What is claimed is:

1. A cellular phosphate ceramic material, comprising:

a binder comprised of a phosphate compound and a metal oxide, wherein the binder is mixed with water to form a slurry; and

a foam ~~product~~;

wherein the foam is combined with the slurry in an amount effective to form a cellular phosphate ceramic material having a 28-day~~has a fully cured~~ compressive strength of less than 100 pounds per square inch (psi).

2. The material of claim 1, wherein the phosphate compound is potassium phosphate.

3. The material of claim 1, wherein the metal oxide is magnesium oxide.

4. The material of claim 1, wherein the foam comprises a cationic, an anionic, a non-ionic surfactant, air, water, or any combination thereof~~product is a prepared foam~~.

5. The material of claim 4, wherein the ~~prepared~~ foam is generated separately from ~~a~~ the slurry prior to being combined with the slurry~~of the phosphate compound and the metal oxide~~.

6. The material of claim 1, wherein the 28-day~~fully cured~~ compressive strength is between ~~about~~ 5 to ~~about~~ 90 pounds per square inch.

7. The material of claim 1, further comprising one or more set/cure retardants.

8. The material of claim 1, further comprising one or more fillers.

9. The material of claim 1, wherein the cellular phosphate ceramic material is an open cell or a closed cell material.

10. The material of claim 1, wherein the cellular phosphate ceramic material is used as a vehicle arresting system, as an energy absorbing material, or as an insulation material.

11. A method of manufacturing ~~a~~ the cellular phosphate ceramic material of claim 1, comprising:

a) ~~Providing~~obtaining or ~~making~~creating a foam ~~product~~;

~~providing a phosphate compound and a metal oxide powder;~~

b) ~~mixing~~ the ~~a~~ phosphate compound and ~~a~~the metal oxide powder for a first mix time effective to ~~form~~create a powder blend;

c) ~~mixing~~ the powder blend with water for a second mix time effective to form a slurry;

d) ~~mixing~~folding the slurry ~~into~~ and the foam together for a blend time ~~in order~~effective to form a cellular phosphate ceramic material;

e) Curing to form a ceramic material having a 28 day compressive strength of less than 100 psi.

12. The method of claim 11, further comprising adding one or more set/cure retardants.

13. The method of claim 11, further comprising adding one or more fillers.

14. The method of claim 11, wherein the mixing the powder blend with water step is conducted with a high shear mixer.

15. The method of claim 11, wherein the folding the slurry into the foam step is conducted with a low shear mixer, a paddle, or an auger ~~type~~ mixer.

16. The method of claim 11, wherein the blend time is less than ~~about~~ 45 minutes.

~~17. The method of claim 11, wherein the cellular phosphate ceramic material has a compressive strength of less than 100 pounds per square inch.~~

~~18. The method of claim 11, wherein the foam is formed prior to being combined with the slurry.~~

~~19.~~17. The method of claim 11, wherein the phosphate compound is potassium phosphate.

~~20.~~18. The method of claim 11, wherein the metal oxide powder is magnesium oxide.

~~21.~~19. The method of claim 11, wherein the foam comprises a cationic, an anionic, a non-ionic ~~type~~ surfactant, air, water, or any combination thereof.

~~22. The method of claim 11, wherein the foam comprises Mearlcrete®, Geofoam, Cellufoam™, GreenFroth, MaxFlow Foam Concentrate, water and air foamed by foam generating equipment, or any combination thereof.~~

20. The method of claim 11, wherein the foam comprises an anionic surfactant blend with foaming action and high expansion rate, water and air foamed by foam generating equipment, or any combination thereof .

~~23.~~21. The method of claim ~~11~~, further comprising ~~wherein th~~e one or more fillers comprisinge fly ash C, fly ash F, slag, foundry ashes, red mud, expanded polystyrene, ~~light weight~~ organic aggregates, wood pulp, recycled plastics, air, silica ashes, grinded glass, cenospheres, wollastonite, gypsum, ~~fine~~ sand, calcium-alumina-silicate powder, hydraulic cement or cementitious mixes, but not Portland cement, or any combination thereof.

~~24. Use of a cellular phosphate ceramic material as a vehicle arresting system, wherein the cellular phosphate ceramic material has a compressive strength of less than 100 pounds per square inch.~~

~~25. Use of a cellular phosphate ceramic material as a vehicle arresting system, wherein the cellular phosphate ceramic material is formed using a prepared foam.~~

22. A cellular phosphate ceramic material made by:

(a) Mixing potassium phosphate and magnesium oxide to form a binder;

(b) adding one or more fillers;

(c) mixing the binder and filler(s) with water to form a slurry;

(d) obtaining or making a foam;

(e) blending sufficient foam and binder, wherein the foam structure is preserved; and

(f) curing the ceramic material to form a cellular phosphate material having a 28-day compressive strength of less than 100 psi.