

TABLE OF CONTENTS

INTRODUCTION

CHAPTER 1: THE BARRIER (SIN).....11

CHAPTER 2: SPIRITUAL WARFARE.....17

FIVE PRINCIPLES OF BOARD AND BRICK BREAKING

CHAPTER 3: FOUNDATION.....23

CHAPTER 4: FAITH.....43

CHAPTER 5: FITNESS.....75

CHAPTER 6: FOCUS.....129

CHAPTER 7: FOLLOW-THROUGH.....141

WHAT'S NEXT

CHAPTER 8: FOLLOW-UP.....153

CHAPTER 3

PRINCIPLE #1 – FOUNDATION

VICTORY IN THE MARTIAL ARTS

Every good martial artist knows that when attempting to break a board or brick, the better the foundation, the better the chances of having success and not being defeated. There are two basic ways of holding the item you are going to break. The more difficult method is to have a volunteer hold your board or brick.



The second and easier method is to set your board or brick on top of a couple of cement blocks so that the item is suspended between the two pillars.

If a person is going to hold your brick or board, they themselves must have a solid foundation. This begins by maintaining a proper stance. Your partner needs to be firmly grounded. If the way in which they are standing is unbalanced, or what they are standing on is shaky ground, then your partner's body will waver as you punch the object to be broken. This means that the target could move and absorb your outgoing force or the pressure from the strike. Unless your partner holds perfectly still, and even more importantly, holds the object perfectly still, your chances for success are diminished and it will be much harder to gain victory and accomplish your goal.



Suspending the object to be broken between two pillars is a much wiser choice. When the force of your punch comes crashing down upon the board or brick to be broken, the supporting pillars will hold the brick or board solidly in place. You are almost guaranteed that the foundation will not waver.

The foundation a person chooses can surely make or break their success (or in the case of boards and bricks, make or *not* break). Choose your foundation wisely. It could mean the difference between victory and defeat.

VICTORY IN DAILY LIFE

Achieving victory in one's daily life is no different than obtaining victory in the martial arts. Success rests upon your choice of foundations. Jesus tells an appropriate parable in the book of Matthew. As He is delivering what some call the "Sermon on the Mount," He ends His words of wisdom and truth with the parable of the "Wise and Foolish Builders." Matthew 7:24-27 reads:

Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on