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Bulletin**

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**I want to wish
everyone a very Merry
Christmas and a Happy
New Year. Be safe
enjoy the little things
in life. It's the little
things that seem to
have little or no
significant value that
we learn to cherish the
most later in life.**

I was asked if my martial
arts training was a hobby
or a way of life in my
previous bulletin. Well, it
could be a hobby for
some. In my case, it's a
Way of Life, and I think I
can speak for many
others who are true
practitioners of martial
arts.

A way of life can be an
important activity, Job,
etc., thus affecting all
parts of someone's life. If
you have chosen martial
arts as a way of life,
**Then It's paramount
that you *receive proper
training.***

I am taking a quote from
a movie. "No such thing
as bad student, only bad
teacher. Teacher say,
student do." Guess the
movie.

Let's assume you have a
very knowledgeable
martial arts instructor,
who concentrates on
kihon and waza and can
explain in detail the
mechanical and
anatomical concepts of
the martial arts followed
by the proper mental and
physical conditioning.

With this type of training,
you should be able to, in
time, integrate your
martial arts to almost
every facet of your daily
life including your job,
hobbies, etc. and even
your marriage if you
have one.

I challenge you to see if
you can find anything
you do in life that you
cannot relate to your
martial arts training. If
you do, **"Tell me what it
is, and I will see if I can
help you."**

I have had these questions asked more times than I can count.

How do I know what I do is right or if it works? I could write a book on this subject. But let me try to make it uncomplicated.

Three words come to my mind: **Instinctive**, **Reaction -time**, and **Reflexes**

Instinctive: *"A behavior that is not learned, but you already know how to do it for the first time."*

Reaction- time. *"A reflexive reaction or movement that occurs immediately in response to something that happens."* Thus **Reaction-time is a learned process.**

Reflexes. *Reflexes are involuntary movements to stimuli. Example: Your eyes will blink if someone throws a punch to your eyes.*

Don't mistake **Reaction time** with **Reflexes**. Both

may work to keep you safe in most situations but at the same time may cause injury.

NOTEWORTHY:

Reflexes and instinctive reactions aren't affected by lifestyle choices or mental prowess. That is not the case with **reaction times**. Your ability to react quickly can wane over time, and your brain naturally gets slower as you age due to impairment and degeneration. Poor health and lifestyle choices can exacerbate the problem as well. That is why it's essential, as I mentioned in my previous bulletin. *"You can't level up if you don't try to maintain a healthy lifestyle."*

By becoming a
"Proactive Martial Artist," you will answer the question. **How do I know what I do is right or if it works?**

Proactive: as defined in martial arts. *Serving to prepare for, intervene in, or control an expected occurrence or situation, especially a negative or difficult one.*

To be a **Proactive Martial Artist**, you must increase your Reaction-time.

To speed up your reaction time is to train your body physically to perform the responses you want your body to make. This can only be done by performing drills over and over again. The more you train your movements, the stronger your connections to your brain and your body movements will be.

"Shin Gi Tai." Mind, Technique, Body.

The Japanese had the word "**Mushin**". If you have seen the movie *"The Last Samurai,"* you will see how *Mushin* works. Go to the fighting seen in the street where it becomes a life or

death situation. Notice the camera shows the attack at average speed. After the fight, there is a repeat of the fight scene but in slow motion. This is Mushin at work.

Mushin is a Japanese martial arts term used to describe the concept of "no-mind" or "mind without mind." This is the ability to act and react intuitively without hesitation or active thought.

Train your **Shi Gi Tai**. Mind, technique, body. And in time, you may develop your Mushin. No-mind.

NOTE: *Be aware of this. To overreact could be as bad as no reaction at all.*

As many know, I worked several years in Law-enforcement, and I have seen my share of vehicle accidents caused by the driver overreacting to a crisis.

That is why part of a patrolman's training is passing a driver's obstacle course. Performing drills over and over again.

Train religiously, train hard, train with the goal to achieve **Mushin**.

If you train correctly, you will know.

If you hesitate or have to think, then train some more. There is no secret, just hard work and determination to excel.

"In the end. We will remember not the words of our enemies but the silence of our friends."

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Roy D. Davis III
"Kaicho"