



# Spiritual Karate

By

Sensei Mark McGee



# Introduction

Every Martial Arts class deals with four fundamental aspects of self defense: **Kihon, Kata, Kumite and Kime** (the Four K's of Karate).

Every Christian Martial Arts class deals with four fundamental aspects of spiritual defense: Knowing Christ, Growing in Christ, Spiritual Warfare and Focusing on God every minute of the day.

Here are how the four fundamentals of Martial Arts and Christianity combine in Christian Martial Arts:

# Kihon

*Kihon* is about “Martial Basics/Foundations”

## *Spiritual Basics*

### Knowing Christ

- John 3:16-17
- Acts 16:30-31
- Romans 3:21-26
- 1 Corinthians 3:11
- Ephesians 2:1-10

### Enjoying Christ

- Romans 5:1-2
- Philippians 4:4-7
- 1 Thessalonians 2:19-20

## Spiritual Principles

- Romans 8:1-4
- Galatians 5:1-16
- Colossians 2:4-10

## Spiritual Fruit

- Romans 7:4-6
- Galatians 5:17-26
- Philippians 1:9-11

## Spiritual Obedience

- Acts 5:29-32
- Romans 6:17-23
- Colosians 3:20-24

## Spiritual Worship

- Matthew 4:10
- John 4:23-24
- Philippians 3:1-3

# Kata

*Kata is about “Martial Forms/Patterns”*

*Spiritual Forms/Patterns of Godliness*

## Bible Study

(Even as Kata has Oyo – Interpretation – and Bunkai – Application – so it is with Bible study. The five steps of learning how to apply Kata to self-defense are the same for learning how to apply God’s Word to our lives: Observation, Questions and Answers for Interpretation, Interpretation, Evaluation and Application, and Correlation.)

- Psalm 12:6
- Psalm 18:30
- Psalm 33:4-6

- Psalm 68:11
- Psalm 119
- Psalm 130:5
- 2 Timothy 1:13
- 2 Timothy 2:15
- 2 Timothy 3:14-17

### Scripture Memory

- Psalm 1:1-2
- Psalm 63:1-6
- Psalm 119:1-6
- 1 Timothy 4:12-16
- 2 Timothy 3:14-17

### Building the Body

- Romans 14:17-19
- 1 Corinthians 14:12
- Ephesians 4:8-16, 29



- 1 Thessalonians 5:11

## Discipleship

- Matthew 28:19-20
- Ephesians 5:1-2
- Romans 6:16-23
- Romans 8:28-30

## Sharing Christ

- Romans 10:8-13
- 1 Corinthians 2:1-5
- 1 Corinthians 15:1-11
- 2 Corinthians 5:18-21
- Galatians 1:6-9
- Ephesians 2:1-10
- 2 Timothy 4:1-5

# Kumite

*Kumite* is about “Martial Defense”

## *Spiritual Defense*

### Spiritual Weapons

- 2 Corinthians 10:3-6
- Ephesians 6:10-18
- 2 Timothy 2:3-4

### Spiritual Gifts

- Romans 12:1-8
- 1 Corinthians 12:1-11
- 1 Corinthians 13 & 14

# Kime

*Kime* is about “Martial Focus”

## *Spiritual Focus*

### Spiritual Energy

- Ephesians 1:15-23
- Ephesians 3:14-21
- Philippians 4:12-13
- Colossians 1:9-18

### Spiritual Passion

- Mark 12:30
- Romans 8:28-39
- Romans 12:9-11
- 1 Corinthians 2:9-10

- Hebrews 12:1-2

## Spiritual Prayer

- Romans 12:12
- Romans 15:30
- Ephesians 6:18
- Philippians 4:6-7
- 1 Thessalonians 5:16-18, 25
- 1 Timothy 2:1-8

## Spiritual Meditation

- Joshua 1:8
- Psalm 1:2
- Psalm 19:14
- Psalm 119:15, 97
- Philippians 4:8-9
- Colossians 4:2-4

If you would like more information about Christian Martial Arts classes in your area, contact Mark McGee at [gracemartialarts1@gmail.com](mailto:gracemartialarts1@gmail.com).

**Saved and Safe!**

*“Watch, stand fast in the faith, be brave, be strong. Let all that you do be done with love.” 1 Corinthians 16:13-14*

**Copyright © 1990-2021 Grace Martial Arts Fellowship**