

# Martial Arts and Just War Theory

*Dr. Lawrence Terlizzese examines a Christian view of martial arts in view of the Just War Tradition.*

When I was first asked to speak about Christianity and the [Martial Arts](#) I was a little skeptical that a Christian can practice Martial Arts in good conscience. The popular objections immediately came to mind: “Aren’t the Martial Arts steeped in Zen Buddhist practice?” And, “Should a Christian really participate in something as violent as karate?” Christians commonly object to Martial Arts for such reasons, even vilifying them as something as bad as witchcraft.

Upon reflection, I realized that the practice of Martial Arts naturally corresponds to something I have thought long and hard about: Just War Tradition. A central principal of both Just War thinking and the Martial Arts is personal self-defense. Just War doctrine states that if a Christian is unjustly attacked or sees an innocent third party under attack and has the ability to either prevent the abuse or intervene, that he or she should do so. What’s more, to fail to render such aid makes one equally culpable in the crime. In other words, inaction and apathy in the face of injustice is just as wrong as the injustice itself.

Just War thinking is usually applied to the relationships between governments and states in times of war. It helps Christians and societies decide if a war is morally acceptable or not and whether it is worthy of their participation. But there is no logical reason to prevent Christians from applying this principle at a personal level. After all, the police cannot possibly be available always and everywhere; we are sometimes forced to protect ourselves.

# The Violence Objection

As Americans we naturally think that self-defense means owning a handgun. We live in a gun culture that accepts firearms as a God-given right protected by Law. Christians generally have no objections to gun ownership even though the potential for disaster is obvious. But when it comes to a safer alternative to guns, such as the Martial Arts, practitioners are met with a flurry of protests as if they are embracing some foreign religion. Now, to clear the air, I am entirely in favor of the Second Amendment right to bear arms. I am simply suggesting that those individuals who choose to practice the Martial Arts as a means of self-defense have chosen a safer alternative to gun ownership. (I assume that the discipline replaces gun ownership for them. From observation, gun owners and Martial Arts participants are generally not the same people.)

Guns are so easy to use that the potential for abuse and misuse is frightening and lethal. The Martial Arts, however, requires training, discipline and values related to peace and human dignity. One is taught self-control and respect for life that must accompany any notion of self-defense. Students are taught not to kill but rather to apply only the force necessary for a given situation.

One of the ironies of war states that the defender may become more powerful than the aggressor. This principle was clearly demonstrated in World War II when the Allies routed the Axis powers. At this point, if the defending party does not possess a system of values that imposes limited action out of respect for human life, then the defender becomes the aggressor by virtue of his advantage of power. Only a notion of justice tempered with mercy will prevent the just party from slipping into injustice and excessive aggression.

At the personal level, it is very difficult to achieve limited action that seeks to apply only the necessary force when it comes to using firearms. For example, various schools of

Martial Arts often teach restraint in kicking or punching, using only enough force to defend oneself. Bullets cannot be recalled and their results are almost always fatal or horribly injurious. On the other hand, Martial Arts techniques like karate are inherently limited in their effects—despite violence-filled popular Kung Fu movies. They are designed to apply only the force necessary to achieve the goal of self-defense without killing or permanently disabling the opponent. Kicks, chops and blocks will always prove less fatal or damaging than shooting someone at point blank range. The use of force is never ideal or welcome, but if given the choice between karate or a .357 magnum for self-defense, the former clearly comes closer to Christian notions of justice and mercy than the latter.

## **The Eastern Mysticism Objection**

The second objection, that the Martial Arts are *necessarily* tied to Eastern mysticism and thus that any Christian practicing these Arts is betraying Christianity, is much easier to answer. The common misconception is that Bodhidharma, the founder of Zen, brought the Martial Arts from India to China in the Sixth Century AD with the spread of Zen Buddhism. Later, the practice spread to Japan. It is certainly true that the East has created a synthesis between the Martial Arts and mystical philosophy, but this creation represents a fairly modern innovation, especially in Japan with the rise of the Samurai warrior around 1300 AD. This is the most prominent symbol of the Martial Arts in the American mind. These Arts were practiced for millennia before the arrival of Zen in China or Japan and go as far back as 2000 BC in Mesopotamia. Historically speaking, there is no necessary connection between Zen and the Martial Arts.

Philosophically speaking, there is no necessary connection between Zen and the Martial Arts, either. Zen philosophy teaches a way of meditation or a means of achieving

enlightenment focused on the practical and tangible world as opposed to the spoken or written word. That is, it doesn't rely on sacred texts or traditional reason, but rather on intuitive experience. Zen adherents prefer practice and encounter with reality rather than simply talking about it. Since the Martial Arts are also very practical and physical, this makes Zen attractive to many Martial Artists, but this represents an incidental connection, not a logically necessary one. The connection between the two practices is a convenience. One no more has to be a Buddhist to practice the Martial Arts than one has to be a Christian to be an American. Simply put, just because Zen appeals to many Martial Artists doesn't mean the two go together essentially. One can do just fine without the other, and that's where Christians can reconcile doing Martial Arts with their faith.

However, the notion of Chi ["chee"], or life-force, in the Martial Arts presents a serious obstacle to many Christians. This underlying idea states that one must align his or her Chi in order to be an effective practitioner. Since Chi clearly represents a pantheist philosophy, a suitable Christian-theist substitute should replace it. Chi is really nothing more than right attitude, enthusiasm and concentration; it signifies the power of the focused mind rather than a mystical supernatural energy we can draw from. As in all sports and disciplines of any kind, one must focus the mind. This is no different for the Martial Artist than for the marksman who must aim at a target or a ball player who must kick or hit a ball. The body follows the mind.

As Christians legitimately concerned with the compromise of faith with Eastern mysticism or a violent culture, a conceptual union of Just War thinking and the Martial Arts creates an excellent theological and practical tool to reconcile both currents in American society. So, if after considering this perspective your conscience is clear, enjoy the Martial Arts for the sport, discipline and art form that

they can be.

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