

How Martial Arts Should Be Taught in a Christian Context

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Martial arts can either be utilized as a means to defend oneself, or used to pick fights. Adding Christianity to martial arts helps to prevent martial artists from applying their skills in violent ways. Martial arts are not just about being angry and fighting. To the contrary, martial arts are a way to calm the mind and discipline oneself. It is un-Christian-like to use martial arts to bully or to take advantage of someone through an act or threat of violence.

Christianity is the belief in the importance and practice of making a person's soul pure, and showing kindness toward other people. Martial arts can help a person to gain self-discipline, self-control, concentration, respect, fortitude, and self-confidence. It also can help the practitioner to become calmer and quieter in their mind, so one can better receive and understand God's word.

Martial arts techniques are only supposed to be used when oneself, a family member, a friend, or the helpless is in danger. Martial arts should be used only as a means of self-defense, or to resolve conflict without actually fighting.

I Corinthians 6: 19 -20 states, "What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

Not only is martial arts a method of self-defense, but also a way to strengthen the body and purify the mind. Christianity helps a martial artist stay pure in the mind and honest in the heart. The Saint Mark United Methodist Church Martial Arts Ministry provides students with exposure to and training in the application of God's word, and teaches students to be more disciplined, confident, and respectful toward others.

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