



ON MISSION MARTIAL ARTS

Weekly "Big Ideas" – May 18th to May 24th, 2014

MARTIAL ARTS:

Pressure Points



One of the more advanced areas of study in the Martial Arts is that of Pressure Point training. The same areas of the body that are used in acupuncture and acupuncture for healing can be used as vulnerable targets on an attacker to cause pain and render them less capable of assaulting you. Similar to striking Vital Points on an enemy, knowledge and skill in attacking Pressure Points can help a smaller, weaker person defend effectively against a larger, stronger attacker.

There are 108 main Pressure Points on the human body allowing the OMMA student who is versed in understanding them many options to augment their self-defense from just about any position. According to Bruce Miller, an expert on the topic, there are three basic types of Pressure Points: (1) Those that cause pain at nerve points; (2) Those that temporarily stun the muscles, and (3) Those that cause a Reflex in the opponent's body. Below Black Belt, OMMA students are generally introduced to the first type primarily.

Learning about Pressure Points can augment the OMMA student's Self Defense arsenal.



SPIRITUAL FITNESS: Sword of the Spirit

"...and take the helmet of salvation, and the sword of the Spirit, which is the word of God." - Ephesians 6:17 (ESV)

(Excerpt from Charles Spurgeon sermon, "The Sword of the Spirit.")



"If you want to stand, draw the sword, and smite your doubts. How fiercely unbelief assails! Here comes a doubt as to your election. Pierce it through with the Word. Anon comes a doubt as to the precious blood. Cleave it from head to foot with the assurance of the Word that the blood of Jesus cleanseth us from all sin. Here comes another doubt, and yet another. As quick as arm can move, drive texts of Scripture through every new fallacy, every new denial of truth, and spit the whole of them upon the rapier of the Word. It will be for your good to kill these doubts outright. Do not play with them, but fight them in real earnest. You will find that temptations also will come in hordes. Meet them with the precepts of sacred Writ, and slay even the desire of evil by the Spirit's application of the Holy Word. The washing of water by the Word is a glorious cleanser. Discouragements will arise like mists of the morning. Oh, that God's Word may shine them away with the beams of the promises! Your afflictions multiply, and you will never be able to overcome impatience and distrust except by the infallible Word of God. You can bear trial, and bear it patiently, if you use this weapon to kill anxiety. You will 'stand fast in the evil day', and having done all, you will still stand, if this sword be in your hand."

Find the entire Sermon here: <http://www.spurgeon.org/sermons/2201.htm>