens and no one shall shut, Who shuts and no one shall open:
8 I know your [record of] works and what you are doing. See! I have set before you a door wide open which no one is able to shut; I know that you have but little power, and yet you have kept My Word and guarded My message and have not renounced or denied My name.

9 Take note! I will make those of the synagogue of Satan who say they are Jews and are not, but lie—behold, I will make them come and bow down before your feet and learn and acknowledge that I have loved you.

10 Because you have guarded and kept My word of patient endurance [have held fast the lesson of My patience with the expectant endurance that I give you], I also will keep you [safe] from the hour of trial (testing) which is coming on the whole world to try those who dwell upon the earth.

11 I am coming quickly; hold fast what you have, so that no one may rob you and deprive you of your crown.

12 He who overcomes (is victorious), I will make him a pillar in the sanctuary of My God; he shall never be put out of it or go out of it, and I will write on him the name of My God and the name of the city of My God, the new Jerusalem, which descends from My God out of heaven, and My own new name.

13 He who can hear, let him listen to and heed what the Spirit says to the assemblies (churches).

14 And to the angel (messenger) of the assembly (church) in Laodicea write: These are the words of the Amen, the trusty and faithful and true Witness, the Origin and Beginning and Author of God's creation:

15 I know your [record of] works and what you are doing; you are neither cold nor hot. Would that you were cold or hot!

16 So, because you are lukewarm and neither cold nor hot, I will spew you out of My mouth!

17 For you say, I am rich; I have prospered and grown wealthy, and I am in need of nothing; and you do not realize and understand that you are wretched, pitiable, poor, blind, and naked.

18 Therefore I counsel you to purchase from Me gold refined and tested by fire, that you may be [truly] wealthy, and white clothes to clothe you and to keep the shame of your nudity from being seen, and salve to put on your eyes, that you may see.

19 Those whom I [dearly and tenderly] love, I tell their faults and convict and convince and reprove and chasten [I discipline and instruct them]. So be enthusiastic and in earnest and burning with zeal and repent [changing your mind and attitude].

20 Behold, I stand at the door and knock; if anyone hears and listens to and heeds My voice and opens the door, I will come in to him and will eat with him, and he [will eat] with Me.

21 He who overcomes (is victorious), I will grant him to sit beside Me on My throne, as I Myself overcame (was victorious) and sat down beside My Father on His throne.

22 He who is able to hear, let him listen to and heed what the [Holy] Spirit says to the assemblies (churches).“
**X. FINDING FREEDOM FROM MARTIAL ARTS AND YOGA**

**Matt. 16:18, 19** “18 And I tell you, you are Peter [Greek, Petros—a large piece of rock], and on this rock [Greek, petra—a huge rock like Gibraltar] I will build My church, and the gates of Hades (the powers of the infernal region) shall not overpower it [or be strong to its detriment or hold out against it]. 19 I will give you the keys of the kingdom of heaven; and whatever you bind (declare to be improper and unlawful) on earth must be what is already bound in heaven; and whatever you loose (declare lawful) on earth must be what is already loosed in heaven.”

**Rev. 1:18** “18 And the Ever-living One [I am living in the eternity of the eternities]. I died, but see, I am alive forevermore; and I possess the keys of death and Hades (the realm of the dead).

When a person asks for deliverance from the demonic hold of Yoga and the Martial Arts, there are certain directives to take into account. This is no light matter and the counsellors need to be experienced and well prepared for this task.

The first guide-line is to not counsel such a person on your own, but always with a co-counsellor and if possible, someone of the same sex.

Secondly, if you could “tidy up” all the lesser points for release first, it could lessen the manifestation from the counsellee and create a smoother release.

Thirdly, remember that the mind of the counsellee is ‘programmed’ by the particular medium he has pursued and that he will need deliverance from all that has entered from the basic source of belief and acceptance of anything concerning that belief.

A next step would be to counsel the person on his past and to deal with all sin in his life, while encouraging him and assure him of God’s grace and forgiveness after confession of the sin.

Another necessity is to make sure that the counsellee understands how to maintain the armor of God as it is written in.

**Ephesians 6: 10-18** “10 In conclusion, be strong in the Lord [be empowered through your union with Him]; draw your strength from Him [that strength which His boundless might provides].

11 Put on God’s whole armor [the armor of a heavy-armed soldier which God supplies], that you may be able successfully to stand up against [all] the strategies and the deceits of the devil.

12 For we are not wrestling with flesh and blood [contending only with physical opponents], but against the despotisms, against the powers, against [the master spirits who are] the world rulers of this present darkness, against the spirit forces of wickedness in the heavenly (supernatural) sphere.

13 Therefore put on God’s complete armor, that you may be able to resist and stand your ground on the evil day [of danger], and, having done all [the crisis demands], to stand [firmly in your place].
14 Stand therefore [hold your ground], having tightened the belt of truth around your loins and having put on the breastplate of integrity and of moral rectitude and right standing with God,
15 And having shod your feet in preparation [to face the enemy with the firm-footed stability, the promptness, and the readiness produced by the good news] of the Gospel of peace.
16 Lift up over all the [covering] shield of saving faith, upon which you can quench all the flaming missiles of the wicked [one].
17 And take the helmet of salvation and the sword that the Spirit wields, which is the Word of God.
18 Pray at all times (on every occasion, in every season) in the Spirit, with all [manner of] prayer and entreaty. To that end keep alert and watch with strong purpose and perseverance, interceding in behalf of all the saints (God's consecrated people).

Each counselling session should start with a confession of faith in God Almighty and His Son Jesus Christ. This is a declaration to the spirit world. The following are a list of suggestions of the particular areas which need to be addressed in counselling someone who has been involved in the Martial Arts and Yoga. The level of training in these Arts which the counsellee underwent, will determine the depth of the ministry applied:

1. The counsellee needs to have a genuine desire to be delivered.
2. All sin must be confessed.
3. Any person who needs to be forgiven?
4. Counsellee must have a genuine statement and declaration of his faith in Jesus Christ of Nazareth.
5. Invite the Holy Spirit to come.
6. Cut loose from Mars, the Roman god of war, the Principality over all the Martial Arts.
7. Counsellee must renounce the particular name of the Martial Art and the type of Yoga practiced and then be released from it.
8. Release from every move and every position practiced in either the Martial Arts or Yoga and it needs to be cut off.
9. A cutting off and releasing from any mantra or object used to aid meditation.
10. Cutting off from all instructors by name.
11. Cutting off from the name of the practice hall.
12. Release and cut off from all signs of respect by bowing prior to a Martial Art bout or following a bout.
13. Cutting off and freeing from any symbol seen or unseen in the meeting hall; i.e. a flag, scroll, picture, etc.
14. Confess of being a part of a practice of a physical nature emanating from an Eastern religion, and release him from it.
15. A release from the Yin and Yang symbols and all they represent.
16. Confess any injuries caused to others during any practice of any Martial Art, and a prayer for healing for the injured party.
17. Confess and cut off any commitments made verbally or in writing concerning the Martial Arts or Yoga.
18. Cut free from all breathing exercises and any subsequent ill-effect on the lungs, etc.
19. Cut free from all ki or chi power.
20. Cut free from names and attributes of all animals represented in either the Martial Arts or Yoga.
21. Break the power of every belt award, and speak God’s release to the participant and declare freedom from slavery from any aspect of the Martial Arts.
22. Ask for God’s healing and release to the mind and spirit of the counsellee and pray for a conversion of the mind and spirit to the Mind of Christ.
23. Ju-jitsu: Cut free from the spirit of throttling.
24. Pray for healing from any injuries that the counsellee might have problems with.

Extra to the list for deliverance are one or two other areas to address, but as these affect demonic entry of other types of involvement, I am listing them separately. With any acknowledgement of other faith systems and practice of meditation, prayers and other actions particular to that medium or faith, there will be a physical control needing release – the automatic nervous system; the central nervous system; the glands, especially the adrenal; every muscle; the conscious, semi-conscious and unconscious mind; the will and that part of the mind particularly that makes decisions.

It is helpful to invite the counsellee to breathe in the Breath of God deep into their lungs and then command any unclean thing to come out with their breath.

Ezekiel 37:5 “5 Thus says the Lord God to these bones: Behold, I will cause breath and spirit to enter you, and you shall live;”

1 John 4:4 “4 Little children, you are of God [you belong to Him] and have [already] defeated and overcome them [the agents of the antichrist], because He Who lives in you is greater (mightier) than he who is in the world.”

Banzuke: An ordered list of men fighting up through the ranks of professional Sumo; a ranking sheet.

Basho: A sumo tournament. In a sanctioned competition, consists of seven or fifteen bouts held over a two week period.

Dohyo: The ring within the square in which Sumo is performed.

Heya: A building used to house and train rikishi. This includes sleeping accommodations, cooking facilities and training dohyo.

Hon-basho: Any of six official basho held in each odd numbered month by the Sumo Kyokai. Only these contests count in the official scores used to rank the rikishi.

Jungyo: The exhibition bashos that are held across the nation in between the regular basho schedule. These help in recruiting new rikishi to the sport and also give other people a chance to see the rikishi up close. The most extensive Jungyo is in July-August, covering the Tohoku and Hokkaido regions.

Juryo: The first of the two professional divisions of Sumo. Thirty men vie for entrance into the top, Makunouchi division.

Kachi-koshi: In a tournament, attaining the number of wins that assures a better than even percentage. Out of 15 bouts, for example, a rikishi is said to be kachi-koshi at that point where he tallies 8 wins.

Kimarite: The names given to each of the seventy winning techniques and two inadvertent methods that describe the result of a Sumo bout.

Kin-boshi: Literally, "gold star." This is a salary incentive to Maegashira ranked sekitori to defeat Yokozuna.

Kokugikan: The Arena of the National Sport, in the Ryogoku neighborhood in southeastern Tokyo. This is the rather magnificent facility where Hon-basho, retirement ceremonies, World Amateur Championships and other events are held.

Komusubi: The rank below Sekiwake but above the Maegashira. There are typically two or three rikishi holding this rank. Most rikishi do poorly when promoted to komusubi for the first time and are demoted.

Kyokai: An official association or administration. For Sumo, the Nihon Sumo Kyokai administers the sport under the Ministry of Education.
**Maegashira**: The lower ranks of the Makunouchi division, numbered from one (highest) to 15 or 16. There is an east and a west position at each numbered level. The number of Maegashira ranks is adjusted so that there are a total of forty Makunouchi rikishi.

**Make-koshi**: The opposite of kachi-koshi. In a 7 bout tournament, having 4 losses guarantees make-koshi.

**Makunouchi**: Also called Makuuchi, this is the top division of Ozumo. It is comprised of the ranks of Yokozuna, Ozeki, Sekiwake, Komusubi and Maegashira.

**Mawashi**: The thick belt that is wrapped around a rikishi for Sumo. It is wound in such a manner that protects the genitals as well as offering a way for the combatants to grapple.

**Oyakata**: Stablemaster or coach. The man who trains and takes care of all wrestlers living in his stable.

**Ozeki**: The champion rank of Sumo. Whereas lower ranks can be attained by consistently winning, this rank must be granted by the Sumo Kyokai.

**Rikishi**: Literally, "strong man." This is an all-purpose term for men engaging in Sumo.

**Sansho**: Any of three special prizes awarded to Makunouchi sekitori under the rank of Ozeki. These are for superior technique, superior performance and fighting spirit.

**Sekitori**: A rikishi who is ranked in one of the top two divisions of Sumo, who are being paid a salary.

**Sekiwake**: The junior champion rank of Sumo. Usually two to four rikishi hold this rank.

**Sumobeya**: See Heya. When referring to a specific heya, the suffix -beya may be used; instead of saying that Tosanoumi's heya is Isenoumi, it is neater to talk of Tosanoumi, of Isenoumi-beya. It is less awkward to say, "Look, there's Izutsu-beya" than "That heya is Izutsu."

**Torikumi**: The term for an individual sumo bout, or also used to refer to the list of bouts for an entire day.

**Toshiyori-kabu**: A financial term, this is a license that must be purchased from the Sumo Kyokai in order to hold a position as Oyakata, or coach. There are only a limited number of these positions, each of which carries a name. Currently, these cost between two and four hundred million yen.

**Yokozuna**: The pinnacle of active Sumo, this is the rank of grand champion. Only 65 men have held this rank.
**Yusho**: The tournament title. A rikishi wins a **yusho** by winning more matches than any other in his division, or if two or men are tied, by being triumphant in a playoff.

**Glossary**

- **Acupuncture** - Chinese system of healing using needles at key points of the body.
- **Atemi** - Japanese for the vital points of the body, which when attacked can cause pain, injury or even death.
- **Black belt** - The level of proficiency in Martial Arts at which a student may Graduate to instructor.
- **Bokken or Bokuto** - A wooden sword used for training in Japanese Martial Arts.
- **Cat stance** - Used in Kung Fu and Karate. The weight is placed on the back leg.
- **Centreline** - The imaginary line of Wing Chun Kung Fu which runs down the centre of the body, the focus of attack and defence.
- **Ch'an** - Chinese for Zen, or meditation.
- **Chi** - Internal force or energy which is harnessed, in particular by practitioners of Tai Chi Chuan and Hsing-i.
- **Chudan** - The chest area of Japanese Martial Arts.
- **Dan** - Japanese for degree, denoting rank of black belt.
- **Dim mak** - Death touch, or strike to a vital point causing delayed injury or death.
- **Do** - Japanese for path or way, also used as a suffix, e.g. Kendo.
- **Dobok** - Korean for practice suit.
- **Do jang** - Korean for training hall.
- **Dojo** - Japanese for training hall.
- **Escrima** - Spanish for 'skirmish'. Filipino system employing sticks, swords and daggers.
- **Five animals** – Movements of the crane, dragon, leopard, tiger and snake incorporated into the Shaolin fighting systems.
- **Gi** - Training uniform for Japanese Martial Arts. In Korean it means 'spirit'.
- **Gup** - In Taekwon-do one of the ten grades below black belt.
- **Hakama** - Long divided skirt used in some Japanese Martial Arts, notably Aikido and Kendo.
- **Hara-kiri** - Japanese ritual suicide by disembowelment, the ultimate act of atonement.
- **Horse stance** - Strong basic stance of both Chinese and Japanese styles.
- **I ching** - Ancient Chinese book of divination, whose philosophical principles form the basis of Tai chi, Pa-kua and Hsing-i.
- **Ippon** - Used in Japanese contests to denote a full point.
- **Judoka** - One who practises Judo.
- **Jutsu or Jitsu** - Japanese for skill or art, also used as a suffix e.g., Kenjutsu.
- **Karate-ka** - One who practises Karate.
- **Kata** - A pattern or form of moves in which the Japanese martial artist fights imaginary opponents.
- **Katana** - A Japanese sword.
- **Ki** - Japanese for chi, internal energy vital to the practice of Aikido and Hapkido.
Kial - Powerful shout of Japanese Mart-Aall Arts which can stun an opponent or give extra impetus to a technique.
Kote - Kendo gauntlet,
Kup so - Vital spot in Taekwon-do.
Kwoon - Chinese for training hall.
Kyu - Japanese for any grade below shodan (1st degree black belt).
Martial Arts - The arts of war, from Mars god of war.
Men - Kendo helmet.
Oos - A form of greeting used in the dojo.
Randori - Free sparring of Judo.
Ryu - Japanese for school or style.
Samurai - 'One who serves' - the knightly warrior of feudal Japan.
Sensei - Japanese for master.
Shiatsu - Japanese finger pressure therapy.
Shinai - Bamboo sword made of four strips bound together. Replaces the live blade in Kendo.
Sumotori - Sumo wrestlers.
Tanden - Japanese for navel, thought to be the source of power.
Tare - Apron, part of Kendo armour, to protect the vital points below the waist.
Te - Okinawan for hand, as in Karate, empty hand.
Tenugui - Headband used in Kendo to absorb perspiration.
White belt - This denotes beginner in several Japanese systems.
Waza-ari - A half point in Japanese competition.
Yang - The positive male principle of Chinese.
Yin - The passive female principle of Chinese.
Yoi - Ready position in Japanese Martial Arts.
Zen - Religious philosophy that claims one can reach satori (enlightenment through meditation).