

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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Martial Arts

The Origins and Popularity of the Martial Arts

Gliding across the Pacific, the Asian martial arts have become part of the mainstream of American culture. Today there are an estimated two to three million practitioners in the United States, 40 percent of which are children between the ages of 7 and 14.^{1} The martial arts industry generates annual revenue topping the \$1 billion mark.

Why this rise in popularity? For one thing, people today are interested in and more willing to accept Eastern ideas. What was once considered “foreign” is now embraced as old, and thus “tried and true.” Advocates extol the physical benefits and self-discipline that result from its practices. Movies further popularize martial arts with films such as *Enter the Dragon*, *Rush Hour*, and the Oscar winning *Crouching Tiger-Hidden Dragon*. The rise in crime also has people seeking to learn ways to protect themselves and their loved ones.

There are few written records regarding the origin of martial arts. These are interwoven with myths or verbal traditions that make it difficult to accurately trace the record. Archaeological evidence indicates that the martial arts may have begun as early as 2000 BC in the Fertile Crescent.^{2} From there it traveled eastward to India and China.

The father of the Asian martial arts according to the most popular tradition is an Indian Buddhist Monk named Bodhidharma who arrived in China in the late fifth century A.D. Settling in a monastery in the Songshan Mountains located in the Kingdom of Wei, he developed a series of mind-body exercises designed to improve the health of the monks and assist them in meditation. Based on the movements of different real and mythological animals and incorporating concepts from Taoism and Zen Buddhism, Bodhidharma taught a style of combat known as Shao-lin gung fu. Gradually, Shao-lin gung fu migrated from the temples to the Chinese populace. It was adapted and refined as it spread across the country and eventually, to the world.

Martial arts have been very popular among Christians. Scot Conway, founder of the Christian Martial Arts Foundation, estimates between 50 and 70 percent of American martial artists – and roughly 20 percent of all instructors – consider themselves Christians.^{3} But other Christians argue that the philosophy of Asian martial arts is wholly incompatible with biblical teaching. They point to the origin of Eastern mysticism as reason for Christians to avoid any level of participation. Still others say Jesus' exhortation to "turn the other cheek" shows that using force is wrong.

How should a discerning Christian respond? Can we participate in the martial arts and be consistent with our biblical convictions?

Differences in the Martial Arts

Should Christians participate in the martial arts? In order to make an informed decision, it is helpful to recognize that there are two basic categories for martial arts. It is important to note that the division is not rigid; in some cases, values from one type may be blended or subtly integrated into the other. But for simplicity and clarity, we will use the two main groups.

One type, called “internal” or “soft” martial art, focuses on inner spiritual development, balance, form, and mental awareness. This soft art emphasizes two principles – that the mind dictates action and that the opponent’s own force is used to defeat him or her.[{4}](#) Students are taught Taoist and Buddhist philosophical principles such as the “chi” force and the “yin and yang” concept. Through breath control, soft art practitioners seek to “collect, cultivate, and store” this chi force which is located in the body. Some believe they can use the chi force to strike down opponents from a distance. Examples of internal or soft martial arts include the Chinese Tai-chi Chuan and the Japanese Aikido.

The second category of martial arts is called the “external” or “hard” art. This type teaches that physical reactions precede mental reaction. It also promotes the idea that an opponent’s force should be met with an equal but opposite force. While the hard martial art system also uses breath control like the soft arts, the emphasis is on developing strength and quickness through the use of straight and linear body motions.[{5}](#) The hard arts include certain forms of Chinese kung fu, and Shao Lin boxing. The Japanese arts were adapted from Chinese kung fu. The hard arts include Ju-jitsu, Judo, Karate, Ninjitsu, and Kendo. The Korean martial arts include Tae Kwon Do and Tang Soo Do.

While there are religious concepts in the martial arts, few schools would qualify as religious movements, and few seek to meet the religious needs of the student. However, a little exposure to Eastern mysticism may lead to greater involvement in the future. So as a general rule, Christians should avoid the internal or soft martial arts because of the concentration on the teachings of Eastern religions and philosophies. Several schools even utilize the occult techniques of meditation and altering consciousness. External or hard martial arts, on the other hand, concentrate primarily on physical training. These physical lessons usually do not

conflict with our biblical convictions.

Before joining a dojo or martial arts gym, one needs to know the worldview of the instructor. Even some hard martial arts teachers incorporate Eastern ideas and occult practices into their styles. Look for instructors who teach the physical movements but exclude the Eastern ideas.

Eastern Concepts in the Martial Arts

Since martial arts are traditionally based on the Eastern philosophies of Taoism and Zen Buddhism, several key concepts can be prominent in the classes. Let's look at three of them.

The concept of "chi" or "ki" is central in some martial arts. Chi is believed to be the impersonal life energy that flows throughout the universe and pulses through the human body. By harnessing the chi in individuals, martial artists believe they can perform at higher levels of ability or can release chi power resulting in devastating effects. Chi is controlled through specialized breathing techniques, gymnastics, and meditation.

Another common martial arts teaching is the Taoist (pronounced "dow-ist") concept of yin and yang, that nature consists of conflicting elements which function in perfect balance to one another. As mankind should live in harmony with the Tao, so the martial artist must strike hard with firmness at times, but at other times accept the energy of the opponent, then reroute the energy, causing the opponent to defeat himself. This redirection allows a relatively gentle resolution, and brings one into harmony with the opponent and the flow of nature.

A Christian must also avoid the practice of Eastern meditation. The goal of this type of meditation is to empty one's mind, alter one's consciousness, or unite with the impersonal divine. Scott Shaw writes, "Meditation is a sacred

process. It is the method used by the spiritual warrior to calm the mind and to connect the body and mind with the infinite.”{6} This greater awareness supposedly enables the martial artist to increase his or her performance. In many schools, the combined use of Eastern meditation and the chi are essential to mastering the art. (Not all martial arts use meditation for this purpose. Some use it to focus on the lesson or task at hand such as picturing the action in your mind before physically carrying it out.)

But the mysticism of Taoism and Buddhism is not compatible with Christianity; neither is Eastern meditation the same as biblical meditation. The Bible does not teach altering our consciousness or emptying our minds. Instead, the goal of Scriptural meditation is to *fill* our minds with God’s Word. (Psalm 1:2) Another danger of Eastern meditation is that it can open our minds to the occult, a practice the Bible prohibits. The Bible does not teach the Eastern idea of chi, that there is an impersonal life energy of the universe within us. Rather, the Bible says that each individual has an eternal soul that will either go to heaven or to hell based on whether or not they have a relationship with Christ.

Self Defense or Turn the Other Cheek?

Besides concerns about the role of Eastern religion in the martial arts, some people think martial arts encourages violence. Martial arts teach fighting, and so are contrary to the Bible’s instructions about pacifism. Is there ever a time when Christians can use force?

Christian pacifists believe it is always wrong to injure another person. Many interpret Jesus’ teaching in Matthew 5:38-48, where he states, “Do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also . . .”, to mean never use violence. This is exemplified in the life of Christ who suffered silently and did not retaliate while enduring torture even unto death.

Despite these arguments, the proper interpretation of the Matthew 5 passage does not teach pacifism. In Jewish culture, to be struck or slapped on the cheek was an insult (2 Corinthians 11:20). Jesus was teaching that when a disciple is insulted for being a follower of Christ, the disciple should not retaliate with force. However, being insulted is a very different situation from being attacked by a mugger or your wife being attacked by a rapist.

In the Gospels, Christ did not resist violent attacks because of His unique mission to be the sacrifice for our sins. However, in the Old Testament, the preincarnate Christ judged wicked nations with the sword. (Judges 6:11-16). Not only did He smite His enemies, He aided Israel in being an instrument of judgment as well. Revelation predicts the glorified Christ coming to judge the nations with a sword. Also in the New Testament, Jesus and His disciples did not teach military leaders to withdraw from the military (e.g., Matthew 8:8-13, Luke 3:14). In Romans 13, Paul writes that the government has the right to "bear the sword." In other words, a righteous government can use capital punishment when an offender is worthy of death.

Therefore, complete pacifism is not the spirit of Christian teaching. In fact, the most loving thing to do when a friend or family member is attacked by a harmful foe is to risk one's life and use force to restrain the enemy. If a man is attacking a child, or a woman is being raped, it would be morally wrong not to sacrifice your life and restrain the assailant even with deadly force if necessary.

The Bible allows a Christian to use self-defense and force when confronted with a criminal act. Force may not be used for revenge or out of unjust anger. Christians who engage in the martial arts should have a clear understanding of this. The use of martial arts must be for self-defense and protecting loved ones from acts of evil. One should never use their fighting system to instigate combat or seek revenge.

Should Christians Participate in the Martial Arts?

To summarize what I have covered so far, I believe that the physical aspect of martial arts can be separated from the Eastern religious and philosophical teachings. Also, I believe the Bible teaches us that there is a time when we are called to use force, even deadly force to halt acts of evil.

Here are some practical guidelines if one is deciding to participate in the martial arts or if one is selecting a school. First, a person should check his or her motives. One should not engage in martial arts if one's motives include becoming a tough guy, showing off, or gaining revenge. Parents should make it clear to their children that the martial arts are never to be used for affectation or for instigating conflicts. Unworthy motives are detrimental to one's walk with the Lord and witness to others. Positive reasons include physical conditioning, discipline, and self-defense. Develop parameters for limiting the use of force. One of the fruits of the Spirit is self-control. Force is used in defensive purposes only.

Generally speaking, Christians should avoid the soft or internal form of martial arts because they tend to emphasize Eastern philosophical and religious ideas. External or hard martial arts emphasize the physical training. However, it would be wise to be on guard because many instructors of external martial arts may incorporate Eastern mysticism in to their system. Also, one should be careful to avoid the possibility of being enticed to learn about Eastern spirituality as they advance.

Find out the worldview of the instructor. The role of religion in the martial arts depends mostly on the instructor, so choosing a proper instructor is the most important factor. Some instructors claim to teach the physical aspect only.

However, as students advance, instructors begin to incorporate Eastern religious ideas to help students attain a higher level of performance. Observe advanced classes to see if they incorporate Eastern practices. There is also helpful information through Christian organizations such as Karate for Christ and the Christian Martial Arts Foundation.

The Christian life involves caring for the nurture and growth of our mind, spirit, and our body which is the temple of the Holy Spirit. I have benefited greatly from my time in the martial arts. It has provided me great exercise, discipline, and opportunities to witness for Christ. There were times in my life when I had to use force to restrain hostile persons or protect loved ones. I believe that the martial arts can be beneficial to Christians who are informed and mature.

Notes

1. Glenn Rifkin, "The Black Belts of the Screen Are Filling the Dojos," *The New York Times*, 16 February 1992, 10.
2. Howard Reid and Michael Croucher, *The Way of the Warrior*, (Woodstock, NY.: Overlook Press, 1983), 16-17.
3. Erwin Castro, B.J. Oropeza, and Ron Rhodes, "Enter the Dragon? Wrestling with the Martial Arts Phenomenon Part I," Christian Research Institute, <http://www.equip.org/free/dm066.htm>, 2.
4. Reid and Croucher, *The Way of the Warrior*, 229.
5. Ibid., 61 & 227.

6. Scott Shaw, *The Warrior is Silent* (Rochester, VT.: Inner Traditions International, 1998), 53.

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1. "Should a Christian Practice the Martial Arts?" *Christian Research Institute*.
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<p style="text-align: center;">See Also:</p>

<p style="text-align: center;"><u>"Martial Arts and Just War Theory"</u></p>

Martial Arts – A Christian View

Dr. Zukeran looks at the popular activity of marital arts from a biblical worldview perspective. He determines that Christians may safely participate in martial arts as long as they distance themselves from the Eastern philosophical ideas associated with most forms of martial arts.

The Origins and Popularity of the Martial Arts

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Why this rise in popularity? For one thing, people today are interested in and more willing to accept Eastern ideas. What was once considered “foreign” is now embraced as old, and thus “tried and true.” Advocates extol the physical benefits and self-discipline that result from its practices. Movies further popularize martial arts with films such as *Enter the Dragon*, *Rush Hour*, and the Oscar winning *Crouching Tiger-Hidden Dragon*. The rise in crime also has people seeking to learn ways to protect themselves and their loved ones.

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But the mysticism of Taoism and Buddhism is not compatible with Christianity; neither is Eastern meditation the same as biblical meditation. The Bible does not teach altering our consciousness or emptying our minds. Instead, the goal of Scriptural meditation is to *fill* our minds with God’s Word. (Psalm 1:2) Another danger of Eastern meditation is that it can open our minds to the occult, a practice the Bible prohibits. The Bible does not teach the Eastern idea of chi, that there is an impersonal life energy of the universe within us. Rather, the Bible says that each individual has an eternal soul that will either go to heaven or to hell based on whether or not they have a relationship with Christ.

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See Also:

["Martial Arts and Just War Theory"](#)