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**Bulletin**

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This bulletin is going to be dealing with the increase in McDojo's. Let's start and ask. What is a McDojo? McDojo's schools are run and owned for

the purpose of making money. Typically you can get a black belt in less than 2-3 years, and you are usually guaranteed success on the black belt test. These schools charge an outrageous amount of money, have extensive contracts, and are sometimes cult-like.

Another reason for the rise of the: **McDojo's**

*"Not baring from actual physical problems"* we have so many that have let their training lax, and have become overweight, out of shape, and are unable to impress anyone with any physical skills they **may** have once had.

Their training has become complacent and consists of talk, showing pictures of the past, telling everyone how many ranks, titles, and styles they have accumulated over the years. This feeds their ego and a lineage that is questionable.

They seek recognition from Japanese federations/Ass. or organizations, which all have two things in common. Anyone can join, and you can get promoted provided you pay.

If your one of those that are looking for paper ranks, then you don't need to read this

bulletin any further. Just become one of the many proud members of the elite, prestigious, and illustrious **BSO'S** better known as the Bull-shitters organization. When it's all said and done. You can proudly show everyone your **Bull Shitters License**.

I am a skeptic by nature, and I have found skepticism has more than once kept me from being used.

Many modern-day Japanese and Okinawan martial arts traditions, philosophy, and honor are becoming a thing of the past. Many have become political and commercialized.

Some Japanese see a gold mine in the West by playing off the Western ideals to be like the Japanese and to be able to show some recognition or association from their Japanese counterparts.

It's not rocket science here. Just look at these modern Japanese affiliates and compare them to the requirements of those that still hold traditional Japanese values.

The requirements of most Japanese schools in Japan still maintain a strict ranking and title protocol. This is why so

many westerners want to show some association with these schools because It's about honor.

**Honor is defined as:** "*Honesty, fairness, or integrity in one's beliefs and actions: a code of honor.*"

Many Western schools want recognition from these schools of hard knocks but not willing to meet their strict requirements. Instead, they have found ways to circumvent Japan's traditional martial arts strict requirements by joining the McDojo's of Japan who posts their ads on the website.

I do not believe the Japanese government has relaxed its standards. All forms of business operations or schools have to be approved by the Gov. Even the Web domain is scrutinized. Any ads that appear on the US sites are just that and make it appear they are directly linked to Japan and or Okinawa.

The Yakuza has their hands in a variety of businesses, including the martial arts. Let's face it; the M/A is a big business outside Japan.

I despise those that preach Asian philosophy and how they are following the teachings of

the masters. These people get rank/titles and degrees without truly understanding the meaning and time it takes to achieve such positions.

They believe they have earned what they have. *What makes this so funny is that the more some of these people claim, the more ignorant they look when they try to demonstrate what they think they know.* I believe that is what we call hypocrisy.

**Hypocrisy:** "*The practice of claiming to have moral standards or beliefs to which one's behavior does not conform; pretense.*"

After the Japanese conflict, a Kamikaze pilot was asked. What is it that makes you do what you do? He replied. "**You have to be Japanese to know a Japanese.**" This reminds me of what the late Kaicho Butch Velez said when asked. If you're the founder of AGK, then why are you not a Soke.

Kaicho politely said. **I am not Japanese.** Those martial artists in the West who claim Japanese heritage teach Japanese ethics and follow their ideals should be the first to know that Soke is not a term that should be used by the western martial artist. I find it hypocrisy for those that

do. It goes back to "**Look at me.**"

Many talk about what they can do, and not enough on showing what they can do. What makes these primadonnas more emboldened are those that follow without questioning their teaching and philosophy.

Those who know but still follow such leaders are no better than the ones they follow. It comes down to **EGO, Rank, and Titles.** You should ask yourself. Do you really know what you think you know? I guess if it makes you feel respectful, go for it. In the end, it's your integrity that will be in question.

**My upper belt students know that they can challenge me anytime on what I teach once they understand what I am teaching.** By doing this, it erases any doubt in their mind that what they are learning does **WORK.** I live for challenges, both good and bad. It makes me stronger. My wife once said to me. You think you're perfect. I replied. No, I am not perfect, but I dam well strive to be.

**Idolized** as defined in the Cambridge Dictionary: "*To admire and respect someone very much, often too much.*"

The best way to idolize anyone would be to follow in their footsteps by teaching them the skills and knowledge they gave you to make your life better. A life that you can feel proud of that is based around integrity and high moral standards.

Let's face some facts. The martial arts are still mystical to the younger generation. They see it the same way as many of us did before we said. I want to learn that. Ask yourself. What impressed you the most when you went to watch a martial arts class in session?

**I would like to hear from some of you by email what got you into the martial arts.**

Was it the way the Instructor moved the ability to do things that seemed impossible? He had charisma. It was the **WOW Factor**. So what does it take to keep this wow factor alive?

The fact is, if you're not actively **teaching and training**, you can't produce that Wow factor. It's essential to learn to adjust your techniques due to changes that your body incurs over time. We all have to adapt to the inevitable. **Age**. There is an old saying. "If you don't use it, you lose it."

Those that do not teach a class or train as they once did now just attend clinics. Clinics that are no more than a bunch of dans hanging around people like themselves and reminiscing about the good old days, and making a few comments to those of lesser ranks own what is right or wrong.

Over the years, we all have had to deal with body changes. Physical Pain, Stress, not being able to focus, and Solitude just to mention a few. You have a choice. **One**: let it beat you. **Two**: get help and learn to deal with it.

Will it be hard? You dam right, it will be. I like to believe if it were not for my many years of martial arts training, I would not have dealt with some of the body changes I have incurred.

The discipline I learned in the martial arts helped me develop the mindset that I would not give up on anything unless I gave it my all. Yet be man enough to admit defeat. Defeat can make you stronger if you learn to channel it correctly.

Baring no injuries, I will continue to train, teach, and attempt to outdo those much younger than me for as long as

I can. It's the challenge that keeps me motivated.

**"There are many things I can't do as I once did, but there are many things I can do now better than I once did."**

Those of you who consider yourself a real martial artist, one with conviction, and is without ego and is still training and teaching? Ask yourself? What was it in your many years of training that got you where you are?

Was it? ***"The drive to excel, dedication, patience, followed up with countless hours of practice which leads to experience. "Experience: "is knowledge achieved through time by actually doing or living through something."***

Experience can also be a double-edged sword if this experience came from a Mc-Dojo. Then your knowledge is worthless; that's time wasted that you can never bring back.

That's why it's so important to do your homework when joining a Martial Arts school or an organization. Many have spent years in training to learn most of what they thought they knew does not work.

For those who plan to attend a martial arts school or have been part of one for a few years, the internet can be a useful tool if used wisely. Get all the facts you can on your intended school or your existing school, do your research.

**I want people to check me out.  
If you found me not what I  
claim to be, then challenge me  
with your facts.**

In my December bulletin, I will discuss how you, a martial artist, can achieve a PhD, MA, MS, without having to go ten to fifteen years in a College or University. **Now want that be great?**

**Remember: What you think  
you know, you may not know  
until it's too late. So how do  
you know you don't know?  
And what can you do to make  
sure you know?**

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

**It was the problems that I  
incurred along the way that  
challenged me to strengthen  
my resolve.**

**Kaicho Roy D, Davis III**