



The Three Nails

by

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A strong stance is fundamental to quality martial arts. Stance is what roots us to the ground and helps us withstand an attack. The ability to move quickly from one strong stance to another helps us evade and redirect an opponent's energy and force. Our first lessons in martial arts are how to stand strong and move from stance to stance, strength to strength.

One rooting technique in the martial arts is called The Three Nails. The nails are imaginary but the rooting is real. One nail comes from the bottom of the heel of each foot. The second nail is on the outside bottom of the foot just below the small toe. The third nail comes from the inside bottom of the foot just below the big toe (ball of the foot). We "nail" our feet to the ground by pushing our weight to those three points at the bottom of our feet and gripping the ground with our toes. The process of "nailing" our feet to the ground moves more of the body's weight to the outside third of the foot and rounds the instep of the foot and the legs. The inside of our foot is round and coiled while the weight of the body is distributed evenly across the bottom of the outside of our feet from the heel across the supporting bones of the outside of the foot through the toes to ball of the foot. We are rooted and

grounded in our stance and prepared to receive force from any direction and redirect that force at will.

Our spiritual life is rooted and grounded in Jesus Christ. We are spiritually strong through His Strength. We are rooted in His Death and Resurrection. Christ died for us on the Cross. He is our Sacrifice. His Blood is the payment for our sins. Three Nails held His Body on the Cross until He died so we might have God's forgiveness and life everlasting.

“And when they were come to the place, which is called Calvary, there they crucified him, and the malefactors, one on the right hand, and the other on the left.” Luke 23:33

“The other disciples therefore said unto him [Thomas], We have seen the Lord. But he said unto them, Except I shall see in his hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into his side, I will not believe.” John 20:25

How important is Christ's Death to every human on Earth?

“For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection: Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin. For he that is dead is freed from sin.” Romans 6:5-7

When I think of Christ on the Cross, I think of my old man dying with Him so “the body of sin might be destroyed, that henceforth we should not serve sin.” We are freed from the bondage of sin. We have hope because Christ was nailed to the Cross of Calvary!

Can we have a message of hope that does not include the Cross and the nails? Absolutely not!

“For the Jews require a sign, and the Greeks seek after wisdom: But we preach Christ crucified, unto the Jews a stumblingblock, and unto the Greeks foolishness; But unto them which are called, both Jews and Greeks, Christ the power of God and the wisdom of God.” 1 Corinthians 1:22-24

Christian martial arts teachers have two wonderful messages to share with their students. One message is how to position oneself properly for self defense; a message that will keep us safe for a lifetime. The other message is the position of being “in Christ”; a message that will keep us safe for eternity.

“Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.” 1 Corinthians 15:58

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If you would like more information about Grace Martial Arts classes in your area, contact Senior Instructor Mark McGee at 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