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NKJU® My Website is up and running, (www.thelegitnkju.org). This site is based on facts not hearsay, smoke and mirrors and innuendos. Too many other organization are without substance, or facts. I have found through the years some people have tendencies to believe statements without ever verifying the substance. Now whether this is through being complacent, ignorance, or not knowing the right questions to ask, I can't say. But what I can say is, **If you don't know, then you don't know.** Beware of statements made by others not based on indisputable facts. So if you're not sure then ask the hard questions. I have been practicing the martial arts since 1973

and I am not about to lower my standards to promote my organization. I will not issue false titles, or ranks that have not been earned through hard work and diligent training. I will not issue life time memberships just to have someone's name associated with my organization, and who has not been training for years, or has not been a member of the organization for many years.

Lifetime/membership is defined as. Occurring or measured over a person's entire active career: As it relates to the martial arts it would encompass style, or organizational loyalty. What I see is people jumping from organization to organization just to receive rank, titles, and to feed their ego, but without ever acquiring any associated martial ability.

I will now pick up where I left off from my previous bulletin dealing with the following topics.

Zuki/Punch

Just being able to form a correct *Seiken/Forefist* is not enough if you don't know how to create power within the *Zuki*.

What is power? Power is the amount of energy that is displaced at any specific time or place. Energy can exist in a variety of forms, such as electrical, mechanical, and can be transformed from one form to another. Martial Arts *Kihon* and *Waza's* teaches us how to harness energy in a variety of ways.

In order for the body to move it must produce energy. Our body produces energy by using our cells, which have pumps that build up charges within the cells. These charges allow the cells to "talk" with each other. The muscle cells use this energy to contract and move the body. The brain uses this energy to think and act.

Think of your body as a big battery which converts chemical energy to bioelectrical energy. It's this gradual buildup of electrical energy in conjunction with your *Waza* that will allow your body to have that explosive power at the point of contact with an object. This is what you want to achieve in your *Zuki*/Punch.

You must learn how to properly flex your muscles. **Flexing** is a process in which the muscle tissues in a specific muscle or group of muscles contract. Opposing muscle training should be done along with proper flex training. **Opposing Muscles:** What are they? Opposing muscles are sets of muscles that work together to assist you in moving your body. Muscles are sometimes referred to as *agonist* (the prime mover) which should flex while the *antagonist* relax and elongate, these are to work in unison. The way to develop powerful energy in combat arts, is to maximize the frequency of impulses to muscles. To recruit and tense as much of the *agonist* muscles as possible while keeping the *antagonist* muscles relaxed and maximize the use of structure, leverage, body mechanics, rotation/torque, and breathing. Beginners will often punch using only their arms, whereas a practitioner with more experience will punch in such a way that the entire body is used and the structural alignment of the punch maximizes its power.

You must first look at those parts of the body that will be in motion when you begin your punch. Learn which one begins to move first, then second and so on. That will determine your **sequence**.

Sequence

Sequence is defined as "The following of one thing after another; order of succession, a continuous or connected series. "

It is imperative that you understand the sequence of events to create power in your punch. If there is any break in the sequence you will **NOT** achieve maximum power. Everything has a beginning and an end. How you get to the end depends on all the steps you take from the beginning.

Note: Every person will have issues with their sequence due to a variety of reasons. Those issues being, height, weight, or physical impairments. You should begin from what you perceive as the beginning and modify those movements that you have physical problems with. But only enough to get from one move to the other.

You should be able to determine each part of the body that is essential in achieving the power in your punch. Understand the movements as you progress through the sequence. I am reluctant to say this, but you have to **FEEL** it. It will be different from each individual. You will know when it is right but only after many hours of practice. Don't expect a miracle. This is the difference between those who have only motivation versus those who also have dedication and passion. Motivation will not last. It's like a bird flying from branch to branch without a specific goal. Your movements should not be jerky or out of sync, but have a smooth even flow. "Be like water". Now where have I heard that before!

Question of the month

Which punch will develop more power? ***Gyaku-zuki*/reverse punch or *Chudan-zuki* middle punch.** If you think you know the answer. Let me know by

email and why. I will in my next bulletin tell you what I think.

Martial Art is not just an art but a science. Center of mass, and momentum are essential for those who practice martial arts. As a martial artist you must adapt your training to novel unknown situations. There are those whose knowledge of the science of the martial arts is incomplete, they try to change what is already proven just to put their twist on it. I am not saying here there is no room for improvement. Nothing is absolute, but do understand something in its entirety before you begin to change something and back it up with facts through workability.

If any of you have a specific question you would like to ask me about the mechanics and the anatomical aspects of *Kihon/Waza*, contact me through my email, and if your question warrants it, I will make it a topic on my next bulletin.

Organizational Information

For those who have found that their present organization has not lived up to the claims that it has made, and for those who plan to join an organization for the first time, look for my next bulletin. I will include some information on what to look for if you are planning on making a transition or planning on joining an organization.

Thank you for taking the time to read my bulletin and I hope it opens your eyes to that part of the martial arts that very few others teach or even know.

If you wish to be removed from the e-mail list just say so. Or if you know someone who would be interested in the bulletin forward it to them.

Remember you don't know what you don't know.

Kaicho Davis

