

The following are chapters from my book, “BE!-coming a Christ-centered Martial Artist!”

## Chapter One

So let’s get into what it means to BE!-come a Christ-centered Martial Artist. The following is a compilation and brief outline of the centrality of what it means to BE!-come and BE!-a-Christ-centered Martial Artist. I urge CMA Students to ponder each area deeply for it is the foundational truth of realizing, applying, and defining what it means!

**The Centrality of CMA is Jesus Christ!** Simply put... **We preach Christ! And Him CRUCIFIED!** Crucified... without that, Jesus would not have fulfilled all of scripture. **This is the core essence of CMA. This is CMA's centrality!**

The centrality of CMA **IS** Jesus Christ, and He as our Lord **AND** Savior! It is a direct intimate relationship with Jesus Himself, and He alone! We must fix our eyes on the supernatural Jesus, not the idea or philosophy of Christianity. Jesus is Truth itself! Focus on Him and stay fed, unmoved. He **IS** as He stated in **John 14:6 (NIV)** : **“I am the way and the truth and the life. No one comes to the Father except through me.”** And in **Revelation 1:8 (NIV)**: **“I am the Alpha and the Omega,”** says the Lord God, **“who is, and who was, and who is to come, the Almighty.”**

Perhaps the three most important words ever spoken in the universe was when Jesus said, **John 19:30b (NIV)** **“It is finished.”** And we believe it is finished! All of scripture is fulfilled!

In addition to the Scripture, **1 Corinthians 1:23a (NIV)** “We preach Christ! And Him CRUCIFIED...”, there are four scriptures that encompass the essence of the centrality of CMA:

✠ The centrality of CMA is to: **“Seek the Kingdom of God ABOVE ALL ELSE, and LIVE RIGHTEOUSLY, and he will give you everything you need.”** —**Matthew 6:33 (NLT)**

✠ The centrality of CMA is to: **“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”** The second is this: **“Love your neighbor as yourself.”** There is no commandment greater than these.” —**Mark 12:30-31 (NIV)**

✠ The centrality of CMA is to REALIZE, APPLY, and DEFINE in our daily lives: **“If anyone wishes to follow Me [as My disciple], he must deny himself [set aside selfish interests], and take up his cross daily [expressing a willingness to endure whatever may come] and follow**

**Me [believing in Me, conforming to My example in living and, if need be, suffering or perhaps dying because of faith in Me]." —Luke 9:23 (AMP)**

✠The centrality of CMA is to REALIZE, APPLY, and DEFINE in our daily lives: "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, **FIXING OUR EYES ON JESUS**, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God." —**Hebrews 12:1-2 (NIV)**

Therefore, CMA's #1 goal is to promote the strongest daily relationship between Jesus Christ and His creation by way of its comprehensive *Christ-centered* martial arts process. As *Christ-centered* martial artists, we *yearn* to ***BE!-come all that Jesus Christ intends us to BE! We are BE!-comers in Christ!***

## CMA Mission Statement

"Christ-centered Martial Artists fervently promotes becoming ALL that Jesus Christ intends us to BE!"

## CMA Vision Statement

Christ-centered Martial Artists (CMA) develops godly character through its martial arts process so that Students may realize, apply, and define in their daily lives Jesus Christ's Great Commission: **Mt 28:18-20 (NIV)** "Then Jesus came to them and said, **"All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."**

## The CMA Patch

The CMA Patch symbolizes the *Christ-centrality* of a BE!-comer in Christ. It represents their *attitude and focused-intent* to ***BE!-come ALL that Jesus Christ intends them to BE!*** It reflects their humble choice to BE!-the-attitude of "Every-Second-Surrendered-to-Him" *HERE/NOW* by also engaging the attitude of *Every-Second-Jesus*. **Hebrews 12:1-3 (ESV - Italics added for emphasis)** "Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us *strip off every weight that slows us down, especially the sin that so easily trips us up*. And let us *run with endurance* the race God has set before us. *We do this by* ***KEEPING OUR EYES ON JESUS***, *the champion who initiates and perfects our faith*. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. Think

of all the hostility he endured from sinful people; then you won't become weary and give up." The patch's focal point is the *cross and shroud* that visually magnifies His resurrection power! *It embodies what we teach and preach: **Christ-crucified!*** Galatians 2:20-21a (NLT) "My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me. I do not treat the grace of God as meaningless."

## Chapter Two

### CMA Standards of Excellence

The CMA Standards of Excellence are designed for those genuine, passionately-committed individuals who *intend* to ***BE!-come, and MOST importantly, BE!-Christ-centered-Martial-Artists.*** Enabled by the Holy Spirit, these "*BE!-comers in Christ*" train with authenticity and fervent-intent! BE!-comers in Christ are urged to *dutifully represent* these values and protocol by *realizing, applying, and defining* them at every Rank Level.

The Standards of Excellence includes the following:

- ✦ **Physical Standards of Training**
- ✦ **Mental Standards of Training**
- ✦ **Spiritual Standards of Training**
- ✦ **Attitudinal Standards of Training**
- ✦ **Making One's Calling and Election Sure**
- ✦ **Martial Arts Etiquettes & Attitudes of CMA**
- ✦ **Belt Rank Responsibilities & Expectations**

The Standards of Excellence embrace the ***CENTRAL ESSENCE, OR CENTRALITY of BE!-coming & BE!-ing a Christ-centered Martial Artist.*** These worthy priorities require your utmost *focused-intent & commitment.* This can not be urged & encouraged enough!

If you consider yourself as one those genuine passionately-committed individuals who *intend* to ***BE!-come AND BE!-a-Christ-centered Martial Artists,*** resolve with *passionate focused-intent* to master the CMA Standards of Excellence:

- ✦ ***Realize*** their importance to you and others.
- ✦ ***Apply*** what you have *realized.*

✠ **Define** your rank in your daily life via demonstrated attitudes and behavior. **BE!-an-example of the Standards of Excellence!**

While some of our **Standards of Excellence** may mirror the principles of other renowned martial arts organizations, the **CMA Standards of Excellence** are *amplified by the Word and remain centered on the teachings of Jesus Christ, OUR ONLY TRUE MASTER AND SAVIOR.*

*Commit your training with the focused-intent of realizing, applying and defining these core virtues and values into your daily life!*

**In CMA, BE!-comers in Christ make every effort to BE!-come ALL that Jesus Christ intends them to BE!** This commitment requires self-control and a denial of one's own will in order to do the will of our Lord and Savior, Jesus Christ. This is done genuinely, out of the deepest love for Him from the bowels of our humility as we realize His Perfect Love! It is our duty & joy to BE!-come like Him with our character traits mirroring His!

BE!-coming a Christ-centered Martial Artist is unique. Don't confuse that with a Christian just doing or teaching a martial art; especially those arts with non-Christian doctrines. It is to **center ALL your intentions and motives on Jesus Christ WHILE BE!-coming a martial artist.** BE!-comers in Christ completely surrender to Him, allowing Him to use them as a "slave of righteousness" for His purpose through obedience to Him. **It is to realize and apply Christ-centered martial artistry towards:**

- ✠ Every purpose (to BE!)
- ✠ Everything you strive to accomplish (BE!-coming)
- ✠ Everything that you actually do (BE!-ing)

Therefore:

✠ **BE! Matthew 6:33 (NLT)** (Italics & capital letters added for emphasis) **"Seek the Kingdom of God ABOVE ALL ELSE, and LIVE RIGHTEOUSLY, and he will give you everything you need."** (Matthew 6:33 (AMP- Italics added for emphasis) **"Seek (aim at and strive after) first of all His kingdom and His righteousness (His way of doing and being right), and then all these things taken together will be given you besides.")**

✠ **BE!-come** transformed into Christ-likeness! Live the new life in Christ! *Practice to perfect! Apply Colossians 3:1-17 (NLT) to your daily life with authenticity!*

✠ **BE!-ing** a Christ-centered Martial Artist means to **CONTINUE** growing in your faith through trust & humble obedience in Jesus Christ. *Practice-to-perfect* every thought, word and deed of your training in your mental, physical, and spiritual disciplines. Define it in your daily life! *This is Holy Living! Fan the flame! Completely-surrender to the Holy Spirit inviting Him in to totally in-fill you, transforming you into a new creation!* <sup>2 Timothy 1:6-8 (NIV)</sup> "This is why I remind you to fan into flames the spiritual gift God gave you... For God has not given us a spirit

of fear and timidity, but of power, love, and self-discipline. So never be ashamed to tell others about our Lord.” 2 Corinthians 7:1 (NIV) Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God. **Romans 12:1-2 (NIV) BE!-A-Living-Sacrifice!** “Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

*Studying* and *training* in CMA requires *commitment with focused-intent, patient-endurance, and long lasting perseverance!* Therefore, CMA Black Belts diligently aspire to apply the **Standard of Excellence**, called “**Making One’s Calling and Election Sure,**” as a philosophy of life that determines who they are and how they will live. With fervent vigor, they keep their focused-intent on *BE!-coming all that Jesus Christ intends them to BE!*

Enriched by the Word & guided by the Holy Spirit, CMA Dans patiently endure when they meet a challenge. *As long as they are doing His Will, they succeed because they don’t quit! They don’t quit because they have learned long-suffering from the example Jesus Christ gave the world. They try over & over again until they succeed, waiting patiently on the Lord. Trying means to train fervently with focused-intent & engage an attitude of “Practice-to-Perfect” in mind, body & spirit.* And thus, the **Standards of Excellence** are a *priority* that is simply too important to ignore or take for granted!

## Chapter 3

### Standards of Excellence

#### **Making One’s Calling and Election Sure:**

As Christ-centered Martial Artists, *do your utmost to realize your calling.* Sifu and Pastor Chuck Jackson urged and encouraged this teaching, “*You must have a philosophy of life that determines and defines who you are and how you live.*” ***Without Jesus Christ, we are nothing!*** Therefore:

✠ **Make your calling and election sure!** 2 Peter 1:3-11 (NIV) “His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to

perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But if anyone does not have them, he is nearsighted and blind, and has forgotten that he has been cleansed from his past sins. Therefore, my brothers, be all the more eager to make your calling and election sure. For if you do these things, you will never fall, and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.”

## Chapter 4

### Standards of Excellence

#### Physical Standards of Training for BE!-comers in Christ:

1. Experience daily exercise AND *training* that results in optimum wellness and technique. ***Realize your strategic training regimen; apply your strategy with focused-intent; define the results with the attitude of Practice-to-Perfect! BE!-come your best by doing your best!*** (Colossians 3:23-24 (AMP) “Whatever you do [whatever your task may be], work from the soul [that is, put in your very best effort], as [something done] for the Lord and not for men, 24 knowing [with all certainty] that it is from the Lord [not from men] that you will receive the inheritance which is your [greatest] reward. It is the Lord Christ whom you [actually] serve.” Proverbs 20:4 (NLT) “If you are too lazy to plow in the right season, you will have no food at the harvest.”).
2. Nourish your body as ***God made it to BE!*** Discipline consumption and cleansing for overall wellness. (2 Corinthians 7:1 (NIV) “Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.”) (1 Corinthians 6:19-20 (NIV) “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.”)
3. Discipline sufficient mental, physical, and spiritual rest for yourself in ***His Peace*** (Matthew 11:28-30 (NIV) “Come to me, all you who are weary & burdened, & I will give you rest. Take my yoke upon you & learn from me, for I am gentle & humble in heart, & you will find rest for your souls. For my yoke is easy & my burden is light.”) Exodus 20:8 (NLT) “Remember to observe the Sabbath day by keeping it holy. (Exodus 16:29a (NLT) “Realize that the Sabbath is the Lord’s gift to you.”).



4. ***BE!-alert & prepared for combat, that if necessary, & only out of justice & duty, you may bravely defend the weak, innocent, & yourself.*** Matthew 5:38-48 (AMP) “You have heard that it was said, ‘An eye for an eye, and a tooth for a tooth [punishment that fits the offense].’ But I say to you, do not resist an evil person [who insults you or violates your rights]; but whoever slaps you on the right cheek, turn the other toward him also [simply ignore insignificant insults or trivial losses and do not bother to retaliate—maintain your dignity, your self-respect, your poise]. If anyone wants to sue you and take your shirt, let him have your coat also [for the Lord repays the offender]. And whoever forces you to go one mile, go with him two. Give to him who asks of you, and do not turn away from him who wants to borrow from you. You have heard that it was said, ‘You shall love your neighbor (fellow man) and hate your enemy.’ But I say to you, love [that is, unselfishly seek the best or higher good for] your enemies and pray for those who persecute you, so that you may [show yourselves to] be the children of your Father who is in heaven; for He makes His sun rise on those who are evil and on those who are good, and makes the rain fall on the righteous [those who are morally upright] and the unrighteous [the unrepentant, those who oppose Him]. For if you love [only] those who love you, what reward do you have? Do not even the tax collectors do that? And if you greet only your brothers [wishing them God’s blessing and peace], what more [than others] are you doing? Do not even the Gentiles [who do not know the Lord] do that? You, therefore, will be perfect [growing into spiritual maturity both in mind and character, actively integrating godly values into your daily life], as your heavenly Father is perfect.” Ephesians 6:10-11 (NIV) “Be strong in the Lord & in his mighty power. Put on the full armor of God so that you can take your stand against the devil’s schemes.” 1 Samuel 17:33-37 (NLT) “Don’t be ridiculous!” Saul replied. “There’s no way you can fight this Philistine and possibly win! You’re only a boy, and he’s been a man of war since his youth.” But David persisted. “I have been taking care of my father’s sheep and goats,” he said. “When a lion or a bear comes to steal a lamb from the flock, I go after it with a club and rescue the lamb from its mouth. If the animal turns on me, I catch it by the jaw and club it to death. I have done this to both lions and bears, and I’ll do it to this pagan Philistine, too, for he has defied the armies of the living God! The Lord who rescued me from the claws of the lion and the bear will rescue me from this Philistine!” Proverbs 16:32 (NLT) “Better to be patient than powerful; better to have self-control than to conquer a city.”
  
5. ***“PRACTICE-TO-PERFECT” your movements. Define this attitude fervently in your training with focused-intent. REALIZE [thoroughly understand], APPLY [be able to teach and/or discuss], and DEFINE [articulate with precision, power & grace]: Line, Speed, and Beauty (Son Sok Mee); Mechanics Attributes and Traits; Posturing; and the Related training methods:***
  - a. Optimum muscle tone for wellness and strength in technique
  - b. Total flexibility of the body for wellness and techniques
  - c. Optimum breathing technique for wellness and endurance
  - d. Continuous posturing during execution of technique
  - e. Precise line, speed and beauty in all movement

- f. Mastering the Mechanics of Movement
  - g. Speed control of technique
  - h. Precise timing and distance
  - i. Conditioning of hands and feet
  - j. Spirit-Yell
  - k. Focused-seeing
6. **BE!-proficient in diverse climates and terrains. Rigorous training in the natural world results in *experience*.** In all environments, perfect your skills as God enables.

## Chapter 5

### Standards of Excellence

#### Mental Standards of Training for BE!-comers in Christ:

✠ **Be generous to everyone in need with loving-kindness.** 2 Corinthians 9:11 (NIV) **“You will be made rich in every way so that you can be generous on every occasion.”** Matthew 25:31-46 (NIV)

“When the Son of Man comes in his glory, and all the angels with him, he will sit on his throne in heavenly glory. All the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats. He will put the sheep on his right and the goats on his left. “Then the King will say to those on his right, ‘Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. *For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.*’ “Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?’ **“The King will reply, ‘I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.’** “Then he will say to those on his left, ‘Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels. For I was hungry and you gave me nothing to eat, I was thirsty and you gave me nothing to drink, I was a stranger and you did not invite me in, I needed clothes and you did not clothe me, I was sick and in prison and you did not look after me.’ “They also will answer, ‘Lord, when did we see you hungry or thirsty or a stranger or needing clothes or sick or in prison, and did not help you?’ **“He will reply, ‘I tell you the truth, whatever you did not do for one of the least of these, you did not do for me.’** “Then they will go away to eternal punishment, but the righteous to eternal life.”



✠ **BE!-loving to each other as a Family! Be a “soul-on-fire” with every family member! Allow the Holy Spirit to infill each family member with His** Galatians 5:22 (NIV) “...love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” Colossians 3:12-15 (NIV) “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts.”

1. Ephesians 6:1-3 (NIV) “Children, obey your parents in the Lord, for this is right. “Honor your father and mother”—which is the first commandment with a promise—“that it may go well with you and that you may enjoy long life on the earth.”
2. Parents, be dutiful to your children with steadfast love and goodness. Lead your children in righteousness. Be patient, gentle and kind as you lovingly teach them; forbear and forgive them as Jesus forgives you. Ephesians 6:4 (NIV) “Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.”
3. Siblings, strive to respect each other with loving-kindness, forbearance and patience. Forgive one another.
4. Be loving between husband and wife. Devote yourselves wholeheartedly to each other. All should honor marriage. Hebrews 13:4-5 (NIV) “Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.”

✠ **Be respectful with loving-kindness to the elderly. Protect the rights of the weak and** 1 Peter 5:5 (NIV) “...be submissive to those who are older. All of you, clothe yourselves with humility toward one another, because, ‘God opposes the proud but gives grace to the humble.’”

✠ **Be faithful to friends. Cherish True Friends! *Realize, apply & define friendship by imitating Christ, the truest most-defined Friend.*** Proverbs 27:17 (NIV) “As iron sharpens iron, so a friend sharpens a friend.” Proverbs 18:24 (NIV) “Friends come & friends go, but a true friend sticks by you like family.”

✠ **Be faithful to your CMA Instructor/Teacher.** BE!-grateful that you *BE!-came* their labor of love in Christ. Recognize what is dutifully given by faith with deep conviction out of agape love. Realize, apply & define a grateful attitude of duty, loyalty, respect, and humbleness. Thessalonians 2:15 (NIV) “So then... stand firm & hold to the teachings we passed on to you, whether by word of mouth or by letter.”

✠ **CMA Instructor Grades, BE!-an-example of a Christ-BE!-comer and faithfully commit to your Students in Jesus Christ.** Romans 12:10 (NIV) “Be devoted to one another in brotherly love. Honor one another above yourselves.” Replicate His model of teaching, commitment and devotion by obeying what He commanded: John 13:14-17 (NIV) “Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. I have set you an example that you should do as I have done for you. I tell you the truth, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will

be blessed if you do them.” Matthew 28:18-20 (NIV) “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

✠ **CMA Teacher Grades,** 1 Peter 5:2-4 (NIV) “Be shepherds of God’s flock that is under your care, serving as overseers—*not because you must, but because you are willing, as God wants you to be; not greedy for money, but eager to serve; not lording it over those entrusted to you, but being examples to the flock.* And when the Chief Shepherd appears, you will receive the crown of glory that will never fade away.” 2 Peter 1:5-8 (NIV) “For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.” 1 Corinthians 9:19, 22-23 (NIV) “Though I am free and belong to no man, I make myself a slave to everyone, to win as many as possible. To the weak I became weak, to win the weak. I have become all things to all men so that by all possible means I might save some. I do all this for the sake of the gospel, that I may share in its blessings.”

✠ **Be loyal and dutiful to your country.** 1 Peter 2:13-16 (NIV) “Submit yourselves for the Lord’s sake to every authority instituted among men: whether to the king, as the supreme authority, or to governors, who are sent by him to punish those who do wrong and to commend those who do right. For it is God’s will that by doing good you should silence the ignorant talk of foolish men. Live as free men, but do not use your freedom as a cover-up for evil; *live as servants of God.*” Matthew 20:18-21 (NIV): “But Jesus, knowing their evil intent, said, “**You hypocrites, why are you trying to trap me? Show me the coin used for paying the tax.**” They brought him a denarius, and he asked them, “**Whose image is this? And whose inscription?**” “Caesar’s,” they replied. Then he said to them, “**So give back to Caesar what is Caesar’s, and to God what is God’s.**”

## Chapter 6

### Standards of Excellence

#### Spiritual Standards of Training for BE!-comers in Christ:

- 1) Matthew 6:33 (NLT) “**Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.**” Matthew 5:6 (NIV) “**Blessed are those who hunger & thirst for righteousness, for they will be filled.**”

- 2) Decide the Truth! Jesus reveals, **John 14:6-7a (NIV)** **“I am the way and the truth and the life. No one comes to the Father except through me. If you really know me, you will know my Father as well.”** Realize, apply, & define Jesus’ victory through the Romans Road of the Holy Bible (Romans 3:23, 5:12, 6:23, 5:8, 10:9-10, and 10:13).
- 3) Completely surrender your will to Jesus Christ! BE!-every-second-surrendering to Him for Jesus lovingly taught us, **Luke 9:23b (AMP)** **“And He was saying to them all, “If anyone wishes to follow Me [as My disciple], he must deny himself [set aside selfish interests], and take up his cross daily [expressing a willingness to endure whatever may come] and follow Me [believing in Me, conforming to My example in living and, if need be, suffering or perhaps dying because of faith in Me].”**
- 4) Love God with all of your being; & love others as yourself. Honor God by realizing, applying, & defining His commandments throughout your daily life! Jesus replied: **“Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”**
- 5) Be!-Holy! **Hebrews 12:14 (NIV)** **“Make every effort to live in peace with all men and to be holy; without holiness no one will see the Lord.”** **1 Peter 1:13-16 (NIV)** **“Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: “Be holy, because I am holy.”** **Ephesians 4:30-32 (NIV)** **“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”** **1 Thessalonians 5:23-24 (NIV)** **“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it.”** **1 Timothy 4:7-10 (NIV)** **“Have nothing to do with godless myths and old wives’ tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”**
- 6) Imitate Christ’s Humility! **Matthew 5:5 (NLT)** **“God blesses those who are humble, for they will inherit the whole earth.”** **Philippians 2:1-11 (AMP)** Be Like Christ **“Therefore if there is any encouragement and comfort in Christ [as there certainly is in abundance], if there is any consolation of love, if there is any fellowship [that we share] in the Spirit, if [there is] any [great depth of] affection and compassion, make my joy complete by being of the same mind, having the same love [toward one another], knit together in spirit, intent on one purpose [and living a life that reflects your faith and spreads the gospel—the good news regarding salvation through faith in Christ]. Do nothing from selfishness or empty conceit**

[through factional motives, or strife], but with [an attitude of] humility [being neither arrogant nor self-righteous], regard others as more important than yourselves. Do not merely look out for your own personal interests, but also for the interests of others. Have this same attitude in yourselves which was in Christ Jesus [look to Him as your example in selfless humility], who, although He existed in the form and unchanging essence of God [as One with Him, possessing the fullness of all the divine attributes—the entire nature of deity], did not regard equality with God a thing to be grasped or asserted [as if He did not already possess it, or was afraid of losing it]; but emptied Himself [without renouncing or diminishing His deity, but only temporarily giving up the outward expression of divine equality and His rightful dignity] by assuming the form of a bond-servant, and being made in the likeness of men [He became completely human but was without sin, being fully God and fully man]. After He was found in [terms of His] outward appearance as a man [for a divinely-appointed time], He humbled Himself [still further] by becoming obedient [to the Father] to the point of death, even death on a cross. For this reason also [because He obeyed and so completely humbled Himself], God has highly exalted Him and bestowed on Him the name which is above every name, so that at the name of Jesus every knee shall bow [in submission], of those who are in heaven and on earth and under the earth, and that every tongue will confess and openly acknowledge that Jesus Christ is Lord (sovereign God), to the glory of God the Father.” Ephesians 4:2 (NIV) “Be completely humble and gentle; be patient, bearing with one another in love.” 1 Peter 3:8 (NIV) “Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble.”

- 7) BE!-The Golden Rule! Love your neighbor into the kingdom! Matthew 7:12 (NLT) **“Do to others whatever you would like them to do to you. This is the essence of all that is taught in the law and the prophets.”**
- 8) BE!-saturated in the Word of God! Study, memorize and journalize the Holy Bible daily. Luke 11:28 (NIV) **“Blessed are those who hear the Word of God and obey it.”** Proverbs 30:5 (NIV) “Every word of God is flawless; he is a shield to those who take refuge in him.” Hebrews 4:12 (NIV) “For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.” Matthew 4:4 (NIV) “Jesus answered, **“It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”**
- 9) BE!-prayerful! Ephesians 6:18 (NLT) “Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.” Philippians 4:6-7a (NLT) “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand.
- 10) 1 Corinthians 1:23a, 24b, 25 (NIV) “We preach Christ crucified: Christ the power of God and the wisdom of God. For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.” Therefore, Proverbs 3:5-6 (NLT) “trust in the Lord with all

your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.” John 7:38 (NLT) **“Anyone who believes in me may come and drink! For the Scriptures declare, ‘Rivers of living water will flow from his heart.’”**

- 11) BE!-Christ-centered! Fix your eyes on Jesus! Passionately and faithfully commit to an *“Every-Second-Jesus”* relationship with Him. Hebrews 12:1-2 (NIV) (caps, bolding, and underlining added for emphasis) “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, **FIXING OUR EYES ON JESUS**, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.” Galatians 2:20 (NIV) “I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”
- 12) BE!-a-disciple of, and discipler for, Jesus Christ with devoted spiritual fervor! Matthew 28:18-20 (NIV) **“All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”**

## Chapter 7

### **Standards of Excellence**

#### **Attitudinal Standards of Training for BE!-comers in Christ:** **BE!-the-attitudes of Jesus Christ:**

The **ATTITUDE** of a BE!-comer in Christ (Christ-centered Martial Artist) is unique in that the practitioner of this methodology realizes, applies, and defines Christ-centered martial spirit, attitudes, intents, and motives (as in some other great arts), but separates themselves in *self-less devotion to Jesus Christ, aching to follow His will*, not their own will or that of another “master’s.”

BE!-comers in Christ *decide* and *commit* to follow Him! ***It is this focused and determined Christ-centered-martial spirit/intent/attitude that amplifies a BE!-comer-in-Christ’s burning desire to serve Jesus in obedience and love!***

***BE!-comers in Christ surrender their will, pick up their cross and follow the Lord becoming totally Spirit-Filled. They hunger and thirst for righteousness! Drawing from the bowels of humility, they offer God sacrifices of a broken spirit... a broken and contrite heart. They***

joyfully give unasked, through understanding, expecting nothing in return. They long for justice and truthfulness. Surface thinking has no place in the heart of a BE!-comer in Christ. Rather *they lead a deep consistent prayer life and training regimen with focused-intent; aching for the Word, yearning for God's wisdom, BE!-ing a slave to Righteousness!*

The attitudinal approach of a BE!-comer in Christ mirror's the lyrics of Neil Diamond's critically acclaimed song, "**Be!**": "*BE! As a page that aches for a word which speaks on a theme that is timeless! And the One God will make for your way.*" We are the *page* and the *song*; the Holy Bible is the *Word*; and Jesus Christ is the *theme that is timeless!* Discipline this resolve with certitude!

**BE!-the attitudes of Jesus Christ! Realize, apply and define in your daily life the following CMA Attitudinal Standards of Training for BE!-comers in Christ:**

1. **Mt 5:3 "Blessed are the poor in spirit, for theirs is the kingdom of heaven."** Fortunate is the one who sees their truest need for Jesus Christ! They are blessed when they are:
  - ✠ BE!-ing Every-Second-Completely-Surrendered to God's Will!
  - ✠ Realizing His Mercy knowing we don't deserve it!
  - ✠ Experiencing His Perfect Love with reciprocal love for Him with their whole being; and loving others as themselves!
  - ✠ In a most personal/intimate Every-Second-Jesus relationship with God!
  - ✠ Realizing God's Grace with thanksgiving for His Love! *2Co 8:9 "We know the grace of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that you through his poverty might become rich."* Therefore, submit to Him, BE!-ing rich in humble obedience, faith and love by allowing the Word of Christ to dwell in you richly!
2. **Matthew 5:4 (NIV) "Blessed are those who mourn, for they will be comforted."** Realize God's precious love for everyone. Yet, *we sin and cause Him to grieve.* We are blessed when we REALIZE ("real-eyes") His hurt that we caused with our sins in spite of ALL that He lavishes upon us! **2 Corinthians 7:6-10 (NIV)** "Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death." **Zechariah 12:10, 12 (NIV)** "And I will pour out on the house of David and the inhabitants of Jerusalem a spirit of grace and supplication. They will look on me, the one they have pierced, and they will mourn for him as one mourns for an only child, and grieve bitterly for him as one grieves for a firstborn son. The land will mourn..." **Isaiah 22:4 (NIV)** "Therefore I said, "Turn away from me; let me weep bitterly. Do not try to console me over the destruction of my people."
3. **Matthew 5:5 (NIV) "Blessed are the meek for they shall inherit the world."** Meekness is strength, not weakness! Like the martial arts soft-styles, meekness reflects the spiritual "soft-style" of God Almighty's Holy Nature and Character. The Triune God is One, and His very Nature is pure "Soft-Style!" God's Nature is Holy! It includes His Love, Joy, Meekness/Humility/Pride-less-ness, Peaceful, Righteousness, Goodness, Faithfulness/Loyalty/Steadfastness, Patience/Forbearance/Forgiveness, Gentleness, Kindness, and Self-Control. As



the Holy Spirit transforms His disciples into His like-ness we BE!-come Christ-like. Christ's Humility is exemplified in **Philippians 2:3-8 (NIV)**: "Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus: Who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself and became obedient to death—even death on a cross!"

4. **Matthew 5:6 (NIV)** **"Blessed are those who hunger and thirst for righteousness."** Notice the attitude of Jesus! We are to HUNGER and THIRST for righteousness! He doesn't advise us to approach righteousness with mediocrity or a sampling interest. No! We are to HUNGER and THIRST for righteousness! Realize this! Allow God to create in you the *traits of righteousness* that will *identify you as His child*. You belong to God, so keep away from anything evil. **BE!-come ALL that Jesus Christ intends for you to BE! You will be transformed! You will BE!-like-Him! Relentlessly aspire to serve the Lord with all humility and goodness.** **Colossians 3:16a-17 (NIV)** "Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom." Nurture justice and decency with integrity and loving-kindness. **Philippians 4:8 (NIV)** "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things." (The Parables of the Hidden Treasure and the Pearl) **Matthew 13:44-46 (NIV)** **"The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field. Again, the kingdom of heaven is like a merchant looking for fine pearls. When he found one of great value, he went away and sold everything he had and bought it."** **Proverbs 11:4-6 (NIV)** "Wealth is worthless in the day of wrath, but righteousness delivers from death. The righteousness of the blameless makes a straight way for them, but the wicked are brought down by their own wickedness. The righteousness of the upright delivers them, but the unfaithful are trapped by evil desires."
5. **Luke 6:36 (NIV)** **"Be merciful, just as your Father is merciful."** **Matthew 5:7 (NIV)** **"Blessed are the merciful, for they will be shown mercy."** CMA Dan members must take this to heart and not abuse their training. Jesus Christ commanded us to BE!-merciful to everyone including our enemies! *As Christ-Centered Martial Artists, HUMILITY, compassion, patient-endurance, and self-control must be the priority RESULT of training!* It was our precious Lord and Savior who taught us, **Luke 6:27b-31, 35-36 (NLT)** **"Love your enemies! Do good to those who hate you. Bless those who curse you. Pray for those who hurt you. If someone slaps you on one cheek, offer the other cheek also. If someone demands your coat, offer your shirt also. Give to anyone who asks; and when things are taken away from you, don't try to get them back. Do to others as you would like them to do to you. Love your enemies! Do good to them. Lend to them without expecting to be repaid. Then your reward from heaven will be very great, and you will truly be acting as children of the**

**Most High, for he is kind to those who are unthankful and wicked. You must be compassionate, just as your Father is compassionate.”**

6. **Matthew 5:8 (NIV) “Blessed are the pure in heart, for they will see God.”** *Honor God* by wholeheartedly seeking to live a godly life. Pray in all humility with honest-focused-intent asking God, **Psalm 51:10-12 (NIV)** “Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.” Realize, apply, and define your spiritual disciplines in your daily lives. Seek a pure heart by yielding your will to the Holy Spirit so He can totally in-fill you with His Spirit, then, **Philippians 1:6, 9-11 (NIV)** “*Be confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.* And this is [our] prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.”
7. **Matthew 5:9 (NIV) “Blessed are the peacemakers, for they will be called sons of God.”** As Christ-centered Martial Artists we are to master the art of "Not-Fighting." We are to BE!-Peacemakers. Our weapons are not that of the world; rather they of heavenly design. As the scriptures state in **2 Corinthians 10:3-5 (NIV)**: "For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." We are to do whatever it takes to end all inner and outer conflict *through the Holy Spirit!*
8. **Matthew 5:10-12 (NIV) “Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.”** **1 Peter 2:21, 24 (NIV)** “To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps. He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed.”

## Chapter 8

### **Standards of Excellence:** **Martial Art Etiquettes and Attitudes of CMA**

The **Martial Art Etiquettes and Attitudes of CMA** require your utmost focused-intent and commitment. This can not be urged and encouraged enough.

In CMA, **ATTITUDE** is a key concept that is taught to all Students. It is a major requirement at every level of the Advanced Students and Dan Ranks. The higher the rank, the more your **ATTITUDE** plays into being promoted.

At this point and time, I feel it is important to clarify that Christ-centered Martial Artists (CMA) and all of its affiliated Kwoons (Schools) are a non-denominational ministry, and by no means a church. It is equally important to highlight that the **Centrality of CMA is Jesus Christ!** Simply put... **We preach Christ! And Him CRUCIFIED!** Crucified... without that, Jesus would not have fulfilled all of scripture. **This is the core essence of CMA. This is CMA's centrality!**

The **Martial Art Etiquettes and Attitudes of CMA** pass on ways of *living and experiencing a new life* in Christ as described in **Colossians 3:1-4** (NLT). Because of the martial artistry that is involved, key etiquettes and attitudes of martial ways are applied as a compliment to the martial artistry BE!-comers in Christ endeavor to master.

The following are desired **Martial Art Etiquettes and Attitudes of CMA** that will help you understand the spirit and ambiance of CMA while also clarifying the etiquettes, attitudes, responsibilities, and expectations of all CMA practitioners:

✠ As stated above, **CMA is a non-denominational Christ-centered ministry.** Therefore, at no time will any of its Gups, Black Belts, Certified Instructors, Evaluators, Teacher Grades, and Masters impose ANY denominational preferences at ANY class, Weekend Workout, Clinic, or other sponsored events by CMA so as to not offend anyone of another denomination. We will endeavor to love others into the kingdom.

✠ **It is considered in CMA un-becoming of any Gup, Evaluator, or Dan Level Student to *force their opinions* on any CMA Student or Dan Member while participating or watching any ongoing CMA Class or event.** We acknowledge and support basic societal and Christ-centered standards of communication, and the rights of an individual's beliefs. That is, CMA's must strive to be polite, respectful of the other persons beliefs, *and others boundaries.* *We fervently promote loving your neighbor into the kingdom with your communications, intent, and motives.* Again, BE!-comers in Christ strive to ***BE!-an-example of His great love.***

✠ **Proper CMA etiquette includes loving one another into God's Kingdom! We strive to love our neighbor as ourself.** Matthew 22:36-40 (NIV) "Teacher, which is the greatest commandment in the Law?" Jesus replied: **"Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."** Matthew 7:12 (MSG) "Here is a simple, **rule-of-thumb** guide for behavior: Ask yourself what you want people to do for you, then grab the initiative and do it for *them*. Add up

God's Law and Prophets and this is what you get." Matthew 7:12 (NIV) **"In everything, treat others as you would want them to treat you, for this fulfills the law and the prophets."** Colossians 3:12-15 (NLT) "Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful." Ephesians 4:1-3 (NIV) Unity and Maturity in the Body of Christ: "As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace." Colossians 3:12-15 (NIV) "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts." And from the **CMA Standards of Excellence: Spiritual Standards of Training for a BE!-comer in Christ: #7 BE!-The Golden Rule!** Matthew 7:12 (NLT) **"Do to others whatever you would like them to do to you. This is the essence of all that is taught in the law and the prophets."**

✠ **ARRIVE ON TIME AND BE!-READY TO TRAIN** when attending CMA classes and activities. You are expected to arrive minimally 15 minutes before the start of any CMA Class or Event. Being late disrupts the start of the class which is usually the devotional time. Be courteous and respectful to the Instructor(s) and other students by BE!-ing-prompt!

✠ **When arriving at CMA classes or events, make it a point to end any non-related training discussions or activities before you enter your school.** Allow yourself time to calm down and center your mind, body and spirit. Acquire a peaceful attitude and Be!-still, centered on Christ!

**CMA utilizes three commands for BE!-comers in Christ, that if realized and applied in the moment of here/now, will enrich their lives while uniting them in peace with Christ:**

1. **Come to Attention (Cha Ryut!)**! This is a *state of mind* that Christ-centered Martial Artists realize (real-eyes) before and as they deal with an event, situation, or person. It is to *"BE!-Here/Now"* with *complete attentiveness* so that 100% of our awareness is focused on the task-at-hand. Thessalonians 5:6 (NIV) "So then, let us not be like others, who are asleep, but let us be alert and self-controlled." **Come to Attention** focuses us on **three central priorities**:
  - **Our surroundings**: Be aware of your surroundings. Be alert to everyone, and everything around you, *here/now!*
  - **The presence of God**: Be aware that the Lord is present with you here/now! *Realize His Presence!* Zephaniah 3:17 (NIV) "For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears."

- **The person(s) with whom you are about to engage:** *Realize their presence as God's creation and prepare.* But, BE!-alert! BE!-aware!

2. To complete **Coming to Attention**, bring your feet together, standing upright with your arms straight at your side and your hands formed “pointing” down to the ground.
3. **Bowing (Kune Ray!)** is a gesture we perform *physically, mentally and spiritually*. Christ-centered Martial Artists first come to a complete state of attentiveness before bowing.

When we realize that each person is a creation of God, and God loves every person equally with unsurpassed love, then bowing with them takes on a new meaning! So in this state of awareness/attentiveness/alertness, with *focused-intent here/now*, we humbly bow to *His creation* by bending at the waist 45° or more with your head and back straight, eyes looking down. Bowing physically reveals a humble heart and meek attitude as we spiritually consider others above ourselves. Bowing demonstrates our respect, kindness and compassion. **Romans 12:3 (AMP)** “For by the grace [of God] given to me I say to everyone of you not to think more highly of himself [and of his importance and ability] than he ought to think; but to think so as to have sound judgment, as God has apportioned to each a degree of faith [and a purpose designed for service].” **Romans 12:10 (NIV)** “Be devoted to one another in love. Honor one another above yourselves.” **Philippians 2:2-4 (AMP)** “...make my joy complete by being of the same mind, having the same [a]love [toward one another], knit together in spirit, intent on one purpose [and living a life that reflects your faith and spreads the gospel—the good news regarding salvation through faith in Christ]. Do nothing from selfishness or empty conceit [through factional motives, or strife], but with [an attitude of] humility [being neither arrogant nor self-righteous], regard others as more important than yourselves. Do not *merely* look out for your own personal interests, but also for the interests of others.”

3. **Come to the Ready (Chun Bee)**! This attitudinal and physical “stance-ing” prepares you for the unknown! It is an *attitude* and an *action* that prepares Christ-centered Martial Artists *mentally, physically and spiritually*. **Chun Bee** centers, calms and focuses our mind and emotions as we prepare for any conflict enabling us to stand firm in our faith! <sup>1</sup> **Corinthians 16:13-14 (NLT)** “Be on guard. Stand firm in the faith. Be courageous. Be strong. And do everything with love.” **1 Peter 5:8-11 (AMP)** “Be sober [well balanced and self-disciplined], be alert *and* cautious at all times. That enemy of yours, the devil, prowls around like a roaring lion [fiercely hungry], seeking someone to devour. But resist him, be firm in your faith [against his attack—rooted, established, immovable], knowing that the same experiences of suffering are being experienced by your brothers and sisters throughout the world. [You do not suffer alone.] After you have suffered for a little while, the God of all grace [who imparts His blessing and favor], who called you to His own eternal glory in Christ, will Himself complete, confirm, strengthen, and establish you [making you what you ought to be]. To Him be dominion (power, authority, sovereignty) forever and ever. Amen.”

Chun Bee begins with controlling your breathing by lowering and controlling your breath. Cross your arms in front of your face and step to the left, legs shoulder width apart with your knees bent, breathing regulated, and your pelvic tilted. *BE!-come centered and alert!* 1 Corinthians 10:12 (NIV) “So, if you think you are standing firm, be careful that you don’t fall!”

✠ **Upon entering or leaving the school, face the cross with your open right hand placed across your heart and bow with attitudes of honor, faithful commitment and thanks.** We do this out of gratitude and faith in *Jesus Christ... and Him crucified!* We thank God that we have a training hall; and a deep sense of fellowship in your CMA school.

✠ **Upon arriving at any CMA event or class, greet every Dan Member (Black Belt) with a thankful bow.**

✠ **Dan Members, sincerely bow to your Juniors & Seniors EAGERLY VALUING THEM with unsurpassable worth & in higher regard than yourself.** Always remember that *everyone is equal* at the foot of the cross. Like Jesus Christ, we serve out of love with humility & goodness.

✠ **Upon arriving to class acknowledge your Juniors and Seniors with a sincere bow of humble gratitude and respect.**

✠ **Always bow to your partner(s) at the beginning and end of any shared exercise.** Ephesians 4:2-3 (NLT) “Always be humble and gentle. Be patient with each other, making allowance for each other’s faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.”

✠ **Always demonstrate *courtesy* and *respect* during classes, tests or other CMA group activities,** Ephesians 5:20 (NLT) “...and *give thanks* for everything to God the Father in the name of our Lord Jesus Christ.”

✠ **Dutifully show a servant’s heart by assisting your Juniors, Seniors & Instructor as needed. Cheerfully share your knowledge & experience with loving-kindness, patience, & gentleness.** Jesus taught us, Matthew 23:11-12 (NIV) **“The *greatest* among you will be your *servant*. For whoever exalts himself will be humbled, & whoever humbles himself will be exalted.”** John 13:34b-35 (NIV) **“Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another.”**

✠ **During class, be alert, focused and centered here/now.** Invigorate your attitude and zeal for *BE!-coming all that Jesus Christ intends you to BE!* BE! It all boils down to attitude and inner-strength. *Students must train beyond their limits.* There is no way around it if you want to BE!



come and BE a Christ-centered Martial Artist. You must build your *foundation of knowledge and experience*; then continue to build upon and from that body of knowledge and experience!

✠ **Train diligently in class & at home. BE!-come proficient in all your requirements to the best of your ability.** In the “summers of your training,” train diligently, mastering your self-discipline & self-control so you can do the work of the Lord! Vigorously practice the Line, Speed, and Beauty (Son Sok Mee) of all CMA basics. Master proper posturing of every “basic” a thousand times with focused-intent, instead of practicing a thousand things once! **DISCOVER WHEN, WHERE, & HOW TO APPLY IT.** Remember, the “basic” may be one of the nine Fruit of the Spirit, a kick or a punch, or a Beatitude! Christ-centered Martial Artists fervently strive for *excellence* in all they do! They have been trained and accomplish excellence. They have made a *habit* of the CMA concept called PRACTICE-TO-PERFECT and it shows in everything they do in life! The centeredness that BE!-comers in Christ *realize* from their intense “summers of training” eliminates the distractions of the world and reveals the presence of the Holy Spirit dwelling within them. In this centered state of mind, body and spirit, they become sincerely grateful to the Lord! <sup>1Jn 3:1</sup> “*How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are!*”

✠ **CMA IS a commitment to EXCELLENCE in our whole being.** There is nothing more excellent than God Himself, and He revealed Himself through His Son, Jesus Christ. No better excellence has ever been than Jesus Himself. Christ-centered Martial Artists hunger and thirst to BE!-come and BE!-Christ-like! Period! ***They rely and trust on the Holy Spirit to accomplish this in them by totally surrendering their wills to His to completely in-fill them with His Spirit!*** This is an undertaking that is lifelong. CMA isn’t so much as a codified system of martial combat; rather, CMA is actually the study of, and commitment to, EXCELLENCE in our *entire* being, that leads specifically to Jesus Christ as our Lord and Savior! That includes defending ourselves! Practice-to-Perfect your physical CMA basics by realizing, applying, and defining their Line, Speed, and Beauty (Son Sok Mee); their proper posturing throughout the technique; with Shim Gung and Martial Spirit that develops optimum fortitude of mind, body and spirit! In mind, body and spirit, CMA is an ATTITUDE bent on achieving EXCELLENCE *as the HOLY SPIRIT* leads us to BE! Once you have practiced-to-perfect, you will taste excellence! And you WILL ACHE FOR MORE! The more you hunger and thirst for things until you have excelled in them the more the desire grows. It BE!-comes a habit! We need to ache for what we pursue and give it our all! Does that mean everything? Yes! Especially after we have made it a habit to BE! Aristotle once said, “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” He also said, “Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.” “Michael Jordan talked about excellence when he said, “I’ve always believed that if you put in the work, the results will come.” This is synonymous with my statement that, “If you do “this;” then “that” WILL happen! BE!-committed-to excellence! Make it your daily point of emphasis and habit. **You must make the decision and have the desire to pursue excellence.** In CMA, we apply this attitude towards every basic whether it is a punch, kick, Form, Beatitude, Fruit of the Spirit, etc. As an unknown

author once said, “Every job is a self-portrait of the person who did it. Autograph your work with excellence.” ***When you commit to BE!-coming ALL that Jesus Christ intends you to BE! you must persevere with fortitude of mind until you BE!-come a Christ-centered Martial Artist. Oh, it is worth it!***

✠ **BE!-come your best by doing your best! Your success will greatly depend on your attitude, focused-intent, and the time you contribute to training.** CMA Teacher Grades strive to qualify *everyone* to their greatest ability.

✠ **We are Christ-centered Martial Artists. So the excellence we strive for is that which pleases God.** **Philippians 4:8** tells us: “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” And **Colossians 3:23-24 (AMP)** tells us that: “Whatever you do [whatever your task may be], **work from the soul [that is, put in your very best effort]**, as [something done] for the Lord and not for men, knowing [with all certainty] that it is from the Lord [not from men] that you will receive the inheritance which is your [greatest] reward. **It is the Lord Christ whom you [actually] serve.**” It is righteousness that we HUNGER AND THIRST for and it is what we are to practice-to-perfect.

✠ **BE!-examples of your rank! Represent your rank in everything you do! In your daily life BE!-examples of God’s** Galatians 5:22 (NIV) “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” You must make the decision and have the desire to pursue excellence. That is BE!-ing-an-Example of your rank!

✠ **Define your Belt always! Realize what is lovingly taught; then apply and define your understanding with vigor and exactness!** (Acts 23:1 (NIV)) “Paul looked straight at the Sanhedrin and said, “My brothers, I have fulfilled my duty to God in all good conscience to this day.”

✠ **BE!-strong in your technique throughout the class!** Energize the class by applying your training and understanding of martial spirit, shim gung, focused-intent, peaceful-confidence, and BE!-ing Here/Now! It is contagious! Invite and allow the Holy Spirit to BE!-in you!

✠ **Don’t daydream in classes, practice self-control with focused-intent! Be enthusiastic about your training opportunities.**

✠ **Ask questions of your Instructor & Seniors. Hunger & thirst for learning.** When asking a question during class come to attention & raise your hand to indicate you have a question. Be patient & wait for the Dan member to finish their thought or exercise. After you are recognized, bow & ask your question with courtesy & respect. After you receive their instruction, bow & thank them. If a student needs to be excused FOR A NON-EMERGENCY (restroom or water break, etc.) attract the Instructor by raising your hand & patiently wait to be excused. **FOR ANY**

**EMERGENCY, IMMEDIATELY NOTIFY THE PERSON IN CHARGE OF THE EXERCISE OR CLASS FOR ASSISTANCE.**

Define your Rank!  
BE!-examples of your rank!  
Represent the standards of each rank.

✠ **Supportive participation in CMA Demonstrations, Clinics, Tests & Weekend Workouts.**  
These CMA events are excellent opportunities that not only mature & advance Students in their rank, but also support & intensify the events with your presence. These events amplify joyful giving in the participants as they mature in rank. All Dans and Brown Belts are asked to attend.

Again, BE!-comers in Christ generously share their time & knowledge striving to ***BE!-an-example of His great love.*** Therefore, they are dutiful to their CMA school, church, & community via demonstrated attitudes of:

✠ **COMPASSIONATE-LEADERSHIP**  
✠ **GIVING**  
✠ **DUTY**  
✠ **GRATITUDE**  
✠ **DEPENDABILITY**

These ***VIRTUOUS ATTITUDES*** are central to the CMA Black Belt Levels. We urge all CMA Students to **REALIZE, APPLY & DEFINE THE FOLLOWING ATTITUDES IN THEIR DAILY LIVES:**

✠ **COMPASSIONATE-LEADERSHIP:** As BE!-comers in Christ mature in their rank, they develop compassion for their Juniors and Seniors demonstrated via attitudes of dutiful leadership and heartfelt giving of their Christ-centered martial artistry as defined in the CMA Standards of Excellence.

*Committed CMA training results is genuine compassionate-leadership.* Train with dedicated commitment to humbly look into the interests of others, not just your own. Raise others above yourself by dutifully caring for their needs when possible in accordance with the CMA Standards of Excellence.

Be of service to your CMA Kwoon and classes. Don't horde what you've learned. Rather, share it compassionately! *BE!-an-example to everyone* by representing the **Standards of Excellence** as you mature in rank.

✠ **GIVING:** "Giving" is the fruit of your compassionate-leadership. It is an attitudinal virtue and value that can not be separated from love. ***IT IS LOVE MADE VISIBLE!*** BE!-ing-an example of the **CMA Standards of Excellence** is *centered on giving generously out of love, duty*

*and with humility.* It is an action that each of us desires for ourselves because it expresses compassion and caring. It validates the compassionate-maturity in the giver. And it mirrors the Golden Rule, **“Do to others whatever you would like them to do to you. This is the essence of all that is taught in the law and the prophets.”** The example your Instructor and Teacher fervently strives to uphold is an attitude of unselfish giving and agape love. They gratefully realize the self-less giving from the Lord and *make every effort to give back to anyone in need* through service to their CMA School(s).

The following are priceless scriptures on giving:

2 Corinthians 9:6-7 NLT “Remember this—a farmer who plants only a few seeds will get a small crop. But the one who plants generously will get a generous crop. *You must each decide in your heart how much to give. And don’t give reluctantly or in response to pressure. ‘For God loves a person who gives cheerfully.’*”

Proverbs 11:24-25 NLT “Give freely and become more wealthy; be stingy and lose everything. The generous will prosper; those who refresh others will themselves be refreshed.”

Proverbs 21:26 NLT “Some people are always greedy for more, but the godly love to give!

Jesus also taught us this parable: Matthew 25:31-46 (NLT) The Final Judgment **“But when the Son of Man comes in his glory, and all the angels with him, then he will sit upon his glorious throne. All the nations will be gathered in his presence, and he will separate the people as a shepherd separates the sheep from the goats. He will place the sheep at his right hand and the goats at his left. “Then the King will say to those on his right, ‘Come, you who are blessed by my Father, inherit the Kingdom prepared for you from the creation of the world. For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.’ “Then these righteous ones will reply, ‘Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? Or a stranger and show you hospitality? Or naked and give you clothing? When did we ever see you sick or in prison and visit you?’ Now listen to this part! “And the King will say, ‘I TELL YOU THE TRUTH, WHEN YOU DID IT TO ONE OF THE LEAST OF THESE MY BROTHERS AND SISTERS, YOU WERE DOING IT TO ME!’ “Then the King will turn to those on the left and say, ‘Away with you, you cursed ones, into the eternal fire prepared for the devil and his demons. For I was hungry, and you didn’t feed me. I was thirsty, and you didn’t give me a drink. I was a stranger, and you didn’t invite me into your home. I was naked, and you didn’t give me clothing. I was sick and in prison, and you didn’t visit me.’ “Then they will reply, ‘Lord, when did we ever see you hungry or thirsty or a stranger or naked or sick or in prison, and not help you?’ “And he will answer, ‘I tell you the truth, when you refused to help the least of these my brothers and sisters, you were refusing to help me.’ “And they will go away into eternal punishment, but the righteous will go into eternal life.”**

Look at the unsurpassable love that Jesus has for you and I, the love that never ends! He doesn't say that only these or those people will make it to heaven based on their wealth, fame, or social status! With Jesus, **ALL ARE EQUAL AT THE FOOT OF THE CROSS!!!** Remember that the next time you decide to judge or condemn someone. That is Jesus' territory!


**'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'** There is the truth regarding everyone! God will judge us for our every thought, word, and deed. Base all your thoughts, words, and deeds on love... **GOD'S LOVE IN US!**

But the opposite is true also. Jesus made it perfectly clear by teaching us in this parable: **'I tell you the truth, when you refused to help the least of these my brothers and sisters, you were refusing to help me.'** **"And they will go away into eternal punishment, but the righteous will go into eternal life."**

Can you think of either someone else or yourself when you were... **"hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.'** Have you been exposed to someone that fit any of that criteria? Did you give to them?

As I mentioned previously, years ago in my life I was so hungry and desperate that I could not afford a single pound of butter. It was a luxury I simply couldn't afford! But, Pastor Jackson and his wife, Mary, helped me in so many ways. They purchased a cell phone for me and paid the monthly fees so he could counsel and pray with me daily! Countless times he sent money for food without being asked. When he found out that I wasn't going to church, he immediately contacted what he thought was the closest Nazarene Church to me and set up a meeting with the Pastor. I was suffering so deeply from undiagnosed PTSD, Depression, and Anxiety. Pastor Jackson counseled me back to health; and prayed with me when I could no longer pray. This BE!-loved servant of God shepherd me back to health: mentally, physically, and truly spiritually. I am certain that God will look at Chuck in heaven and say, "Good job, my faithful and obedient servant!" For this fits the parable above. During that time there were many people who judged me and saw me as a failure... including myself! But not Pastor Jackson of Idaho!

***REALIZE JESUS' GIVING AND HIS LOVE, BE!-ING HERE/NOW! NOW! GO FORTH AND BE!-FOR HIM!***

 **DUTY: BE!-Dutiful!** Ecclesiastes 12:13b-14 (NLT) **"Fear God & obey his commands, for this is everyone's duty. God will judge us for everything we do, including every secret thing, whether good or bad."** Our "duty" as Christians is to love God with all of our being & others as ourselves.

What is “duty”? At some point every person will be asked that question mentally, physically and spiritually “*by life*.” And what is “life”? *Life* will demand an answer to both questions. Our answers will *define our character*! Some will ignore questioning life and/or their duties in life. But, others will answer that *call of duty with alacrity*! They are the “*definers of life*.”

*Jesus Christ is Life!* Jesus commands us to love each other *as HE loved us!* The responsibilities we choose in life are our duties, whether realized or unrealized. *Our duties must BE!-His-Will!*

Here’s an example of our Lord’s Duty when the Devil tempted Jesus: **Matthew 4:8-11 (NLT)** “Next the devil took him to the peak of a very high mountain & showed him the kingdoms of the world & all their glory. “I will give it all to you,” he said, “if you will kneel down & worship me.” **“Get out of here, Satan,”** Jesus told him. **“For the Scriptures say, ‘You must worship the Lord your God & serve only him.’”** Then the devil went away, & angels came & took care of Jesus.”

***Duty is what we do for God and others with joy, unasked through understanding with loving-kindness, allowing the Holy Spirit surrendered access to lead our way!***

*Duty is “self-chosen responsibility”.* Unfortunately, too many people ignore their responsibilities, but oh how wonderful it is when the definers of life choose it, calling it their duty to oblige no matter what the cost is to them! It all centers on a personal choice and an obedience to God.

***TO ACCEPT A RESPONSIBILITY THAT SOMEONE GIVES YOU IS NOTHING COMPARED TO THE PERSONAL-CHOOSING OF A DUTY BECAUSE YOUR CHARACTER DEFINES IT AS A SOMETHING YOU NECESSITATE!***

To BE!-dutiful or not... *What a difference in character!*

Opportunities for duty await us in our relationships, church, job, and your CMA School. BE!-comers in Christ have responsibilities *to each other* and their CMA School(s) as defined in the **Physical, Mental and Spiritual Standards of Training**. Make it your duty to *realize* and *choose* the responsibilities that are **Standards and Expectations** for Belt Ranks. Then *apply* and *define* them in your daily lives with cheerful readiness!

Duties expand in the Brown Belt ranks as your skills and realization of the **Standards of Excellence** increase. Opportunities of duty include assisting your Instructor with leading class; and BE!-ing-an-Example; helping Juniors with their equipment, training, and test preparations; volunteering to help and participate with CMA Special Events (Clinics, Weekend Workouts, Banquets, etc.) by planning, organizing, and helping with the plethora of things that are needed for the events, and by demonstrating your support, sharing your skills and martial spirit, and BE!-ing-an-Example.

***What is BE!-ing a Brown Belt? BE!-ing-dutiful, unasked, through understanding!***



At the Dan levels, BE!-comers in Christ are expected to humbly assist the Instructor and/or Teacher Grade(s). Dan members demonstrate proper attitudes whenever they help their Juniors and Seniors BE!-come all that Jesus Christ intends them to BE!

Jesus Christ wants us to love one another as He loved us by *BE!-ing*-His Attitudes (actively living them out in our daily lives) (“*Every-minute-Jesus*”)! Matthew 5:6-10, 13 (MSG) **“You're blessed when you've worked up a good appetite for God. He's food & drink in the best meal you'll ever eat. "You're blessed when you care. At the moment of being 'care-full,' you find yourselves cared for. "You're blessed when you get your inside world—your mind & heart—put right. Then you can see God in the outside world. "You're blessed when you can show people how to cooperate instead of compete or fight. That's when you discover who you really are, & your place in God's family. "You're blessed when your commitment to God provokes persecution. The persecution drives you even deeper into God's kingdom. Let me tell you why you are here. You're here to be salt-seasoning that brings out the God-flavors of this earth. If you lose your saltiness, how will people taste godliness? You've lost your usefulness & will end up in the garbage. Here's another way to put it: You're here to be light, bringing out the God-colors in the world. God is not a secret to be kept. We're going public with this, as public as a city on a hill. If I make you light-bearers, you don't think I'm going to hide you under a bucket, do you? I'm putting you on a light stand. Now that I've put you there on a hilltop, on a light stand—shine!” “Keep open house; be generous with your lives. By opening up to others, you'll prompt people to open up with God, this generous Father in heaven.”**

Dan Members who choose to benefit only themselves stifle their true potential. Their training becomes another layer of self-will that alienates them from their Christ-centered potential.

Teacher Grades strive to *BE!-a-servant aching to fervently energize anyone with the gospel out of their love for the Lord!* Their duty is revealed in the unannounced goodness that comes from their attitude of compassionate maturity & ministry that humbly serves without expecting anything in return.

These are dutiful attitudes! They exemplify the CMA's expectations for the Teacher Grade Level.

***Seize the moment of duty without hesitation!*** *Train-to-perfect your duty* to God & others by gratefully realizing and defining duty! Jesus revealed His Holy Duty and Love when He agonized in the garden, Lk 22:41-44 NLT “He walked away, about a stone's throw, and knelt down & prayed, **“Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine.”** Then an angel from heaven appeared and strengthened him. *He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood.”*

✠ **GRATITUDE OR THANKFULNESS:** *Gratitude is an essential result of progress in CMA. It's a mirrored reflection of the value we realize in what God & others have done for us.*

As we understand from the bowels of our being that the Triune God is relentless and persistent in His giving to us, spiritual thankfulness is *realized*. Through the sanctifying power of the Holy Spirit, we will *experience* God's *continuing* giving via His Grace! We can't help but develop a grateful attitude unless we are a stone! He sanctifies us as we surrender to His will. To reap the reward of this virtue, value, and trait of thankfulness we must develop a humble attitude and complete surrender to God's will.

Sanctification is the work of the Holy Spirit within us, and from His process we absorb the Holy Fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

*Deepest feelings of thankfulness* naturally pervade our hearts as we realize this Holy Fruit! *Deepest feelings of gratitude WILL result in us as we realize His unlimited patience, loving-kindness and character-building traits that strengthen us for the storms of life!* As we become conscious of these divine works and traits within us, we develop "a humble spirit..." that gratefully welcomes His power to save our souls.

This yielded attitude within us fosters thankfulness and our *greatest potential!* Our humble attitudes of duty and gratitude facilitates growth within us, and our roots in Christ mature deeply. Everything intensifies, maximizing growth and transformation.

Christ-centered Martial Artists *practice-to-perfect* their mind, body & spirit via ***ardent training with exhaustive effort and vigor*** so their roots grow deepest in Christ! *We fan the flame! And, the Holy Spirit sanctifies us of our impurities!*

The same attitude & focused-intent is applied to reading the Word! As we **TRAIN** ourselves in the Word we must *invite and allow the Holy Spirit to work deeply within our hearts*. Through **TRAINING** in CMA... let me repeat... *through training* (passionate maturing in knowledge, abilities & character with centeredness on the Lord), BE!-comers in Christ develop an attitude of *practice-to-perfect* holistically that leads to a discovery of their *God-given potential*. While we may develop powerful physical weapons that can easily destroy life when unleashed, we Colossians 2:7 NLT "...let [our] roots grow down into Him, & let [our] lives be built on Him. Then [our] faith will grow strong in the truth [we] were taught, & you will overflow with thankfulness."

Make certain that you are deeply rooted (*saturated*) in the Word. Daily *hunger and thirst* to read, study, hear, memorize and journalize the Holy Bible knowing that... 2 Timothy 3:16-17 (NIV) "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work."

***Training spiritually...*** During the “summers of your training” (those times of living life hungrily to its fullest with periods of intense effort to BE!-come our all), that training either leads us to God or away from Him, depending on who, or what, we are centered on. Therefore, we *gratefully devote* our lives to ***BE!-coming all that Jesus Christ intends us to be*** by *allowing* the Holy Spirit to guide us through our training and our lives. ***Gratitude prevails!***

Throughout scripture we find that not only did Jesus Christ emphasize gratitude, but so did the prophets and the Apostles! Develop your harvest of thankfulness as you absorb His Word and apply, and define it throughout your life.

In the “summers of your training,” train diligently, mastering your self-discipline & self-control so you can do the work of the Lord! Vigorously practice a “basic” a thousand times with focused-intent; instead of practicing a thousand things once! Discover when, where, & how to apply it. Remember, the “basic” may be thankfulness... or one of the nine Fruit of the Spirit, a kick or a punch, or a Beatitude. All of this leads to deeper gratitude!

**Genuine gratitude is realized AFTER INTENSE TRAINING and then defined in your character by a subsequent sense of duty.** Your gratitude, borne out of compassionate-maturity will lead you to BE!-dutiful to His “Great Commission.”

***When you commit to BE!-coming ALL that Jesus Christ intends you to be you must persevere with fortitude of mind until you BE!-come a Christ-centered Martial Artist. Oh, it is worth it!*** The more vigorous our training is to “BE!-come all that Jesus Christ intends us to BE,” the deeper our gratitude BE!-comes! Colossians 2:7 NLT “Let your roots grow down into Him, and let your lives be built on Him... the deeper your faith will grow strong in the truth *and you will overflow with thankfulness.*”

As our roots grow deeply into Christ we will overcome the storms of our daily lives and ***BE-Come ALL that Jesus Christ intends for us to BE!*** In the autumns of our rigorous training, our fortitude of mind is tested. We will stand firm in Christ & receive an eternal harvest from his unending Love.

Look at **Romans 8:35 and 8:37**, again: “Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?” Are troubles haunting you? Do you feel troubled and afraid? Does it ever seem hopeless? Are you put down because of what you believe? Are you hungry because you are poor? Do you think you are a failure? Worse, has Satan tricked you again making you think you are a loser or that even Jesus Christ hates you? Do you think that all your sins and failure have separated you from the love of our precious Lord and Savior, our Friend, JESUS? NEVER! **Romans 8:37 (NIV) “No, in all these things we are more than conquerors through him who loved us.”** This truth is realized from training in the Word, conditioning an effective prayer life, and disciplining our attitudes, behaviors, and actions. Thankfulness pervades our being as a RESULT of TRAINING spiritually, mentally, and physically!

**WE MUST HAVE FAITH, BE!-STRONG, AND ENDURE! THROUGH HIM, ALL THINGS ARE POSSIBLE!**

The centeredness that BE!-comers in Christ *realize* from their intense “summers of training” eliminates the distractions of the world and reveals the presence of the Holy Spirit dwelling within them. In this centered state of mind, body and spirit, they become sincerely grateful to the Lord! **1Jn 3:1** “*How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are!*”

In the “**Fall Season of training**,” they do look back on the “summers of their growth” & ponder the “storms” of their journey with its many challenges. **They are now trained!** Their progress *directly results from their efforts AND ATTITUDES*...but, *more importantly*, from *those who gave generously* toward their goals & efforts.

During the “fall season” of journeying into ourselves, we can not help but VALUE those who assisted us along the way. Gratitude is a natural response for BE!-comers in Christ! *After rigorous hours of progressive training, it is natural that Christ-centered martial artists become most thankful of those people that contributed to their success.* An overwhelming thankfulness fills them as they *realize* what *others gave to them* during their challenging journey!


They *appreciate* that their CMA Instructor, and/or Teacher *trained them as a labor-of-love*. CMA Instructors, & Teachers faithfully commit to their Students’ progress by generously sharing their knowledge & skills that resulted from their own personal training. They do this attitudinally and through actions out of compassionate-maturity, loving-kindness, & a sense of duty.

CMA Seniors & Juniors helped them along their way, too! *Their giving is priceless & sometimes not realized. What often gets us through “plateaus & storms” is the camaraderie found in a CMA school.* It becomes invaluable to your training, providing a myriad ways of support & learning.

Our attitude should be like the leper in **Luke 17:13-15** (MSG), “It happened that as he made his way toward Jerusalem, he crossed over the border between Samaria and Galilee. As he entered a village, ten men, all lepers, met him. They kept their distance but raised their voices, calling out, “Jesus, Master, have mercy on us!” Taking a good look at them, he said, “**Go, show yourselves to the priests.**” They went, and while still on their way, became clean. One of them, *when he realized that he was healed, turned around & came back, shouting his gratitude, glorifying God. He kneeled at Jesus’ feet, so grateful. He couldn’t thank him enough—and he was a Samaritan.*”

**Gratitude is the desired attitude that naturally pervades the heart & soul of a BE!-comer in Christ. It is a mirrored reflection of the value we realize in what God & others have done for us.** Is gratitude *your* mirrored reflection of the value *you* realize for what God & others have

done for you? *Ephesians 1:15a (MSG)* “That’s why, when I heard of the solid trust you have in the Master Jesus & your outpouring of love to all the followers of Jesus, I couldn’t stop thanking God for you—every time I prayed, *I’d think of you & give thanks.*” What reflection do others see in you? Do they see or hear your gratitude as an essential result of your progress, or do they hear you boast of yourself?

 **DEPENDABILITY:** Synonyms for “dependability” include: faithfulness, devotedness, steadfastness, authenticity, loyalty, truthfulness, trustworthiness, & reliability. Consider how these words apply to everything in your life including family, marriage, children, Students, Teachers, friends, employment, schools, church, & especially God.

Our training must foster dependability. Our “yes” needs to mean “yes” and our promises need to be kept! If we commit to something, we must commit wholeheartedly with focused-intent. We must be reliable and truthful. Even our physical techniques of CMA must be real and authentic.

BE!-comers in Christ exhibit loyalty and trustworthiness. They are dutiful in putting others first with compassionate-maturity. They help those around them and can be trusted with duties.

How many times have you found yourself or others quitting, or backing out of a promise that you or they gave? *BE!-comers in Christ finish what they start!* Via their training, their *steadfastness* outweighs their fears and temptations to go where the “grass is greener.”

*Realize the **Divine Dependability of the Lord!*** In spite of all of our sinning, Jesus gives us His Perfect Love with unlimited patience and loving-kindness! He has the power to un-create, *yet He invites sinners to Himself* even though He detests sin! While so many sinners ignored Him when He spoke, he lovingly invited them to His Perfect Love: *Matthew 11: 28-30 (NLT)* “Then Jesus said, **“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”** *What **Divine Dependability!***

The Divine Dependability of Jesus is seen throughout the Holy Bible. One example of His Divine Dependability is *Luke 22:41-51 (NLT)*, “He walked away, about a stone’s throw, and knelt down and prayed, **“Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine.** Then an angel from heaven appeared and strengthened him. He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood. At last he stood up again and returned to the disciples, only to find them asleep, exhausted from grief. **“Why are you sleeping?”** he asked them. **“Get up and pray, so that you will not give in to temptation.”** But even as Jesus said this, a crowd approached, led by Judas, one of his twelve disciples. Judas walked over to Jesus to greet him with a kiss. But Jesus said, **“Judas, would you betray the Son of Man with a kiss?”** When the other disciples saw what was about to happen, they exclaimed, “Lord, should we fight? We brought the swords!” And one of them struck at the high priest’s slave, slashing off his right

ear. But Jesus said, **“No more of this.”** And he touched the man’s ear and healed him.” What an example of our Lord’s perfect compassion, merciful giving, holy duty and divine dependability! Jesus could have simply walked away, or worse retaliated! Instead, **HIS** divine dependability shown forth! Because of His unlimited patience and merciful kindness, He loved us and remained faithful and dutiful to God the Father *defining dependability at such a cost!* **Isaiah 52:13-15 CEV** “The LORD says: My servant will succeed! He will be given great praise and the highest honors. Many were horrified at what happened to him. But everyone who saw him was even more horrified because he suffered until he no longer looked human.”

Amongst many other divine and holy traits, our precious Lord and Savior DEFINED dependability in **Isaiah 53:5-8, 10a, 11-12 CEV**: “He was wounded and crushed because of our sins; by taking our punishment, he made us completely well. All of us were like sheep that had wandered off. We had each gone our own way, but the LORD gave him the punishment we deserved. He was painfully abused, but he did not complain. He was silent like a lamb being led to the butcher, as quiet as a sheep having its wool cut off. He was condemned to death without a fair trial. Who could have imagined what would happen to him? His life was taken away because of the sinful things my people had done. The LORD decided his servant would suffer as a sacrifice to take away the sin and guilt of others. By suffering, the servant will learn the true meaning of obeying the LORD. *Although he is innocent, he will take the punishment for the sins of others, so that many of them will no longer be guilty.*”

*BE!-comers in Christ generously share their time & knowledge striving to BE!-an-example of His great Love. Be of service to your CMA school, church & community via attitudes of **COMPASSIONATE-LEADERSHIP, GIVING, DUTY, GRATITUDE, & DEPENDABILITY!***

## Chapter 9

### **Standards of Excellence**

#### **Responsibilities and Expectations for CMA Belt Testing:**

As previously stated, the **Standards of Excellence** embrace the core virtues and values of BE!-coming and BE!-ing a Christ-centered Martial Artist. Included in these are the **Belt Rank Responsibilities & Expectations**. They are designed for those serious & dedicated individuals who intend to BE!-come Christ-centered Martial Artists, & requires the utmost focused-intent & commitment.

In CMA, **ATTITUDE** is a key concept that is taught to all Students. It is a major requirement at every level, especially for the Advanced Students and Dan Ranks. The higher the rank, the more your **ATTITUDE** plays into being promoted. Your **ATTITUDE** will be closely scrutinized



leading up to any Belt Test. Being allowed to test for any rank is a privilege and an honor that is taken very seriously. How you respond to being allowed to test, or told to wait for another Belt Test, will depend on your **ATTITUDE**. This is always closely scrutinized by the CMA Board of Examiners.

*Every Belt defines you* in this great endeavor to BE!-come all that Jesus Christ intends you to BE! **Rank is representative. Define your Rank! BE!-examples of your rank!**

**General requirements for Testing include the following:**

✠ **Regular weekly attendance:**

- a. Beginning students: minimum of 4 classes per month.
- b. Advanced Students: minimally 6 classes per month.

✠ **Honor your Kwoon by respectfully wearing a well kept uniform.** Gup Students must wear a white uniform with the CMA Patch. Only Black Belts may wear an all black, or combination of white and black uniform with the patch. CMA uniforms represent your Kwoon and its lineage. Making a personal fashion statement in your training outfit is neither important nor desired by Christ-centered Martial Artists. Plain white or black uniforms are a part of our lineage. They also represent egoless simplicity.

✠ **Everyone starts at White Belt.**

✠ **Only CMA Certified Belt Ranks may be worn with the uniform.**

✠ **All promotions must be certified by a Teacher Grade Black Belt or above.**

✠ **It is essential that you carefully review your Requirement Sheets.** *This can not be stressed enough!* They are maps to your promotions!

- *Don't wait to review them.* Rather, study them in detail throughout your training.
- *Ask questions.* Seek clarity from your Instructor and Seniors well in advance of the Test to ensure you understand what is expected of you. If necessary, re-review the corrections with your Instructor until he or she approves your performance for testing.
- *Demonstrate an attentive and grateful attitude for your Instructor's guidance and care.*

✠ **When given the privilege and permission to test for your next rank, make certain you understand ALL of your Requirements thoroughly, and *prepare in advance*.** Refer to your Requirement Sheets for specific requirements and deadlines.

✠ **Carefully select your training partner for your test at least two months before the actual date of the Belt Test.**

✠ **BE!-responsible and mature by SEEKING approval (and getting it!) from your Instructor for your One Step Sparring Techniques, and your Self Defense Techniques. This MUST be completed no later than 30 days prior to the date of the Belt Test.**

✠ **BE!-dependable & dutiful by ensuring that your required Test Fees, One Step & Self Defense Techniques Lists, & Written Requirements are handed in on time.**

✠ **Honor God by BE!-coming your best for the CMA Test:**

- Wear your best washed and ironed uniform. You are urged to *do it yourself* with the *same attitude* of “*sweeping the floor.*” *This is humble duty and love made visible!*
- Ensure that all of your equipment and boards are gathered and ready for use. If you have extras, share them if needed.
- Eat appropriate food that provides adequate nourishment and hydration. Give yourself enough time for proper digestion.
- BE!-calm and peaceful before and throughout the Test. But, BE!-alert and ready!
- Prepare to honor God during the Test. Test for and to Him!
- Perform at your Belt Test with alacrity! Have fun, too!

✠ **Students should arrive *early* to the test.** Plan your time wisely in order to prepare yourself & others for testing. Be in uniform minimally 30 minutes before the start of the test.

✠ **Your attitude should be serious, humble and serving the needs of your CMA School, Juniors, and Seniors.** Opportunities such as setting up the Test, maintenance needs, or assisting a nervous Junior will reveal a “right-attitude” and a servant’s heart!

✠ **In CMA, it is considered an honor to be selected as a partner. *BE!-the-best-partner possible!*** Exemplify that honor with availability and effectiveness.

✠ **Be alert! Honor the test with focused-intent and perseverance!** Your physical, mental and spiritual prowess may be tested to its limits. Persevere with patient endurance. Demand your best! We will!

✠ **Be Christ-centered!** Ephesians 6:10 (NIV) “**BE strong in the Lord and his mighty power.**” Forge your mind, body and spirit as one. Invite the Holy Spirit to totally infill you throughout the Test!

✠ **You are *BE!-ing-tested* during a CMA Belt Test just like your Instructor and Seniors were at your level! Be disciplined; express self-control and enthusiastic effort!** (2 Timothy 2:15 (NIV) “Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.”)

✠ **Encourage your Juniors and Seniors during the Test.**

✠ **Humbly lead by example.** Romans 12:11 (NIV) “Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.”

✠ **Congratulations on your preparation and performance!** If you fully qualify for a promotion you will receive your Belt and/or Black Stripe at the end of your Test.

✠ ***If any Requirement is not passable, the Teacher Grade may either fail your entire Test, or issue a “Conditional.” Only Teacher Grade Examiners can authorize Conditionals.*** A Conditional allows you to pass the test *ON THE CONDITION* that you *make passable* the specific deficiencies identified in your Test. The Teacher Grade Examiner will mandate a specific timeframe (usually 2-4 weeks) to make up the Conditional(s). If the Student fails to make up the Conditional(s) in that time, they will have to retest and pay an additional test fee. Your promotion is postponed until the Conditional is satisfied. Please realize that Conditionals are an extended privilege, and not something to expect.

✠ **After the Test, please assist your seniors with any clean up.** We encourage fellowship and celebration to follow CMA Tests! This is an opportune time for fellowship with all participants and Examiners; and to reflect on everyone’s contribution to Testing.