



The Ultimate Self Defense: - Devotionals for the Warrior

Philip Lewis

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The Ultimate Self Defense is a book of devotionals based on Martial Arts analogies. Written by Prof. Philip Lewis, this unique book will educate the reader on many aspects of the Martial Arts while also providing insight to the Christian's walk and warfare. Prof. Lewis deals with the question of the Christian's involvement in the Martial Arts and then proceeds to share fascinating devotional thoughts based on the many aspects of training, including stretching, conditioning, footwork, breathing, partner drills, flying kicks, grappling, weapons training, and much more. Through these topics he addresses prayer, Bible study and memorization, faith, perseverance, self control, praise, service, sin, spiritual warfare, and restoration. With illustrative pictures this book will appeal to adolescents as well as adults. There is even a section on practical tips and techniques for self defense. Whether a Martial Arts practitioner, or just someone who wants to do well in their battle against Satan's schemes, these devotionals have a lot to offer. And certainly it belongs in the library of any Christian who studies the Martial Arts.

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