



ON MISSION MARTIAL ARTS

Weekly "Big Ideas" – May 25th to May 31st, 2014

MARTIAL ARTS:

Coordination



COORDINATION: *The ability to organize the different elements of a complex body or activity so as to enable them to work together effectively.*

In the Kempo we teach at OMMA, it is important that each student gradually develops their coordination skills so our curriculum combines movements that are designed to do so in an intentional and progressive way.

The ability to perform two upper body movements simultaneously (like the Block & Strike in Kempo A) as well as combining upper and lower body movements (like the strike/kick combo at the end of Kata One) are important for developing our Self-Defense and Martial Arts skills. Improving coordination also helps us in many other areas of life.

Kempo is a perfect style to develop and apply advanced Coordination skills.



SPIRITUAL FITNESS: Habit of Excellence

Pursuing Excellence Is a Matter of Choosing the Best

(Excerpts from article, "Mark#11: The Pursuit of Excellence," by J. Hampton Keathly)



"Biblically speaking, the pursuit of excellence refers to pursuing and doing the best we can with the gifts and abilities God gives, giving our best to the glory of God. But ideally, it is done without the spirit of competition or seeking to excel simply to be better than others. Excellence includes doing common, everyday things, but in very uncommon ways regardless of whether people are watching.

The emphasis of the exhortation in 1 Corinthians 10:31 (*OMMA Yellow Belt memory verse*) is that we are to do whatever we do, whether it is viewed as important by society or very menial and insignificant, whether one is the president of a large company or one who cleans the offices at night, all is to be done to the glory of God. Regardless of what we do, it deserves our best for in the long run, it reflects on the honor and glory of our God and will ultimately be rewarded by Him (1 Cor. 15:58).

The pursuit of excellence is never a matter of simply choosing between what is good or bad, but of choosing what is best or superior because it will better enable us to accomplish what God has designed us to be and do (cf. Phil. 1:9 with Eph. 2:10)."

Find the entire Article here: <http://bible.org/seriespage/mark-11-pursuit-excellence>