

Ability: A Christian Perspective

A WORD ABOUT ABILITY

1. Personal Inclination: This is the individual's personal desire to achieve and work hard.
2. Willingness to Learn: This is personal submission to be a student.
3. Physical Ability: Everyone has the ability to perform as much as their body will allow. This is different for each person, but does not lessen the beauty of the art (adaptability).

To perfect and strengthen our level of ability we must:

1. Train properly with spiritual, mental and physical discipline.
2. We must apply proper application in the following areas:
 - Spiritual preparedness for the application
 - Ethics of the art
 - Physical well-being and conditioned response to threat of harm

Taekwondo, from a Christian perspective, provides a means for spiritual, mental and physical health, as well as self-defense. It further directs the development of good character and discipline for a better approach to martial arts training.

Discipline and Biblical tradition play an important role in Taekwondo training. However, it is faith in Christ where the true substance of life is revealed. Eternal truth is far more effective a teacher than human knowledge alone.

The Word of God teaches us that, "...without faith it is impossible to please Him (God): for he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him" (Hebrews 11:6).

Whatever abilities we possess; whatever personal determination we muster; we must be submitted to a proper spiritual discipline: the discipline of true faith in Christ.

Martial arts without spiritual truth at its base is a poor foundation upon which to build. The mental and physical aspects, by themselves, is only guess work and mere opinion.