



**NKJU® National Karate Jiu Jitsu Union**  
2691 Worth County Line Road  
Albany, Georgia 31705  
[davisroyiv3@gmail.com](mailto:davisroyiv3@gmail.com)

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I have had several responses to the question I asked about which punch develops the most power, the straight punch, or the reverse punch. As I suspected, the responses were divided about 50/50. I have heard statements supporting both points of view with both having substance.

In my previous bulletin, I said I would be discussing power. So I will be killing two birds with one stone here by answering the question about the two punches.

Having worked in a wide range of engineering fields, I would answer this question by discussing **Mass and Energy**. So I ask myself, which punch

incorporates the most body mass? The obvious answer is the reverse punch. Which punch has the most speed? Although it depends on the body type and training, both punches move at approximately the same speed. Both **Mass and Speed** affects the **kinetic energy** delivered by the punch. The more the mass behind the punch, the more energy delivered. Since the speed is relatively constant between the two punches, it has little effect on the energy when comparing those two strikes.

**First**, *energy* is associated with the motion of an object, your body in this case. We will call this motion energy, whose technical name is "**kinetic energy**"; this kind of energy is rather intuitive, in that faster objects have more energy than slower ones, which is more or less what we would expect. Also, a heavier object has more motion-energy than a light one, if the two are traveling at the same speed.

**Second**, and the most confusing is that energy can be stored in the relationships among objects (and is typically called "**potential energy**") as in this case, your body would be the object.

Only through the proper use **of Kihon** and **Waza** will you be able to manifest and unlock the energy in your body/mass.

For whatever reason if you have poor Kihon and Waza skills, then you will never achieve your maximum potential. This will be one of your biggest challenges. Without proper instructions and the understanding of your basics, you can be mediocre at best.

## What to Look For When joining a Martial Arts Organization

In my previous bulletin, I mentioned that I would give some information on what to look for before joining an organization for the first time and those who may be planning on making a transition.

As stated above, your biggest challenge will be getting proper kihon and waza training, this can only happen through qualified and experienced instructors. There are plenty of Mc Dojo's out there and as time goes by these Mc Dojo's attract each other and they create a Mc. Dojo Kaicho. This allows them to pat each other on the back with rank and titles while feeding their ego.

It all boils down to you don't know what you don't know. So become knowledgeable, for this is your biggest weapon against these wannabees. This knowledge will allow you to be able to ask the right questions. The internet is full of information on this subject.

Understand karate terms and statements made using karate lingo. Learn to read between the lines and pick up on keywords. Three of the biggest words used in the martial arts circle that can be very deceiving are directly, indirectly, and lineage. Refer to your dictionary and look up the legal definition. Understand the general requirements of achieving rank, and titles that a legitimate organization/style incorporates.

### EXAMPLES:

- 1- I trained **directly** under verses **indirectly**.
- 2- I am from such and such **lineage**, Lineage as it relates to a family tree and how much of this statement is supported by facts. Example "I am from the Bruce Lee lineage," Really, show me facts.

It is my intent here to help you know what to look for before you make a mistake that you will regret.

**One:** Contracts that begin with a year minimum and then progressively goes up will bleed you dry. If a contract is the only alternative, ask if they have an agreement that provides an escape clause. A legitimate school understands there are circumstances and will work with you. If not, ***it's about money.***

**Two:** Hard-Sell Tactics from the time you walk in the door that focus on you opening up your checkbook or surrendering a credit card.

**Three:** False promises made that you will be able to defend yourself against most any crazed attacker within months of his or her training. A reputable school knows this is ***Ludacris.***

**Four:** Multiplicity where you see multiple colored uniforms, black belts with multiple degrees, multiple upgrade programs for the same curriculum.

**Five:** Instructors that will instill a false sense of confidence among his students is ridiculous, who themselves have never actually had to face an opponent who means business. Instructors who claim they he can teach you ***"secret" or "unstoppable" techniques. Ridiculous.***

**Six:** Rank and titles that do not match their time, grade, or age. Be aware of organizations that are no more than a paper mill that offers you rank without substance.

**Seven:** Instructors/organizations who claim to have trained in a **legitimate style** and as time goes by, they create their individualized style that is without substance. You can't change that which has been perfected through time and actual life and death situations. To do so is

just being naive. To make things worse, these new style creators give them self the title of Soke. (Soke is a Japanese term for Head of Household and is to be used exclusively by the Japanese.) Many westerners now are using these terms. Dr. or Professor as a substitute for Soke, look up the legal definition of these two words, and see if they have any justification of being used in the context of the martial arts. The answer is moste likely **No**. My advice is to stay away from anyone that uses these terms.

If you take in consideration some of the information I have laid out here, you will be less likely to be misled and will have the ability to distinguish between those who think they know from those who know.

Proper training of Kihon and Waza by those who know will allow you to develop the power you need. Remember, there is no substitute for time, patience, dedication, and experience.

All the information I have stated here has come from experience, research, and listening to others and the experiences they have incurred.

“A Master is someone who learns from another's mistakes.” I am in no way, implying here that I am a master. I am just open-minded to what is and will not bury my head in the sand to see something that I have devoted most of my life go to the dogs.

I value your input on the information that I have presented here and to know if anything thing I have posted has helped you. If you have any questions you would like to present to me I would look forward to answering them. Just contact me by email located at the beginning of this bulletin.

My next bulletin will be dealing with coordination and timing. This topic will aid you in understanding in more detail those topics that I have previously posted. Each bulletin builds off the previous one. So keep them as references.

“Think lightly of yourself and deeply of the world” – Miyamoto Musashi, **A Book of Five Rings**

If you wish to be removed from this email list, say so. Or if you know someone who would be interested in this bulletin forward it to them. ***Remember, you don't know what you don't know.***

**Osu, Kaicho Davis**