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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"**