

DISCIPLESHIP TRAINING

CHRIST JITSU™
KIDS™
THE WAY OF CHRIST



CHILDREN'S SERIES: VOLUME 1

WHITE, ORANGE & YELLOW BELTS



DEFEND YOURSELF. DEFEND YOUR FAITH.

ChristJitsu Discipleship Training

CHILDREN'S SERIES: VOLUME 1

White, Orange and Yellow Belts

by
Gary Kruger, Jr.
and
Danny White, Jr.

Design, Illustration and Layout
Scott Rasmussen

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WELCOME ANOINTED FIGHTER

This is the first in a series of studies designed to help you grow in your knowledge and understanding of God. Our goal is that through this study and the leading of the Holy Spirit, you will deepen your relationship with God through His Son, Jesus Christ.

Just as most martial arts schools use ranks to signify a person's development, ChristJitsu uses belt ranks to keep track of your progress as you complete this course of study. This volume covers the beginner ranks of ChristJitsu and is designed to give you a firm foundation in the Christian faith. This curriculum will help you as you grow and develop in the intermediate and advanced ranks of ChristJitsu.

Please take the time to read the introductory section to learn more about what it means to be an Anointed Fighter and to practice the art of ChristJitsu.

For more information about the ChristJitsu program and other resources visit us at www.christjitsu.com

Credits

General Editors:

Gary Kruger, Jr.
Danny White, Jr.

Associate Editors:

Cindy Kruger
Vicki White
Jerry Wallace

Design, Illustration and Layout:

Scott Rasmussen

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Martial Arts Ministries
27496 Commerce Center Drive, Suite A
Temecula, CA 92590

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Introduction

ChristJitsu™ is a full-discipline, spiritual martial arts program. Students may earn a Black Belt through study, training and hard work. Our mission is to present the Gospel of Salvation to all students through trusting in Jesus Christ as their personal savior. ChristJitsu also has a full-discipline, physical curriculum where students can earn a Black Belt in the physical martial art of ChristJitsu. Visit www.martialartsministries.org to find a location near you.

God loves each and every person on this planet. You can not earn more of God's love through church affiliation, your philosophy or possessions. He is interested in you and your eternal destiny.

Do you know where you would be tomorrow if you died today? You can know! You can know because God has

told you so in the Bible. It says "Whosoever" (that's anybody, you or me) "shall call upon the name of the Lord, shall be saved" (have a place reserved for themselves in Heaven for Eternity), Romans 10:13 (NKJV). Note, He did not say might be... He said shall be. And what is the only name that saves? It's Jesus Christ of Nazareth, Acts 4:12.

Jesus is God in human form, come down from Heaven to relate with man directly (Matthew 1:18-25). He suffered and died for all mankind (Luke 4:16-21 and Matthew 20:17-19). He rose again that we might know his power and know that in him is eternal life (Matthew 28:1-10). Study, training and hard work are not requirements for Heaven. The Holy Spirit helps us with these areas AFTER we receive His free and everlasting gift to become more like Christ. (Romans 6:23).

Do you know Jesus Christ as your personal savior?

The scripture below will help you to understand that as a sinner you stand opposed to God. It will also show you how that relationship can change and you can become a member of God's family.

- Romans 3:23 - "for all have sinned and fall short of the glory of God,"
- Romans 6:23 - "For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. "
- Romans 5:8 - "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. "
- Romans 10:9 - That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. "

If you believe Jesus died for you and are ready to live your life for him then bow your head, close your eyes and speak to God with words such as these:

God, I recognize You as the All Mighty God and myself as a sinner. God, In the name of Jesus Christ please forgive me. Jesus come into my life and save me.

If you prayed this prayer from your heart, God will accept it and you will have secured a place for yourself in Heaven for eternity. Now you are ready to begin training in the most powerful of all Martial Arts –

ChristJitsu™

"The Way of Christ."

Christians and Martial Arts

As martial arts programs continue to grow in popularity, Christians can sometimes find themselves struggling with how martial arts fits in with their faith and whether or not it is appropriate for them or their family members to participate in the programs. Here are a few questions that can sometimes arise among Christians when wrestling with the idea of participating in martial arts programs. It is our hope that by examining scripture as well as the life of Christ, it will better equip you to answer some of the questions pertaining to this issue.

Some people struggle with the idea of Christians participating in the martial arts because they feel that the martial arts are too aggressive. The portrayal of the martial arts in some movies contributes to this perception. Take for instance the movie *Karate Kid*. While this movie is responsible for causing countless numbers of students to flood into karate schools, it has also caused some people to think all schools are like the Cobra Kai school depicted in the movie. If you have seen the movie you know exactly what we are talking about. In the movie, the Cobra Kai instructor teaches his students that they are to show no mercy and do whatever it takes to win. CORRECTION: The truth is that there probably very few schools like the one shown in the movie. The majority of programs across the United States spend a great deal of time and energy building the character of their students. This is done by focusing on things such as courtesy, integrity, perseverance and self-control which help to curb aggressive behavior. Most, if not all, teach that the skills students are learning should be used for self-defense and only when there is no other choice.

Since the martial arts can sometimes look like a fight, let's take a look at a scripture that talks about battle. In Ephesians 6:12 we are told that as believers we are in a spiritual wrestling match against the powers of this dark world and the spiritual forces of evil within the heavenly realms. Ephesians 6:13-18 goes on to describe the armor that must be worn by believers if they are to stand firm when the day of evil comes. As believers we are called to defend ourselves against spiritual attacks with the full armor of God.

Does that same idea of defending oneself hold true for physical self defense? The idea of personal self defense shows up in the Old Testament in Ecclesiastes 4:12: "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." Here we see the idea that we are expected to defend ourselves. It also shows us that we are to help others in their time of need.

Jesus told believers that as a matter of priorities, our love should be first directed toward God and after that, toward our neighbors (Matthew 22:37-39). We also find Jesus telling us we are to love our enemies and to pray for those that persecute us (Matthew 5:44). While we are to do these things, we are not told to sit back and allow people to physically harm us or those entrusted to our care regardless of the circumstance.

Here is another way to look at the issue. What should you do if you run across someone being physically abused or beaten? The idea of defending yourself or someone else seems pretty straight forward when you look at the issue in light of Ecclesiastes 4:12.

The issue of self defense can be seen in the teachings of Jesus as he sends out his disciples. In Luke 22:36, Jesus tells his disciples to sell their cloaks to buy a sword if they did not have one. He told them this so that they could physically defend themselves should the need arise. However, this verse sometimes gets overlooked in light of Matthew 5:39, "But I tell you, Do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also." Culturally, the idea of striking someone on the cheek deals with the issue of an insult. Jesus is saying that if someone is insulted verbally they are not to retaliate with physical violence. It does not mean that we are to allow someone to deliver a right cross to the side of our face and then turn the other cheek so that they can finish with a left hook. We can see from examples out of both the Old and New Testament that God allows for believers to defend themselves and others from physical violence.

Self-defense has always existed out of necessity. No one knows who the first person was who balled up a fist to ward off an attacker or who first delivered a side kick as a way to subdue the adversary. Let's be honest, there are only so many ways to use the human body for self-defense. At some point it has become all about repackaging techniques in order to explain someone's particular philosophy regarding self defense. Some Christians may believe that it is wrong to practice martial arts because many of the programs are based on religious beliefs from the Far East. The truth is, that most of the martial arts practiced today in the United States are based solely on the physical aspect of self defense and not that of a particular religion. Our job as Christians is to do our homework and seek out schools where the philosophy falls in line with the values and morals

taught in God's word. Researching programs before signing up will help avoid schools that teach religious philosophies contrary to that of the Christian faith. If you have the choice between joining a martial arts school that shares the Christian faith and one that does not, why not participate in the one that will help build you up spiritually as well as physically?

For more information pertaining to Christians and the martial arts as well as how to choose the right school for your family, visit the resource section on the official ChristJitsu website at www.christjitsu.com.

What is an Anointed Fighter™?

An Anointed Fighter is anyone who has put faith and trust in Jesus Christ and desires to live life solely for him.

The word “Anointed” comes from the biblical word “anoint” which means - to authorize, or set apart, a person for a particular work or service. As followers of Christ, all believers have been set apart or authorized to proclaim the Gospel of Christ throughout the world (Acts 1:8, Matthew 28:19).

The Anointed Fighter directly parallels the “faith fight” illustrated in I Timothy 6:12; “Fight the good fight of the faith...” Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses.” The thought here is of a soldier who fights to live the good Christian life in the face of the challenges and warfare of the world.

The Cage of Life is where most of an Anointed Fighter’s battles take place. Believers are not told they will have an easy life because they accept Jesus as their Savior.



In fact, the Bible states quite the opposite. Romans 5:3-4 says that Christians should rejoice in their sufferings. It is through suffering that God builds perseverance into a believer’s life. This perseverance leads to character that strengthens a believer’s hope in the return of Jesus Christ allowing them to continue fighting the “good fight of the faith...” (I Timothy 6:12).

We believe there is a reason why you have enrolled in ChristJitsu. We are all in a spiritual battle and can use someone who will stand back to back with us inside the Cage Of Life. It is our prayer through Christ that you will find answers within this program that will help you stand strong and continue “fighting the good fight of the faith.”

There is an Anointed Fighter notebook available for journaling as God reveals new things to you. If you do not have an Anointed Fighter notebook and would like to obtain one, please visit our website at www.martialartsministries.org.

What is ChristJitsu™?



Almost every style of martial arts in existence today has a Grandmaster. The Grandmaster is responsible for the formation of the art or is currently responsible for making sure the art is taught correctly. ChristJitsu looks to Jesus Christ as the Grandmaster. He is the one who made a way for mankind to be reconciled to God. It is by following his teachings and the example he set in life that Anointed Fighters gain the knowledge needed to fight “the good fight of the faith” (I Timothy 6:12).

The name ChristJitsu is formed by the joining of two separate terms. The first of these terms is Christ, meaning anointed, the Greek translation of the Hebrew word "Messiah." This term occurs 1,514 times in the New Testament. It denotes that Jesus Christ was set apart for God's work to redeem his people and earth as prophet, priest, and king.

The second term Jitsu is often translated "art", "technique" or "way of." We desire that Anointed Fighters are equipped in the best possible techniques or ways to fight “the good fight of faith.”

ChristJitsu is the spiritual martial art fighting system that teaches Anointed Fighters to “fight the good fight of the faith...” (I Timothy 6:12) through the power of Jesus Christ. ChristJitsu teaches that there is only one way to the Father and that is through His son Jesus Christ. Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me” (John 14:6).

Objective:

To train Anointed Fighters for Christ in the art of spiritual warfare against the evil forces in spiritual realms, while teaching them how to master and control the most important functions of the mind (intellect, emotions, and will) according to God's divine purpose and word.

Philosophy:

ChristJitsu expresses Christ's philosophy of yielding to an opponent's force and responding with "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control" (Galatians 5:22).

Getting Started

During this course you will be working your way through the beginner ranks of ChristJitsu. The beginner ranks consist of three belts in the following order: White Belt, Orange Belt and Yellow Belt. At each belt there are a series of stripes that must be earned before progressing to the next belt. Each lesson is designed to take one month to complete and is made up of three parts.

The Warm-up

The first part of each lesson is the warm-up. During the warm-up you will read a small devotional to help prepare your mind for the next section of the lesson. The Warm-up is designed to get you thinking about how you can use God's word to "fight the good fight of the faith..." (1 Timothy 6:12) inside the Cage of Life.

The Workout

The workout is the next section you will encounter in your lesson. During this part of the lesson you will be asked to look up scripture and record what the Holy Spirit is showing you during your workout. Don't rush through this section, break it up over the course of the month and take it all in. Remember to read over the warm-up section each time you get ready to do your workout.

Extra Conditioning

The extra conditioning section is designed to help you go deeper into the material covered during the workout. Please make sure you complete the workout section before you dive into the extra conditioning section.

The Cool Down

The cool down section is the last part of the lesson. It is designed to give you time to reflect on what God has revealed to you during your warm-up and workout. Take the time at the end of each workout to meditate on the things you have learned and write down in your Anointed Fighter Notebook what God has shown you.

Books of the Bible

By the time you complete this course you should have the names of all 66 books of the Bible memorized in order. Commit some time during each lesson to work on this project. You can either choose to memorize them all at once or eight different books as you do each lesson. There is a list of all 66 books in the back of this manual so that you can track your progress.

Getting the Next Belt

If you would like to receive rank certificates marking your achievements as you move your way through the ChristJitsu material, you will need to register as a participant in ChristJitsu online at www.christjitsu.com. It is free to register and all of the instructions for how to obtain rank certificates can be found on this site. Before you are awarded the rank of Black Belt you will be asked to write a short paper about your training in ChristJitsu.



White Belt: Warm-Up

What is Character?

Hey Kids, this is Tommy Truth. Before we get into our workout, I want to make sure you understand what it means to talk about someone's character.

Your character represents all the things that make you different from everybody else. These things include the abilities God gave you, the way you act, how you treat others, and even the things that you think. I want to make sure you understand that your character is different from your reputation. Your character is displayed by what you do and think when no one is looking, while your reputation is determined by what others think about you. Because people cannot see the things you are thinking or feeling, it is possible for you to have a reputation that does not match your character. This is often called being "two faced". It refers to acting one way in public when people are watching and acting in a completely different way when no one is around.

While people are sometimes "two faced", the Bible tells us that God never changes. "Jesus Christ is the same yesterday and today and forever" (Hebrews 13:8). Most of us act better around others than we do in private. Here is an example of what I mean. The other day I was at the mall with Ryan Respect and my other friends when I noticed a video camera set up to watch the people in the store. I was not planning on doing anything wrong, but just knowing the camera was there made me watch what I was doing because someone was watching me.

As a ChristJitsu trained Anointed Fighter, you need to make sure you are pursuing the virtues of our Grandmaster, Jesus Christ. Certainly those virtues include love, grace, mercy, forgiveness and humility. In fact, the character traits of the Grandmaster are written in the Bible.

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control..." (Galatians 5:22-23).

The type of character you have is your choice. If you make poor choices such as stealing, lying, or being lazy, you have poor character. You don't know what types of situations you will encounter at home, at school or with friends, but you can choose how to act and display the character traits of Jesus.

What does the Bible say about character?

The Bible is filled with instructions on what it means to live like a champion in a godly and upright manner. The Bible is also filled with stories of those who had Godly character and those who did not. We can benefit from all these examples.

Adam was the first man God created. He was also the first person who failed to listen to God's instructions. "Therefore, just as sin entered the world through one man [Adam], and death through sin, and in this way death came to all men, because all sinned -" (Romans 5:12). When he sinned, Adam's character demonstrated rebellion and disobedience toward God.

One example of a man from the Bible who displayed upright character was Joseph. He was dealt some pretty amazing circumstances. He was sold as a slave (Genesis 37), accused falsely, and thrown into jail (Genesis 39). He also experienced some wonderful circumstances like being second in command for all of Egypt (Gen 41:39-45). When it came down to each situation, Joseph displayed godly character. He was honest, upright and held on to his integrity. His biggest test was when he had a chance to pay back his brothers for selling him into slavery. He could have thrown them into jail, or had them killed, but instead his character pointed the way toward love and forgiveness. "Then he (Joseph) threw his arms around his brother Benjamin and wept, and Benjamin embraced him, weeping. And he kissed all his brothers and wept over them. Afterward his brothers talked with him" (Genesis 45:14-15).

Clearly, God's Word is filled with instructions on how Anointed Fighters with godly character are to both think and act. As you begin your training, pray that God will show you how to have His character in your life.

Prayer: *Heavenly Father, thank you for the examples you provide in your word on how to live a life that is pleasing to you. I pray that you will help me learn from the examples you provided so that I may live a life filled with godly character. In Jesus' name, AMEN.*

Extra Conditioning

Books of the Bible
Continue memorizing the names of the books of the Bible in order.

Attributes of God

Omnipresent –

God is everywhere all the time.

Omnipotent –

God is all powerful.

Omniscient –

God is all knowing.

Read the following scriptures and record which attribute the verse is referring to.

Psalms 139:8

Acts 15:18

Isaiah 46:10

Matthew 19:26

Luke 1:37

Psalms 147:4-5

Jeremiah 23:23-24

White Belt: What is Character?

Memory Verse

Romans 3:23 "For all have sinned and fall short of the glory of God."

God's Character

Read the following scripture and list some of the character traits of God.

Deuteronomy 32:4 _____

I Samuel 2:2 _____

Ezra 9:15 _____

I John 1:9 _____

Ephesians 2:4-5 _____

This list is just a small sample of the character qualities used to describe God in scripture. While God is all of these things and more, it is also important to understand that God is a personal God and He desires a relationship with His creation.

God the Creator

All things were created by God primarily for one person. Read Colossians 1:16, who were you created for?

God tells us in Isaiah that he had a very specific reason for creating mankind. According to Isaiah 43:7, what was that reason?

The story of creation is found in Genesis Chapter 1. Read over the story of creation. According to Genesis 1:31, how did God view His creation?

God viewed His creation as good. Both Adam and Eve were sinless and perfect in God's sight. Genesis 2 gives a more detailed account of the creation of the first people to live on earth, Adam and Eve. After reading Genesis 2, write down the only rule that God gave Adam.

In Genesis 3 you can see the first time sin entered into the world. After reading Genesis 3, write down how Adam disobeyed God and what the punishment was for his disobedience.

What is Character?

Man's Condition Before Christ Entered the World

Because of Adam's disobedience, the position of all mankind in relation to God changed. Genesis 6:5-6 says that God's heart was filled with pain because of how wicked man had become on the earth. Read the scripture references below and record man's position in relation to God as a result of our disobedience.

Ephesians 2:1 _____

Romans 3:10 _____

Romans 3:23 _____

Whether you want to admit it or not, according to scripture, you have sinned. As a result of this sin you fall short of God's perfect character. To sin simply means to miss the mark. In this case, missing the mark means not living up to the standards of God's character. Exodus 33 records an interaction between God and Moses regarding the leading of God's people out from captivity in Egypt. In Exodus 33:18 Moses asks to see the Glory of God. Read Exodus 33:12-23 to learn more about this interaction between God and Moses. Looking at the character of man and the character of God, why can't God reveal His full glory to us?

There is Hope

Scripture is full of references to God's character as well as the sinful position of man from God's perspective. If this were all the scripture revealed on this subject, life would have a pretty bleak outlook. Fortunately, God made a way for you to have a relationship with Him in spite your imperfections. Read John 3:16 what is that way?

In the next section you will see the amazing gift that God offers you through the death of His only son, Jesus Christ.

Prayer

Heavenly Father, I thank you that my character can be one with yours through Jesus Christ. May your perfect will be done in my life. AMEN



Romans 5:12

Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all men, because all sinned -

Through which one man did sin enter the world?

What do you think Moses was thinking when he asked to see the Glory of God?



"Though our feelings come and go, God's love for us does not."

– C.S. Lewis

