Beat: Miscellaneous

Here I Stand - Why Learn To Fight

Health, Fitness & Wisdom

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USPA NEWS - In this second of five articles, you will grapple with some internal and external self realizations that can lead you to the new life you have been searching for.

There are a series of critical questions we must ask ourselves to get the ultimate answer to the nagging beast of a question, “Why learn to fight.“. To answer this beast, we have to ask ourselves;

Can I physically hold off an attacker twice my size?
Do I have the knowledge and skills to survive an attack?
Do I have the mental clarity and fortitude to fend off an attacker?
Why am I learning to fight?
How do I reconcile my faith with learning how to fight?

The first three questions are relatively simple for most of us to answer“¦No, we cannot physically or mentally hold off an attacker twice our size - yet. Good news, we are all moldable raw potential for greatness.

Lets tackle the next question of ,“Why am I learning to fight?“ Think on an answer to this question before you enter your Here I Stand Kung Fu class. Acceptable answers may include; for fitness - learning kung fu is a bonus that I hope to never need, or (just like the Karate Kid) “I learn to fight so I do not have to fight“, or My desire is to learn how to protect my family and others. These are acceptable. If your only desire is to hurt people then, look in the mirror and there you will find your fiercest enemy.

For Health & Fitness:

There are many people that would say they are “out of shape“, “overweight“, “need to get back into shape“ and they would be right. If our hearts, lungs and minds become lazy so does our memory, circulation, and immune systems ability to fight off sicknesses. As we get older our lives get busier. But, are we filling our time with the correct things to do? Physical fitness is an excellent start to transforming yourself into the new you. So, what are you waiting for, let´s go!

Learn to fight so one does not have to fight:

Have you ever felt like a target for other people? This one hits home with me. Growing up with severe Dyslexia in the seventies and eighties was hard enough, but I was always the small kid that others liked to tease and torment. After years of spitballs flying at me, being tripped, thrown in dumpsters, punched, shot at, hung in a tree by my neck - thankfully a passerby cut me down, “¦ and feeling like a target for the world to practice on, I truly felt the need to learn how to protect myself and my family.

The desire to learn how to protect one´s family & others:

Many people are born with an innate sense to protect others, to defend honor and freedom. Those are the people you will find working in fire departments, hospitals, police stations, military, security and many other civil service jobs. However, you can find this type of person in the fitness arenas as well. Olympic sports like archery, marksmanship, martial arts and other events personify this preparedness and perseverance. In civilian life we find such people learning to save lives, practicing in martial arts schools, athletic gyms, even in basements and back yards. When the heart to protect others is involved there are no limits to where a person´s drive will take them.

Keep this easy lesson close to your thoughts:

If you are given the ability to save a life, protect the weak, defend righteousness, honor God"¦ then you now have the responsibility to."¦ - Les

Wow! This last one is a big question, "How do I reconcile my faith with learning how to fight?"? With the number of religions out there you will have to do some soul searching for your answer. Consider this though, a Christian must love everyone. Jesus said, "Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me."? Matthew 25:40 (ESV) We do not know whom God has chosen herefor, we must consider all people our brothers and love them.

As a Born Again Christian I can share some perspective from a believer´s point of view to offer an example of how I have wrestled with and have drawn the conclusion that I must learn to fight wisely. I cannot and will not speak for other religions. To answer other religions perspectives I ask you, the believer of that faith, to send us your answers on this question, " How do you reconcile your faith with learning how to fight?"?

Christian teaching calls us to obey God´s Commandments, to be Christ-like in our walk with God, and that there is no greater love than to lay your life down for a friend. The condition of a persons heart will dictate their actions. If they are living in fear then they will make fear based evil decisions. If a person is living in faith then they will make faith based Godly decisions. For me, fighting will happen only when the unscrupulously wicked heart of the evildoer leaves me no choice but to fight.

John 15:13
"Greater love has no one than this, that someone lay down his life for his friends."?

1 Peter 5: 8 - 9
"Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world."?

Now, if we lived in a utopic world that had no fear, no anger, no hate, no jealousy, no lust, no lying, no deception"¦ then there would be no need to prepare for anything but the return of Jesus. However, reality dictates the need for sojourners to be ready to love others, to be ready to help others and to be ready for His return.

This world is not a world of peace. Though peace does exist. The news amply points out people´s despicable deeds, movies, television shows and corrupt politicians sensationalizing murder, lying, deception, stealing and adultery for all ages to see. Vigilance is a necessity. In scripture, David was not looking for a battle when he faced off with Goliath. In his eyes it was a duty to God and his people. We, like David, are not looking for battle, but preparing in the event one comes to us.

At Here I Stand Kung Fu students are learning to achieve all of the aforementioned positive reasons answered in the essential question; "Why am I learning to fight? We are getting fit, learning to fight so we don´t have to fight, and preparing for battle while praying that we never need to use these skills.

To write this series of articles we felt the need to experience what we were going to share with our readers. Our Iron Leaf Press Team have participated in several Here I Stand classes now. In class, the students hear critical truths about themselves like, "Your legs are your foundation. If you are having a difficult time holding up your own bodyweight how can you hold up your opponents? How long can you last in an actual altercation if you can´t hold yourself up for 60 seconds?"?

When you are a student of Sifu Armand be ready to go beyond the limits you set in your mind"¦ He will show you that you can do more when you give it your best. Be encouraged. While you are challenged during an exercise Sifu Armand will be along side you pushing himself through the exercise as a living example that you can do it too.

See you in two weeks with part 3 of Here I Stand - Building Your Foundation

To sign up for classes in either of Here I Stands´s two locations contact Sifu Armand

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