



Saved and Safe

By

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Our purpose for Grace Martial Arts classes is simple – we want people to be “Saved and Safe.”

That is a simple but profound philosophy. Let me explain why.

Martial Arts Training

Martial arts training in most schools today is focused on two things: learning how to perform the skills for their martial art and how to defend oneself and others if attacked. That's a great purpose, but more is needed to meet the total needs of students.

Grace Martial Arts, as well as other Christian martial arts programs, adds a third purpose to training: an eternal relationship with Jesus Christ through **spiritual salvation**.

That's why we focus on "Saved and Safe."

My focus as an instructor prior to becoming a Christian was to help students perform the skills appropriate for their current and next belt rank and to be able to protect themselves and others from attack.

When I became a Christian and saw the potential for using martial arts training to share the Gospel of Jesus Christ, the new aspect of spiritual salvation became front and center in classes.

Our belief as Christian martial arts instructors is that while it's a great thing to help people learn martial arts and be able to protect themselves during their lives here on earth, the most important defense is for eternal protection – "Saved and Safe." If we help students know how to be both

“saved” for eternity and “safe” in this life, we are dealing with the “whole person” – spiritual, physical, mental and social.

Here are some of our favorite Bible verses that reference helping the whole person –

“You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind,’ and ‘your neighbor as yourself.” Luke 10:27

“Believe on the Lord Jesus Christ, and you will be saved, you and your household.” Acts 16:31

“The word is near you, in your mouth and in your heart’ (that is, the word of faith which we preach): that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation. For the Scripture says, ‘Whoever believes on Him will not be put to shame.’ For there is no distinction between Jew and Greek, for the same Lord over all is rich to all who call upon Him. For ‘whoever calls on the name of the Lord shall be saved.” Romans 10:8-13

“But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from wrath through Him. For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life.” Romans 5:8-10

“And you He made alive, who were dead in trespasses and sins, in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience, among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others. But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), and raised us up together, and made us sit together in the heavenly places in Christ Jesus, that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus. For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.” Ephesians 2:1-10

Safe From Sexual Assault

The number of young women who are sexually assaulted in the United States is staggering. You can link to some of the statistical information at the end of this article.

However, I want to **emphasize** that girls and women who are sexually assaulted are not numbers or statistics. They are fellow human beings. Each girl and woman who has been attacked has a name. They have a life. They have a family. They have friends. They have hopes and dreams. Sexual assault can steal those hopes and dreams.

I have taught many women who were victims of sexual assault and have seen the pain in their eyes and in their voices as they shared what happened to them. I've also seen some relief from that pain as they learned how to defend themselves so that **no one** would ever do that to them again.

That's why we teach self defense. It gives girls and women some of what was stolen from them. It returns to them a sense of confidence and renewed purpose.

As you look through these staggering statistics about the problem of sexual assault in our country, remember that every number is a real person. They may be your neighbor, your classmate, your friend, someone who attends your church, maybe even someone in your family.

Sexual Assault Statistics

[Victims of Sexual Violence](#)

[Children and Teens](#)

[Campus Sexual Violence](#)

[10 Facts about Date Rape](#)

Turning On The Lights

What do you think of when I say “turning on the lights?”

You may think about going into a dark room and literally “turning on the lights.”

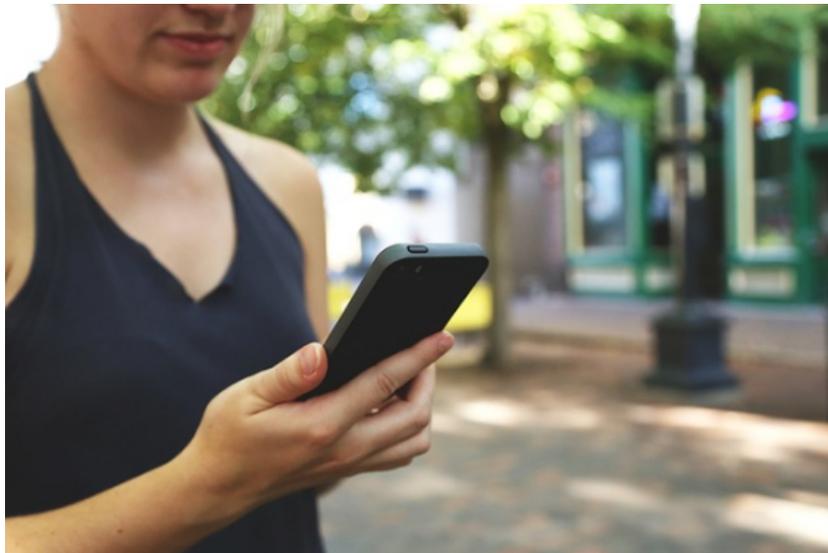
You may think of it in a mental setting when you come up with a solution to a problem that has been on your mind for awhile. Suddenly, the lights turn on in your thinking and you know what to do.

What do we mean when we say “turning on the lights in self defense?”

White

In the world of situational awareness, white is the color for being “unaware.” It’s the awareness state we’re in during sleep. That’s fine as long as you made sure to lock the doors and windows. However, it’s unfortunately the awareness state many people are in during their waking time as well.

How often have you seen someone walking in a parking lot or on a sidewalk, or going in or out of a store, reading something on their smartphone?



Where’s their focus? **On the phone.** That’s not where your focus needs to be when you’re outside. Which leads us to the next color.

Yellow

Our focus needs to be dialed up to “aware.” That’s the color **yellow**. That’s where we need to be all day long. Being “aware” is not the same thing as being “afraid.” We **trade fear for faith** in our ability to defend ourself and others, so “awareness” is the better term.



This woman is walking outside with awareness and confidence. Her eyes are straight ahead, but she can easily turn from side to side to widen her field of vision as she walks. She also has a smile on her face. This is opposite of what a predator is looking for in his target.

Attackers do not want to deal with someone who looks confident and is fully aware of their surroundings. They are looking for someone who is distracted, unaware, not paying attention to their surroundings; who looks like they might be an easy target to attack.

Orange

If we see or hear something that doesn't seem right or we sense that something is not as it should be, our focus needs to be dialed up to "beware." That's the color orange.

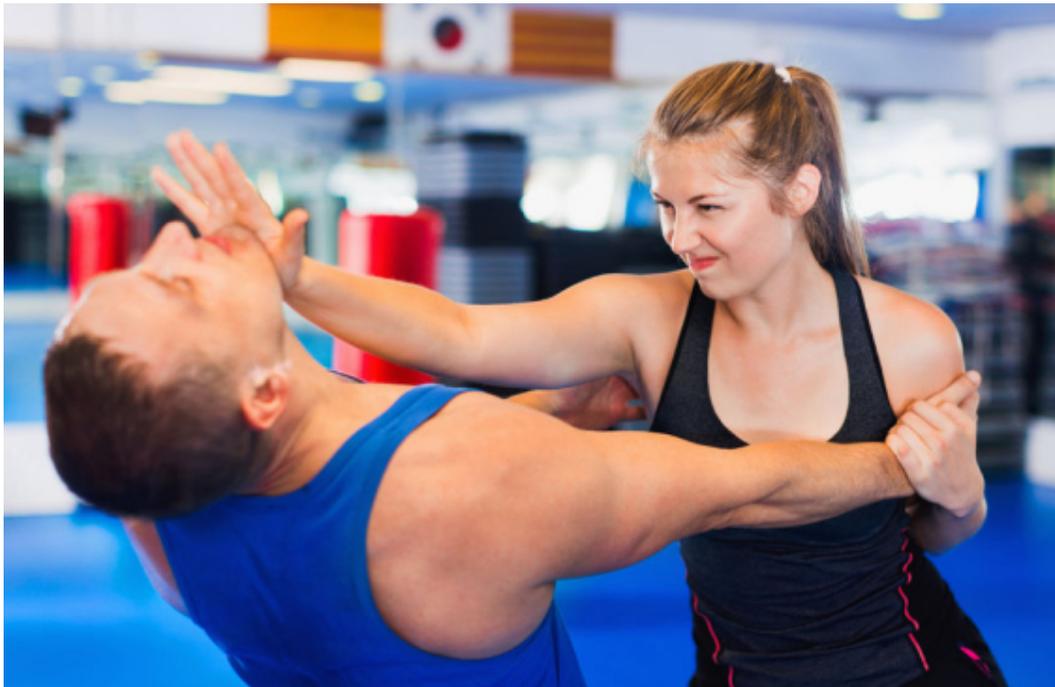
If you are **aware** of your surroundings (situational awareness), it's easy to quickly move to **beware**. You can change direction and move rapidly toward a safe place. You can also face your attacker, take a step back to make distance and get into a strong stance, and put your hands out in front of you in a way that doesn't appear to be confrontational but moves your hands and arms into a good blocking/striking position.



If you can get away, **get away**. However, if you can't get away .. be ready to dial everything up to **red**.

Red

If someone physically attacks you, your focus needs to be on a strong “physical response.” Strike fast, hard and continuously until the attacker stops attacking. Strikes to the eyes, nose, throat, solar plexus and groin are primary targets for defense.



SSAP – Surprise, Speed, Accuracy, Power

Surprise your attacker – Yell in their face, put your palms or fingers into their eyes. They don't expect that kind of response and it will quickly **put out the spark** in their mind (mind intent). Instead of thinking about hurting you, your response will get them thinking about how you're hurting them. A quick and forceful response is confusing to someone who is used to attacking women successfully. You are about to disrupt their world.

Speed – Practice defensive techniques that can be completed in **1-2 seconds** (or less). Multiple strikes to face, throat and groin in two seconds or less can end the attack. If the attacker doesn't stop, keep striking and kicking. If you have training in throwing, use it. If you have training in trapping as part of a throwing technique, use it.

Practice your favorite techniques hundreds of times until they become locked in by muscle memory. Practice with your hands and feet for times when you have space between you and the attacker. Practice with your elbow and knees for times when you don't have space between you and the attacker. Practice using elbows and knees, then stepping back for hand and feet striking. Your goal is to escape. So, know how to hit fast going forward and fast going backward.

Keeping your balance is another important goal. If you lose your balance, you can't hit as hard and your attacker could take you to the ground. You can still escape from the ground, but it's harder to do and there's more chance of you getting hurt if that happens. Do your best not to fall down.

Plus, your attacker may have friends nearby. You don't want to be on the ground with two or more men trying to hurt you.

Accuracy – Practice striking/kicking from your center. That way you will hit what your eyes see. It's like using the site on a rifle. Practice hitting the eyes with hands and elbows. Practice hitting the nose with hands and elbows. Practice hitting the throat with hands and elbows. Practice hitting the solar plexus with hands and elbows. Practice hitting the groin with feet and knees. If you ever have to use your self defense skills in a real attack, you want your arsenal ready to go and aimed in the right direction.

Power – Put your body into your strikes. Strike and kick like your life is in on the line – because it is. If you can afford it, buy a striking bag or punch shield (\$25-\$50). If you can't afford that, use some large, thick pillows. The idea is to give you a large area to aim at for strikes and kicks while keeping your partner safe. If your partner gets hurt, they won't want to help you anymore. :)

Remember!

When you wake up in the morning, mentally go from **white to yellow** – unaware to aware. Stay in yellow (aware) all day, especially when you are outside. However, remember that people can be attacked anywhere, at anytime, by anyone. Don't let your guard down.

I highly recommend you get some basic training in martial arts. You may love it and stay in training for years, but at least get several months of good training that's based on effective, real-life self defense. That training will be with you the rest of your life.

Please let us know how we can help you in your training. If you are an instructor and would like to know more about how to teach martial arts from a Christian perspective, [please contact us](#).

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