

**Review: Dr Vito Rallo-*Exposing the Dangers Behind Martial Arts and Yoga: A Christian's Guide to the Harmful Effects of These Spiritually Rooted Practices*, Sovereign World, Lancaster, UK, 2009 (2011)**

Pages: 183

**Exposing an Overlooked Issue**

Dr Vito Rallo exposes a niche but controversial area within Christianity, that of 'Christianised' martial arts.

The history of these ancient practices in the east is traced from India and Buddhism, into China, then Japan and Korea mid 20thC with Karate and Tae Kwon Do. From there, stars like Bruce Lee and then Hollywood sparked an interest across a whole generation. Today this has manifested into the mixed martial arts phenomenon.

The author candidly admits only around ten percent of his extraordinary abilities were attributable to training, the rest attributed to the "ch'i" force or "spirits" manipulating him. As he became a Christian Vito realised something was terribly wrong and required deliverance from a spirit called "violence" which threatened to kill him.

Possible physical and spiritual problems from martial arts practice are described, as well as what can happen when a Church allows programs on site.

From the author's experience there doesn't seem to be any spiritually safe way to practice self-defense without compromising a Christian's walk with the Lord to some degree or another.

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## **Foreword (pp. 15-16)**

Eric Wilson spent twenty-five years as an instructor in the Chinese martial arts and obtained seven black belts in various styles.

## **Introduction (pp. 17-19)**

Vito had thirty years plus in the martial arts.

Every practitioner feels an uneasiness about first getting involved in the martial arts and yoga.

Competition, non-competition, and self-defence all incorporate various harmful spiritual concepts.

## **I) Origin and History (pp. 21-35)**

Fighting arts arose in India; in 5<sup>th</sup>C BC a Buddhist evangelist Bodhidharma went to a Shao-lin temple and began to teach them self defence skills and exercises. These were based on movements of the dragon, tiger, leopard, snake, and crane.

Tai Ch'i Chuan means "the ultimate fist".

Jeet Kune Do ("way of the intercepting fist") came from Shao-lin temple boxing.

No martial art works effectively without spiritual assistance.

Self-defense per se is a misnomer since it always involves going on the *offence* at some point.

At the end of WWII martial arts were very rare in the US.

In 1952, Strategic Air Command invited Hidetaka Nishiyama to demonstrate Karate in the US.

Judo became an Olympic sport in 1964.

Maharishi Mahesh Yogu developed Transcendental Meditation (TM) in 1958 to “open up the mind”.

Martial arts is derived from *Mars*, the god of war.

## **II) Evolution - The Yoga Connection (pp. 37-56)**

Eastern philosophy claims there is an “essential life force”; “prana” in India, “chi” in Chinese; “ki” in Japanese; “qi” in Korean.

Yogis learn to “tap into” their latent power via certain breathing exercises.

The “kiai” shout is a focusing of “ki”.

Yoga postures are *asanas* and the twelve warm-up positions are for worship of the sun god. The goal is to awaken the Kundalini from the spine to the brain.

The “AUM” is meant to summon Brahman (creator), Vishnu (preserver), and Shiva (destroyer).

Taoism posits that an imbalance between yin and yang creates illness and that “energy blockages” can be released by manipulations. Its ultimate goal was physical immortality. There are no absolutes in Taoism (!).

Pride becomes a huge factor in the martial arts.

Karate-do is “the way of the empty hand” and was secretly developed on the island of Okinawa early 17<sup>th</sup>C AD. Gichin Funakoshi introduced it to the mainland in 1921.

Instructors pass their spirits onto students via touch.

Indigenous Korean Tae Kwon Do merged with Japanese Shotokan Karate to form Tae Kwon Do. Jhoon Rhee claims to be a Christian but denies the deity of Christ.

Muslims claim Kung Fu as their own and use chi (nafas and ruh) to perform moves.

Kickboxing progressed to full-contact karate, and now to mixed martial arts.

### **III) Hollywood Opens the Floodgates (pp. 57-76)**

Japanese systems are “hard” styles with the aim of efficiently maiming or killing an opponent.

Vito wondered where extra-sensory abilities and extraordinary power was coming from, also a form of divination.

Physical detriments from this training include arthritis and permanent injury.

Bruce Lee (“Lee Siu-Loong” or “little dragon”) was a proclaimed atheist.

David Carradine died age 72 in 2009, in a hotel in Bangkok from autoerotic asphyxiation.

Bruce Lee’s animal sounds were to: intimidate, throw off focus, instil fear, and invoke *chi*.

General Choi learned Tae Kwon Do from a famous Korean calligrapher, afterwards he studied Shotokan karate. He created Tae Kwon Do in 1945.

Aikido has the “unbendable arm”.

### **IV) Weird, Wacky, and Downright Dangerous (pp. 77-96)**

Vito could perform the “one-inch” punch. After a time he realised mere physical strength could be the source of all his abilities and that “ki” power began to take up residence in his lower abdomen.

An instructor Tsutomu Ohshima could dilate his eyes as all black like murderers do in Japan.

Uncontrollable violence, strange facial contortions, and totally blank expressions were common.

Bowing by two martial arts students signifies each of their spirits are acknowledging and challenging one another. Bowing to dead masters is a Zen practice.

The “death touch” (dim mak in Chinese or kyusho jitsu in Japanese) claims to work on chi meridians.

Ninjas were paid assassins who originated between 593 and 628AD. They practised Ninjitsu (“art of stealth”) in the mountainous south-centre of Japan.

#### **V) Kids in Karate (pp. 97-110)**

Statistics prove running, screaming, or causing a commotion are better self-defense tactics.

When Vito left martial arts many students and fellow instructors were angry and felt betrayed. He was expunged from the records of all accolades, titles, and rankings.

#### **VI) Secret Behind the Martial Arts and Yoga Revealed (pp. 113-121)**

Students are trained that to think first and act second is too time consuming, rather they should “allow the spirit in them to react”.

Only ten percent of martial arts feats are said to be accomplished by pure physicality, the rest is drawn from spirits.

### **VII) Out of Darkness Into the Light-My New Identity (pp. 123-145)**

Vito was raised a Roman Catholic.

The first time he walked up the dojo stairs he knew in his spirit something wasn't right.

Despite training breaks an occult spirit tie would bring him back and soon karate became his identity.

More training bred more aggression until he became like his instructor, but he became a Christian in 1971.

Pads and protections hinder striking and blocking ability.

Vito need deliverance from a spirit called "Violence".

Vito tried to marry Christianity with self-defense classes at Church but these began to escalate into offensive instruction and he became a "Christian" Martial Artist. Outreach campaigns usually only attracted former students who weren't interested in the gospel. Before leaving Karate a second time he became a five-time gold medal National champion.

### **X) Are Martial Arts and Christianity Compatible pp. 147-174**

Martial arts is all about *self*.

Unlike the street, in the dojo there is no element of surprise, so that even high-level instructors carry weapons for self-defense.

Numerous cases exist of skilled martial artists being unable to defend against determined violent attackers.

Billy Blanks claimed to be a Christian but introduced a Tae Bo Believer's Workout DVD.

Five different martial arts groups were allowed into disgraced pastor Ted Haggard's church.

Christians remaining in the martial arts are liable to experience:

- Divination.
- Bushido warrior spirit.
- Supernatural energy.
- Hatred and cruelty.
- Aggressiveness and fight-provoking.
- Invincibility feeling.
- Intimidation over others.
- Mind control (both ways).
- Competitiveness.
- Deception.
- Sexual temptation.

In Churches it may lead to:

- Lawsuits due to injury.
- Seducing spirits.
- Spiritual dullness and blindness.
- Pride.

-Sorcery.

-Doubt.

-Sexual immorality.

-Lack of discernment.

-Quenching of the Holy Spirit.

-Lack.