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August 2019 NKJU® Bulletin

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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.

You don't have to respond beyond that unless you want to. Your input and questions will be appreciated. If you have a personal issue dealing with Martial Arts, I

would love to hear from you. Our conversation will stay between you and me. You have my word on that.

I want to reiterate here for a moment. My first bulletin dealt with understanding of Kihon/Waza, and it's importance to the martial arts. I related it to one of the most important techniques you will learn. The Zuki/Punch.

Following this, in my second and third bulletins, I dealt with how to create power with your punch. Power the amount of energy that is displaced at any specific time or place and how this relates to mass and energy.

You will notice how I have kept things in a systematic order, as in my fourth bulletin dealing with sequence, coordination, and balance. You have heard the saying. *Don't put the cart before the horse.*

Over the years, I have found this to be one of the biggest problems with students. They practice a technique for ten minutes or so, and then they think they have mastered it and are ready to advance. They want everything now. *They have no understanding that there is no substitute for time, patience, and proper training.*

Many starts with good intentions, but somewhere along the way, they lose sight of why they began their training. I could

write a twenty-page article on this subject. But if I had to sum it up in a few words, it would be They develop an ego. Ego can be beneficial if you use it to push yourself to accomplish goals, discipline, humility, with the sole purpose to drive yourself to be a better person. Anything less than this is an individual developing a false sense of accomplishment, based on low self-esteem in conjunction with Narcissism.

“Ego” Your idea or opinion of yourself, especially your feeling of your importance and ability. The part of a person’s mind that tries to match the hidden desires, and wishes.

Let's assume you have begun to train and have some understanding of Kihon and Waza. Let's look at energy again, but in the context of the martial arts.

We in the martial arts have heard the term used Chi. **What is Chi? Or Qi (in Chinese. AKA Ki in Japanese)** It is in this context that I want the word Chi/energy to be understood.

I and I know probably most of you have been told by your instructor or others that Chi is this mystical thing within you that everyone posses. You can't see it. Its like magic. But only a few can really use it. It's these charlatans who profess they have this magical power which has been disproved over and over again by those who are not a

member of the magician's group. What is amazing is that there are those who still fall for the **BS**. Wake up! It's not magic, its understanding of how to develop your Chi/energy. You must learn how to develop and maximize the frequency of impulses to your muscles, To use as much of the muscle mass as possible, to keep opposing muscles relaxed while tensing the right muscles at the right time, and to maximize the use of leverage, body mechanics and structure.

So you ask. How can I achieve all this Chi/Ki and energy as it relates to the martial arts? Simple: **Practice**. As the old saying goes. “Practice makes perfect,” but I will add to that, bad practice makes for a bad practitioner. So how do you keep from developing badly? If you are just starting out or an existing student you might want to read my 2019 June Bulletin. Where I am explaining what to look for in a good martial arts school or organization.

To sum up: A good and knowledgeable instructor with years of training, experience, who can back up talk with action, and who has your best interest in mind, is the instructor you need to seek.

“The most important attribute a person needs to become good at Karate is **Shin-Gi-Gai (Mind-Technique-Body).” - Rika Usami**

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who would be interested in the bulletin forward it to them. ***Remember you don't know what you don't know.***

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