



“A Going Church for a Coming Christ”

MILLERS CREEK BAPTIST CHURCH

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There are many people who have a misunderstanding of Martial Arts. I wanted to share a little of my story and experience in Marital Arts. It is true there are some schools out there that get involved with the mysterious. Most of the Instructors I met in the 15 years I was seriously involved in Marital Arts were fine outstanding people who had a desire to help others by teaching them the disciplines of the Art.

The Marital Arts became an outlet for me. I needed the exercise, the discipline and something to relive the stress of a demanding job. The job or calling I had rather say is Pastor of Southern Baptist Churches since 1972. I had always had a personal interest in Karate and became an avid student. Then my son Thomas wanted to get involved and we trained in Marital Arts together. Since we relocated a couple of times, I had the privilege to train under several instructors. Primarily we trained under an ex-Marine who studied in Okinawa. He came back to the U.S. and develop his own style incorporating a lot of the Sho do Kan with Aikido, boxing and Tae Kwon Do. These were styles he personally studied. We also studied briefly in a strict Tae Kwon Do style and then under an instructor that called his school American Free Style. It was a combination of Kempo, Tae Kwon Do and boxing. When I thought it was time for me to stop, my youngest son, Todd decided he wanted to get involved. I wanted him to have the advantage of all the different styles his brother and I had learned so I stayed with it. It became a family sport.

I am a Christian first, then a husband, father, a grandfather and a Baptist Pastor. I credit my Savior Jesus Christ for everything in my life. I credit Martial Arts for helping me develop self-confidence, a physical outlet as well as assisting my mental alertness. I credit the Marital Arts with giving my children self-confidence, discipline to accomplish a task, a positive outlook on life and to be able to develop better relationships with their fellowman. As a Christian I am often ask does the Martial Arts cause people to be violent and fight more. In the life of my children the answer is no. Instead of settling things with violence they had the self-confidence to deal with people in a non violent way. It did give them the confidence to know they could defend themselves if they had to as a last resort. Most of the people I have come to know over the years in Marital Arts are not violent people.

I would encourage anyone to see that their children learn the Martial Arts.
There are tremendous benefits for the child.

Dr Jerry C White

*“Grace and peace to you from God our Father and the Lord Jesus Christ, who gave
Himself for our sins...”
Galatians 1:3*