

Karate

Karate ~ part of yin and yang. "The word karate is a combination of two Japanese characters: kara, meaning empty, and te, meaning hand; thus, karate means "empty hand." Adding the suffix "-do" (pronounced "doe"), meaning "way," i.e., karate-do, implies karate as a total way of life that goes well beyond the self-defense applications. In traditional karate-do, we always keep in mind that the true opponent is oneself.

...Karate history can be traced back some 1400 years, to Daruma, founder of Zen Buddhism in Western India. Daruma is said to have introduced Buddhism into China, incorporating spiritual and physical teaching methods that were so demanding that many of his disciples would drop in exhaustion. In order to give them greater strength and endurance, he developed a more progressive training system, which he recorded in a book, Ekkin-Kyo,....The physical training, heavily imbued with Daruma's philosophical principles, was taught in the Shaolin Temple in the year 500 A.D. Shaolin (Shorin) kung-fu, from northern China, was characterized by very colorful, rapid, and dynamic movements; the Shokei school of southern China was known for more powerful and sober techniques. These two kinds of styles found their way to Okinawa, and had their influence on Okinawa's own original fighting method, called Okinawa-te (Okinawan hand) or simply te....These two origins explain the double character of Karate--extremely violent and efficient but at the same time a strict and austere discipline and philosophy with a nonviolent emphasis...

Biblical Discernment Ministries has an excellent write-up on 'Christian Karate' and the fallacy about it being a witnessing tool.

Zen Buddhism ~"...Historically, Zen Buddhism originates in the teachings of Siddhartha Gautama. Around 500 B.C. he was a prince in what is now India. At the age of 29, deeply troubled by the suffering he saw around him, he renounced his privileged life to seek understanding. After 6 years of struggling as an ascetic, he finally achieved Enlightenment at age 35. After this he was known as the Buddha (meaning roughly "one who is awake"). In a nutshell, he realized that everything is subject to change and that suffering and discontentment are the result of attachment to circumstances and things which, by their nature, are impermanent. By ridding oneself of these attachments, including attachment to the false notion of self or "I", one can be free of suffering."

"The teachings of the Buddha have, to this day, been passed down from teacher to student. Around 475 A.D. one of these teachers, Bodhidharma, traveled from India to China and introduced the teachings of the Buddha there. In China, Buddhism mingled with Taoism. The result of this mingling was the Ch'an School of Buddhism. Around 1200 A.D. Ch'an Buddhism spread from China to Japan where it is called (at least in translation) Zen Buddhism."