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June/July 2020 NKJU® Bulletin

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With all that has been going on here lately, I am combining June and July's bulletin into one. Having said that, I hope everyone had a safe and happy 4th of July.

In my May bulletin, I discussed commercialization and online training and how, in my opinion, has denigrated the martial arts. In this bulletin, I will discuss how Complacency can diminish the martial arts.

The Cambridge English Dictionary defines **Complacency** as "a feeling of calm satisfaction with your abilities or situation that prevents you from trying harder." A person who becomes complacent is very pleased with themselves or feels that they do not need to do anything about a situation, even though the case may be uncertain or dangerous.

A person who is complacent in a martial art is one who is satisfied with the status quo. They found out after years of training that a lot of what they were taught was not all that it was made out to be. This realization came about after attending clinics watching instructors of other styles, and some who were of the same style but doing things much differently. Instead of changing, they stayed the course. Why? Because it would be too hard to break bad habits.

I will be the first to admit it's hard as hell to change anything

that has become second nature. But is that not part of the martial art training. Remember that old saying. **If you reach the top of the mountain, what you will remember the most is the journey it took to get there.**

So why do so many not practice what they preach? Because it's easier to be **"Complacent."**

Like a virus that attacks the untreated person that can result in serious physical problems and possibly even death, so will a complacent instructor who continues to teach what he knows is less than perfect. A student of such a person will most likely wind up with severe or even fatal injuries. This is why I strongly encourage both new and older students who have been training for a few years to do your research on the meaning of martial arts and its philosophy. You should verify credentials and look for fraud. Check ranks, titles, and age, and does that age and timeline correspond with the position and titles they proclaim. These are just a few of the basics you should be aware of.

"Knowledge isn't knowing, but knowing where to find the information."

Check the **Style**. Does it have legitimacy? How, when, and where did it come from? Personally speaking, if the style does not have its origins from Asia, then it's probably a McDojo, and I'd suggest you go somewhere else. Many wannabees want to make a name for themselves. So after a few years of training, they think they know more than their instructor, and feel it's time for them to make a name for themselves.

They start looking at other schools. They go to websites looking at techniques, kata, drills, etc. They begin to copy what they see because it looks good, not understanding what they are looking at.

At this point, they begin to modify and propagate what they have seen to create their style. As time goes by, claims are made that they have created the ultimate form of martial arts. It's at this point they give themselves the title of Soke. I call these wannabees: charlatans and narcissists—someone whose ego has no bounds.

Question; what do these terms have in common: Pit, Long drop, Large pots, Vats,

Outbuilding, Can, Jakes, John, Head?

Answer; They're names for a shit house. Call it by any other name; it's still a shit house. So to all those who have made up a style thinking you have created the ultimate martial art in your short life span think again. In essence, all you have done was change a name, presentation, and moves to influence the uninformed. What you have done was watered down the martial arts, you have lost track of the reason you started your training in the first place.

The foundation of the martial art is built on Kihon and Waza or fundamentals and technique. **You can't change those things that are absolute.**

Miriam-Webster defines **absolute** as "free from imperfection: Perfect." Such items include chief, complete, and in mathematical terms as equal and parallel. An excellent example that we can all agree on is: we are born, we live, we die.

Legitimate martial art training takes time, patience, dedication, loyalty, and the will-power not to let bad ego become your dominant way of

thinking. Ask any of the true masters if they have reached the top of the mountain or if they know of anyone that has. The answer will be **NO**. I will let you figure out why.

Those whose journey is to make it to the top of the mountain seek this path by way of traditional martial arts. **Traditional** is defined by Merriam –Webster: *of or relating to tradition: consisting of or derived from tradition; handed down from age to age; following or conforming to tradition: adhering to past practices or established conventions (traditional morality, traditional values/beliefs).*

Traditional martial arts begins with having as close as possible the etiquette and mindset of ancient teachings. This can be achieved by learning and understanding Karate-do and Karate-Jutsu. Both are interrelated, and you can't understand one without knowing the other. Those that pick and choose are being nieve and will never see the entire picture. They only accept that which suits their narrative and lifestyle: **EGO**.

As Kaicho of the NKJU®/NKJUI®, I intend to have no one under

me, but rather to work along beside me, and I will make every effort to bring out the best in each person within the framework of **successfully proven methods.**

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“All life has a beginning and an end. It’s the journey in between that will define who you are.”

Kaicho Davis