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I would like all of you that are receiving my bulletins; please send me an email confirming you are receiving my information. A YES or NO would suffice.

If anyone has a specific question or topic you would like to be addressed, please let me know. Only through communication can

we grow mentally, spiritually, and physically.

All my previous bulletins dealt with how, what, when, and where. As it relates to the martial arts would be useless, if you don't have balance and harmony.

According to **yin yang** philosophy, the universe and everything in it is both constant and cyclical. In this infinite cycle, one force dominates and is then replaced by the opposing force. Examples illustrating the yin yang philosophy include:

Life and death

Dark and light

Heaven and earth

War and peace

Harmony and Balance:

According to Taoist principles, the forces of everything in the universe are in constant motion. As the movement continues, each of the forces of energy gradually changes into the other, yin to yang and yang to yin.

This is the cycle of all energy.

I will not go into more detail of the yin yang as it can be quite involved. I only wanted to bring up one concept here as it relates to a statement made by an individual using the term **Karate-do and Karate-Jutsu**.

His statement, in my opinion, is a good example of someone who read an article and may not have fully understood the topic or just used that portion which supports his agenda or the way he trains.

He may have listened to his instructor or an associate their idea of the meaning of **karate-do, and karate-Jutsu**. Context defines the content; when you add to or omit important information then you're being deceptive. In this case Karate-Jutsu was adopted as his belief and karate-Do was irrelevant.

We all have heard people talk about a subject and they use the words. He said, or they said. When you force them in a corner, they say, "that is what I heard." So, I ask them. Then how do you know what they say is factual? As in this article. You don't have to believe what I am writing here, but if you do your research you will find that what I have stated here, is what it is.

"Jutsu" vs "Do"

'**Jutsu**' is about the techniques and strategies used in real combat. Whereas **Do** means **the 'Way'** In the martial arts terms, the suffix 'Do' is used to infer that the focus of training is predominately upon the development of the practitioner's character. 'Karate-Jutsu' could be thought

of as the application of karate in real situations.

Practitioners of *Karate-Do* are now often belittled as deluded individuals practicing an ineffective childish art. Whereas, those practitioners of *Karate-Jutsu* are viewed as dangerous psychotics who revel in violence.

I believe both views are extremely limited and damaging to karate. It is my opinion that that true karate should be both '*Jutsu*' and '*Do*' both approaches are in no way mutually exclusive and do in fact depend upon each other! Hence **Yin and Yang**.

From the earliest records we have, the enhancement of the moral character of a student has always been a key part of karate. Look at the Bubishi; there is certainly a lot of instruction on how to incapacitate an opponent in combat. However, there is also a great deal of instruction on etiquette and the correct behavior that should be exhibited by a martial artist.

To truly better yourself, I believe that you need to be fully aware of all your weaknesses, and then work to eradicate them. If you believe that going to the dojo only twice a week to learning a few physical moves while doing nothing else, will in any way bring these weaknesses to your attention, then you're just fooling yourself.

Jutsu is the foundation upon which 'Do' is built! **To simply concern yourself with fighting, and nothing else will prevent you from progressing to the highest levels of training.** To ignore 'Jutsu' and attempt to progress to 'Do' is a futile endeavor as you have no foundation upon which to build. How can you progress beyond the combative aspects of training when you have never faced them?

True karate is learning the 'Jutsu' to such a level that it progresses to become 'Do'

"Versatility is an outstanding trait when entwined with common sense."

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Kaicho Davis

