

1991

NKJU-International



"A Martial Arts Family"

# INTRODUCTION

The first NKJU "Yearbook" was published and edited by "Soke" Richard Baillargeon, our founder, in 1983. His purpose in this publication was to disseminate among the students and schools of the NKJU something of an ANNUAL which showed the year's activities of its schools, students and instructors. Not to mention the giving the membership isolated by distance a face to go with the names they become familiar with via telephone and Newsletter. This issue will continue the same tradition!

Articles and photos contained here-in are direct contributions from members.

## History:

Richard P. Baillargeon, called "Soke" by those of the union for his father figure and guidance, originally founded NKJU in November of 1974. From 1964 to 1974 he was the U.S. Representative of Seishin Kai Federation of Japan. This was a federation housing only those practitioners of Motobu Ha Shito Ryu.

It was in November of 1974 that Soke Kuniba fired "Soke" Baillargeon as U.S. Representative. As "Soke" Baillargeon had built U.S. Seishin Kai for those previous ten (10) years to over five thousand (5,000) in numbers, he decided to continue as director of his own organization. He had earlier developed the name of National Jiu Jitsu Union to house his Goshin Budo art as separate from Seishin Kai so, he merely added the Karate to the name to form National Karate and Jiu Jitsu Union. Today, we call the organization simply, NKJU-I. The I has been added for "International."

"Soke" Baillargeon remained in control of NKJU until his untimely demise on February 14, 1989 after a three year bout with cancer. During those fifteen (15) years, he opened the organization up to all styles and arts of karate, taekwondo, kobudo, and jiu jitsu. He had named Tola E. Lewis, Jr., a Shito Ryu stylist, as his successor in June of 1989. This selection was made as "Soke" Baillargeon felt Mr. Lewis would continue NKJU in the same spirit and intent as he had developed the union. This, Mr. Lewis has tried to accomplish.

## The "Director"

Named by "Soke" Baillargeon as his successor in 1988, Mr. Tola E. Lewis, Jr. officially took full control of NKJU on February 14, 1989, upon the death of a much loved Richard P. Baillargeon. The current title of Mr. Lewis is Dai Shihan which means "Greater shihan". He is a 6th dan in Shito Ryu karate and trains under the guidance of Soke Shogo Kuniba.

Born in Columbia, SC, on July 7th, 1945, Mr. Lewis was first introduced to the martial arts in 1963 and has been in training ever since. Discharged from active military service with the Navy in 1964, Mr. Lewis continued his education at East Carolina University where he received a Bachelors in Geography and Minor in Geology. He teaches karate at Elizabeth City School of Karate, Inc. which he opened in June of 1974.

## The Assistant Director

The Assistant Director of NKJU is Kyoshi Lemuel Stroud, 7th dan in Hakkoryu Jiu Jitsu. Kyoshi Stroud was born December 12, 1931, and served in the US Army from 1952-54. By trade, he is an embalmer and currently co-owner of two funeral homes in Kinston, NC. Associated with NKJU for many years, Kyoshi Stroud first fully joined NKJU as a Jiu Jitsu advisor in 1975 and has been closely aligned with it ever since. He brings with him many years of experience and friendship with which to advise the Director and help lead NKJU into a new era of endeavor. His training is extensive both from stateside instructors as well as direct training in and from Japan.

Mr. Stroud was first appointed Assistant Director in 1985 and he brings to this office the best perspective one could possibly have. Having trained and promoted many black belts, the greatest compliment an instructor could have would be the love and loyalty these students maintain for him. His most noted quote would be "...I only hope that I give something to NKJU to help compensate for what it's given me. Anyone coming into the Union should do so with the thought of giving rather than getting."



## **DIRECTOR**



**Tola E. Lewis, Jr.-Dai Shihan**  
**6th Degree, Shito Ryu**  
**Karate-Do**

## **ASSISTANT DIRECTOR**



**LEMUEL STROUD-Kyoshi**  
**7th Degree, Hakkoryu**  
**JuJitsu**

## **Traditional Karate Training: Truth Versus Fiction**

by James L. Semmes, Jr.

One of my longtime students (and good friends) sent me an article published by BLACK BELT magazine about a certain style of Okinawan Karate that I had studied in the mid-1960's. He was distressed because the article contained large amounts of misinformation, and, I also gathered from a note that was enclosed that he was upset that the magazine had allowed such false information to get into print. It seems to me that lies about Karate training are on the increase, and the amount of total crap that is spit out by karate practitioners is also on the rise. Why? Because people listen to it and do not ask questions.

I can remember being at work one night in Sobe, Okinawa, some time in early 1968, and listening to one of my co-workers spit out trash to a group of listeners. This fellow was telling his audience that he trained in Goju-Ryu with Toguchi (Sensei) and that the Black Belts would line up all the White Belts, put them into deep horse stances, and then kick them in the groin to "get them used to it". I didn't say anything at the time, but, asked this guy later, and in private, why he told such trash. He swore that he was telling the truth, and even persisted in the lie when I said that I had been by this dojo, and had seen classes, and had never witnessed such in my life. His answer was, "this is special training". By the way, he was one of the White Belts.

Such is the foundation of the lies and stories that exist in the martial arts, and essentially they exist because we do not question them. For example; if a person claims high ranking, and we doubt whether it is true, we usually swallow our doubt and say nothing, allowing the lies that the person might spit out to go unchallenged because we do not want to offend. This is wrong! And, we are as guilty for saying nothing as the person is for perpetrating the lies; the ones who get hurt are the innocent students who suffer and receive inferior training, based upon these lies.

While in Okinawa, I trained essentially in Shorin-Ryu Karate-Do and in Ryu-Kyu Kobudo as well. I also tried, briefly, Goju-ryu and Uechi-Ryu Karate-Do, but, was not suited to those disciplines because of my height, and, I felt more comfortable with the Shorin styles because of previous training in Japanese methods; I trained with a number of different instructors in a number of different Dojos, and can relate in detail the truth concerning Okinawan Karate training in the mid-1960's.

The following is a general description of our training methods. Karate training was hard and physical, but not

brutal. By brutal, I mean that nothing was forced upon students that would cause deliberate injury to the students, nor were we required to engage in any training method that would cause harm to various parts of the body, such as makiwara training. We had members of all professions in the various Dojo, and they were as concerned about their physical well being then as they are today.

Classes were generally organized into a morning and afternoon session, with the bulk of formal training being done at evening hours. Okinawa did get very hot and humid in the summer time, and evening classes were preferred. Sessions were usually 1 1/2 hours in duration, and were well structured and organized.

A typical class would consist of Kihon Drills (basics), Kata (Forms), and then some form of partner training in prearranged sparring or free sparring sessions; most Okinawan Karate Dojo preferred one, two, and three step sparring. Emphasis in the majority of Dojo was on Kata, and countless repetitions were performed on the fundamentals of Kata. Bunkai (application) was seldom demonstrated, except to Black Belt students, and advanced applications were only conducted with senior students of Black Belt ranking. Learning to do the "moves" was considered most important.

Physical conditioning was also considered very important. Push-ups on the knuckles were performed before and after class sessions, and sit-ups with partners were also a favorite pastime. Duck-walks and rabbit hops were also favorite leg conditioning drills as well. Stretching was crude, and most Okinawan instructors did not emphasize stretching at all; kicking was mainly waist high, and most instructors did not exhibit a good knowledge of stretching methods.

A very few of Okinawan Karate Dojo placed emphasis on free sparring. Equally few allowed full-contact sparring, wearing body armor that consisted of shin guards, chest protectors and face masks. Most sparring was carefully organized into memorized drills with partners, called **Yakusoka Kumite**, and these were practiced until they could be performed flawlessly.

It was possible to earn a Black Belt in Karate in 16-18 months by attending class sessions three days per week. Grading was done either in the Dojo, for lower Kyu grades, or at monthly sessions for Brown-Black Belt categories. Testing for an individual was usually no more than 20 minutes, and based upon my observations for a number of Karate systems, this was generally the accepted norm-- there were NO 3 hour testing sessions



## Traditional Karate Training- continued

for any one person. I once saw a man test for the rank of Godan (5th Dan) and his test lasted around 45 minutes, more or less.

Most Okinawan Dojo had the following grades: White, Green, Brown and Black. Time-in-grade varied, depending upon style of Karate-Do.

I saw no Renshi belts on Okinawa, except at very formal gatherings, and then only Red Belts worn by 9th and 10th Dans. There were Shihan grades, but these were never used except when the instructor signed his name to a document. Hanshi and Hanshi-Sei grades (8th-10th dans) wore Black Belts, just like everyone else in the Dojo.

Running was encouraged, although we never did run in a group. Several of us would run (actually a slow jog) several days a week and usually no more than three miles per session.

Probably the most arduous training I did was a rabbit-hop up a flight of stairs. The girl's volleyball team did this drill daily, and one of my instructors saw this and decided we should try it as well-- I could not walk for 2 days, and limped for several days after that. However, I continued to do this for some period of time.

Class training varied with who taught the class. Some nights were really rough sessions, and some were average in difficulty. All students of all ranks participated at the same time, and instructors would break up students into groups some of the time for specialized training. Training was very repetitive, and usually consisted of the same thing over and over again.

Kata was performed at least once, in front of the head instructor of the Dojo. You would perform the basic movements at a midlevel pace, and then once again with speed. You might have one or two general corrections for you to work on, and the next time you performed the same Kata, you were expected to show some improvement.

Most of the Shorin-Ryu Karate styles had anywhere from 12 to 16 total empty hand Kata in the system. A few high ranking instructors did more than this for their own purposes, but most of the systems had few Kata. You were expected to be able to do Kata well, and with precision. Most of the Shorin styles also had few

*"My Favorite Kata was Chinto"*

*"...Most ...systems had few Kata"*

Kata required to Black Belt, 1st degree. Generally, a student learned the 5 Pinan kata (Heian), 2 Naihanchi/Naifanchi (Tekki), and Patsai/Bassai (Bassai Dai). After 1st degree, I was taught the fundamentals of Ku-San-Ku Kata (Kanku Dai, Kosokan Dai) in one style of Shorin-Ryu, and this was classified as the most difficult of all the Kata of the style. My favorite Kata was Chinto.

I personally struck the makiwara until I had a beautiful set of large and deformed knuckles, but this was not the rule in any of the Dojo I visited. I also had shin conditioning, and learned to kick large diameter pieces of green bamboo with my shins fullforce; this took me approximately 13-15 months of training to be able to do successfully. My students, past and present, can attest to my hard shins, but I do not recommend this training to anyone as it can be dangerous. I also no longer strike the makiwara as it is also not necessary, and can cause longterm injury to students.

I am constantly amazed at the amount of historical knowledge brought back by American Black Belts from Okinawa. I have to smile now because it was literally almost two years until I knew WHAT STYLE of Shorin-Ryu I was studying. Basically, you are told you study Shorin-Ryu, nothing else; I did not find out about the sub-styles until much later, and those are Matsubayashi, Shobayashi, Kobayashi and others as well.

We also had no lineage charts to refer to-- we kicked, and we punched, and that as all we did. I guess if I had been asked a lot of specifics by an "arm-chair" historian, I would have appeared ignorant because I didn't know a whole lot until after I had trained on Okinawa for some period of time. Once I became known as a serious student, meaning I came to class without fail, rain or shine, sore or not, then I was told some specifics.

Most Americans never bothered to learn the Japanese or Okinawan language, and most Okinawan instructors did not speak-English that well. It also amazes me that most Americans who came back from Okinawa knew so much, when they were told so little-- there was a definite language barrier.

I asked a lot of questions and was fortunate enough to have an instructor who had lived in the U.S., and who spoke very good English. I also had an assistant instructor who worked in a bank who spoke very good English, and so I got a lot of answers to the questions I

## Traditional Karate Training- conclusion

asked. I did not, unfortunately, receive the definitive history of Okinawan Karate, as some others have claimed.

I have seen a lot of books published by Americans and others who demonstrate some of the Okinawan Shorin-Ryu Kata. What sticks most out in my mind is

***"Must be 21 to get Shodan and 30 to be Godan"***

that some of the stances performed look very Japanese, and very un-Okinawan. For example, the Japanese have a very distinctive back stance, called Kokutsu Dachi-- in this position, 1/3rd of the body weight is on the front leg while approximately 2/3rds are on the back leg. This is, to my knowledge, never done in Okinawan Shorin-Ryu; they use a peculiar stance we called a "boxstance", with 50% balance over both legs.

Ranks for Black Belt also had age limitations. You had to be 21 years of age to receive Shodan... Americans who were 20, who had earned Shodan could not receive their certificate until they showed a set of military orders for their transfer! To receive the rank of Godan (5th Degree), one had to be at least 30 years of age, unless the person had recommendations from several high ranking members of the promotion board.

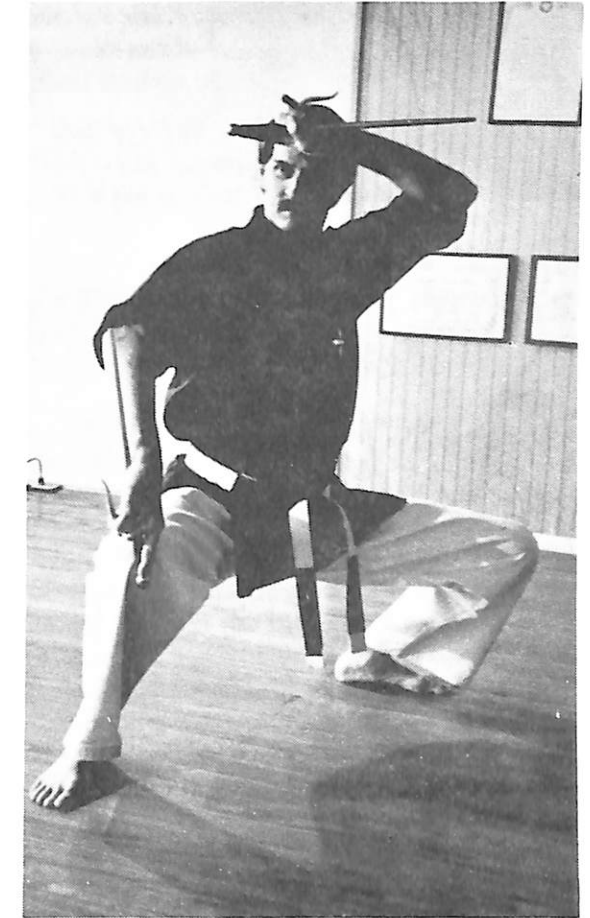
When I was in Okinawa, there were very few high ranking instructors -- to the best of my memory, there were only 8 ninth and tenth dans alive in 1968. Most Dojo had, as the highest ranking instructors, 4-5th degree Black Belts!

Hopefully, this article will dispel some of the myths

***"There are many truths in life, and there are many lies...I have met more liars..." in "...karate..."***

of training in the classical tradition in Okinawa. When you meet someone who spreads a lot of manure about "what we did in the old days", be polite, but don't listen and don't let their nonsense influence you. There are many truths in life, and there are many lies, and while I hate to admit it, I have met more liars who practice Karate than I have met in any other martial arts activity. While it is impossible to weed out all of the bad apples in Karate, hopefully, organizations such

as NKJU can set the example and not tolerate the falsehoods dispensed by so-called Karate men.



James L. Semmes, Jr., 6th Degree Black Belt  
Shorin-Ji Kempo and Director NKJU Weapons Div.





Renshi Sandor Nagy  
Yondan, European  
NKJUJ  
Representative.

## "ONEGAI-SHIMASU" and "ARIGATO-GOZAIMASHITA" two important expressions in the way of BUDO

by Sandor Nagy

In Japanese there is an expression that sounds like "onegai-shimasu". This is used often and in many ways. In the dojo, before training, the highest graded student address the Sensei with it. All the students also use it when they want to ask the Sensei about anything. It's even used by students to address each other before they start practicing a technique on each other. As you probably have understood by now, it's used together with a bow. Well, what does "onegai-shimasu" mean you ask? As all Japanese words, it's hard to translate it perfect but it means something like: "I would like to ask you for something" but it has different meanings depending on how you express it. Used by a pupil to his teacher it means: Be kind and teach, be kind and train with us, be kind and mark my faults, do your best in the way you want, I will do my best to learn all you will teach me.

The meaning to do a request is strong in this expression, but, at the same time, it has double meaning that states that the one who asks will do his best. The expression also expresses a gratitude and a happiness to have the opportunity to join the teacher's lesson and training.

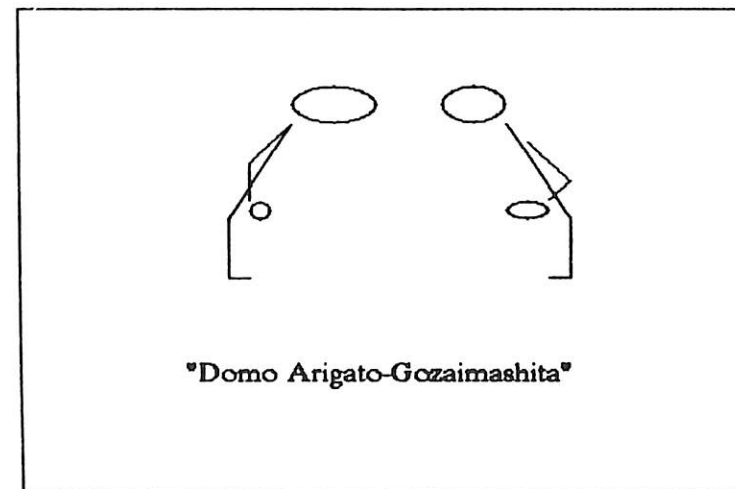
As a pupil addresses another pupil with "onegai-shimasu", he is looking upon his training-partner as his teacher. You want to train with him with a feeling of gratitude.

When the teacher uses this sentence to his students it means almost the same as when the students use it. It means: Gratitude of being able to get together to train with each other, to look upon every student as his teacher because, believe it or not, the teacher (sensei) learns a lot from his students under a lesson or training session. Even if he is not aware of this. (Remember this the next time you train.) He begs his students to teach him, too.

Now remember, in "onegai-shimasu" there is no egoistic, selfish desire; no wish to be strong self, to be helped to progress himself or ask the teachers to teach only me. To be angry on a partner or teacher is the same as breaking the promise the expression means.

Another expression is "Arigato-Gozaimashita" which means: Thank you very much. In the Dojo this is used in the end of the training to further show the gratitude the student feels to have the opportunity to train.

You do not have to use these expressions as long as you only know and feel this way under your training so please, next time you bow to a student or teacher, think or say these words and remember what they mean so that you do not just bow because you are supposed to. Through this, the training can get even a deeper meaning.



"Domo Arigato-Gozaimashita"

## "Self Defense From a Woman's Perspective"

By Susan G. Semmes

Black Belt instructors often teach a so-called self-defense class that is geared towards traditional martial arts instruction, thinking that these methods provide the answer to self-defense. However, these instructors don't realize that the way they were taught, and the way that they now teach, would take the average person years to become proficient in their art. This is great for someone who can devote all their time and energies to this endeavor, but, in today's "now" generation, a woman needs something that she can put to use right now!

Although there are no sure cures for self protection,

**"Prevention methods should  
be the ultimate weapon in  
personal self-defense."**

those of us who choose to teach self defense must stress the importance of prevention. Prevention methods should be the ultimate weapon in personal self protection! A Check list for home and work should be included with instruction, along with an alternate plan of action if, in spite of it all, the preventive measures do not work. Information about what to do, and what not to do, as well as where to go for help if an attack against you has occurred should be supplied by the instructors. Some police departments have a list of volunteer groups who will give a victim support following such a traumatic experience. All of this should be provided with a self defense program.

Instructors, whether martial arts Black Belts or not, should understand the emotional aspects of such an experience. It must be understood that it just isn't enough to teach a woman a technique that might be

## The K.I.S.S. Principle

impossible for her to learn properly. The old adage, "keep it simple, stupid" (KISS principle) should apply to all instructional methods. For example, why teach a

woman to punch when it takes years to learn power, when simple techniques such as applications of knees and elbows, finger jabs and others, work! There is no need to inundate a woman with technique after technique that will confuse and frustrate her. If a woman remembers just one thing from self protection class that she can apply if attacked, that allows her to break free and run, then an instructor can feel that they have done a good job for that student. Teaching a self defense class requires that someone take the knowledge they have and divorce themselves from the Black Belt status, and become sympathetic to the needs of their student. An instructor must keep

in mind that not all are capable of achieving the prowess that might be expected of students in a martial arts class. Give the student the following:

1. **Preventative Tactics**, with the emphasis being that prevention is the ultimate weapon of self protection.
2. **Simple Techniques**- no more than 6 should be taught, with the emphasis being "break and run."
3. **Development of mental toughness** and preparedness.
4. **Information** on where to go for help an support if attacked.
5. **What to do following an attack.** The instructor who takes the time to teach properly truly performs a labor of love for their students.

THE END

NOTE: Susan Semmes is the wife of Shihan James L. Semmes, Jr. and an apt instructor of the martial arts in her own right. She is a Black Belt in Shorin-Ji Kempo and has instructed with Shihan Semmes in their dojo in Valdosta, GA, for several years.



## THE MUSEUM AND THE MARTIAL ARTS

by Alan Gardner

A few years ago while on a trip to San Francisco, I went to visit the Asian Museum in Golden Gate Park. Being a Chinese stylist at heart, I headed right for the Chinese wing. Knowing San Francisco to have one of the oldest and largest Chinese communities in the United States, I was expecting great things from this museum. I wasn't disappointed. I went through the door for the Chinese exhibits and quickly glanced around from where I stood. It was a large room with displays arranged around the walls to the center of the floor.

My first view told me that all the exhibits were from the Ching Dynasty. I was a little disappointed, expecting a much more broad based collection, but, I was still thrilled to be able to see beautiful examples of Chinese culture. I walked around the room viewing wonderful examples of painting, pottery, and calligraphy. It was only as I was coming to the last exhibits in the room that I realized there was a door leading to another room. Excellent!

The first room had been designed so that upon entering the room, one could not easily see the door leading to the next. It was only as one followed the logical sequence of the exhibits that the next door and room were revealed. As I entered the second room, I noticed that the artifacts were considerably older than those in the first room. Some dating well back into the Ming Dynasty. I was pleased to have found the rest of the exhibit. Or, so I thought. Sure enough, when I arrived at the final pieces in this room, there was another room just beyond. As I went through this door, the first thing I did was to look more carefully to see if this was the final room. It wasn't. This pattern continued for four (4) or five (5) more rooms. Each room was arranged with a logic that led you from exhibit to exhibit taking you to the door to the next room and each room leading the observer further and deeper

**"All Martial Artists know the significance of the number three; the number of completion, ...continuation, and...stability."**

into history.

Traveling farther and farther into the past, I reached the last room where the pieces were over 4,000 years old. Reaching the last exhibit, I stood looking at a knife, a spear, and an axe head of incredible craftsmanship and technical sophistication. Someone had chosen as the beginning point of Chinese History, three of Man's tools of self-defense. Looked at through the eyes of a Martial

Artist, this made perfect sense! All Martial Artists know the significance of the number three; the number completion, the number of continuation, the number of stability.

Throughout Chinese history, the martial arts have been viewed as a means of strengthening society and defending the nation. The number three has great significance in relation to the concept of "society" in that there are three levels of society.

First is the **society of the "family"**, second is the **society of community** (town, province, etcetera), and third the **society of the nation**. Three weapons were chosen to represent the birth point of Chinese cultural history. Weapons, not to signify violence, but, to unify and defend all levels of society. This whole journey through the museum had been like the study of Martial Arts.

We think we know what the Martial Arts contain, but, only as we work through our studies do we come to the understanding that there is much more than we could originally see. After our first breakthrough insights, we think we understand everything only to find out there will be more to come as long as we keep traveling along the path. There will be room after to room to explore.

After viewing the last exhibit, I looked around and realized there was no exit. In order to leave, you had to retrace your steps back through every room. This caused you to experience details and intricacies that you had missed on your first time through. Not only were the exhibits being viewed again, but with the new perspective of having seen the whole exhibit. The end, therefore, helping to illuminate the beginning. So must those of us who have been in the Martial Arts for more than a quarter of a century go back and retrace our steps in our training. Only after many years of work can we begin to understand the lessons our Senseis were to teach when we first started. Like a mountain, the climb to the top is only half the journey.

Each kata we learn, each battle we win over ourselves leads us to the next "room" of insight. **Only a fool thinks his journey is at an end. Each end is a new beginning!**



## A Second Chance!

When I was a young kid, I used to watch "Kung-Fu" on the television starring David Carradine. I would sit and fantasize about being a Martial Arts expert. You couldn't pull me away from the TV when Qui-Chang Kane was on. He had all the qualities a person could want. He had qualities such as self-confidence, control, and humility.

Finally, it was time to turn my fantasy into reality. In June of 1982, I started to train at John Pickard's School of Karate. It was a day to remember. I arrived there a little early and walked in. Gazing around the dojo, I saw young and old kicking, punching and doing all kinds of spectacular moves. I knew then that I had come to the right place.

While wandering about, a man named John Pickard introduced himself to me. He went over some basic rules about his dojo and openly invited me to train. They (the students) showed me some basic moves that flew by me like a 747. I was so nervous that night, I don't think I could understand

**"After many months of training, my skill grew and so did my ego...."**

anything.

A few classes went by and I became more at ease. It was easy to do so because of the friendly atmosphere kept there in the dojo by Mr. and Mrs. Pickard.

Two months passed by until it was finally time for my first test. My nerves were at a peak. I almost didn't want to go and test for that orange belt because I was such a wreck. But, I was reassured by Sensei Pickard that it was no big deal to flunk your first test. He just said, "...give me your best." It was the day of the test, I did my best, and I passed!

After many months of training, my skill grew and so did my ego. I guess there's a price a young karateka has to pay. That being the price of losing oneself in oneself. I thought my karate was top notch. I'd

## ARTICLES

developed a very cocky and egotistical attitude. Sensei was well aware of my personality conflict and tried his best to keep me in my place. But, I was impossible.

A couple of years passed by (about two and a half) since I started and I earned a third brown belt. Yet something wasn't right. My skill was great but my character stunk. I was as a little child with a loaded gun.

A few months later, I graduated from High School. In my mind, I thought, it was time to move out of my parents house and live on my own. Leaving college behind; living on my own; and working, karate got real tiring. I seriously thought karate was getting in the way, so I quit.

Slowly but surely, giving up the one thing I had dreamed about led to other tragedies. Even depression! I tried to return twice to Mr. Pickard's school but left both times about as soon as I enrolled.

Finally, after five years of failure, I had no other choice. I was at the lowest ebb of my life. In fact, I was

thinking of giving up on life in general. Then something came to me. A memory from my past when I had dreamed of being a martial arts expert. I was still so hungry for it! It then dawned on me that this was the key. Hunger! And, I was hungry. Hungry for life. I had to finish that something I had started.

I visited Mr. Pickard again and explained what had happened. He was very sympathetic. He said to me, "...everybody needs time to grow up. This was just your time. You're no different than anyone else." I took

**"I'll stay hungry for knowledge and I'll never quit!"**

what he said to heart.

It wasn't easy getting back into shape but I fought it and regained some of what I had lost. I'm 25 years old now and I just passed my 2nd grade brown belt test. Things will be done a little differently now. I'll stay hungry for knowledge and I'll never quit. My dreams are too important to throw away!

Donald Henriott



David Henriott

## HUNGARIAN and EAST EUROPEAN REPORT

TO: NKJU Members FROM: Sandor Nagy, NKJU-I European Representative

SUBJECT: NKJU-I Hungarian Membership

Three years ago, I had the honor to represent NKJU in Europe, and through this we renamed the European branch of NKJU to IKJU (International Karate Jiu-Jitsu Ving-Taun Union). With lots of help and support from NKJU and NKJU'S Director, Tola E. Lewis, Jr. I have been working to enlarge and spread the organization in Europe.

My plan for this was to spread the ideas and "Family-philosophy" of NKJU to clubs in Europe and especially in Hungary. The first sign of interest came from eastern Europe. This interest started because the clubs there were not happy about the ways their organization handled things and when I explained for them about our organization, their interest increased.

I am now happy to inform you that after one year of work with eastern Europe, the result is; two Karate Clubs, four Wing-Chun Clubs, and two Jiu-Jitsu Clubs have joined us.

The countries in Eastern Europe, I have to say this, have after 40 years of Communist-government turned into economic ruin. Therefore, it feels like almost a duty for me to help them.

After my exhibition in Hungary and personal contact with different Martial-Art leaders and instructors, clubs in Rumania, Czechoslovakia, and Poland have shown an interest in our organization.

I was in Hungary last year with my "right-hand" Mikael Stenhamn, and appointed Sempai Janos Vegh as the Hungarian Representative. At the same time, I graduated him to Shodan. I hope he acts in our interests and follows our rules.

I will keep on working to enlarge the European branch of NKJU. I would like to thank you for the support I have gotten so far and I hope you will continue to support me in the future.

Sandor Nagy



Sandor Nagy, left  
and  
Janos Vegh, right  
Hungarian Rep. for  
NKJU-I  
WELCOME to the  
"Family" Sensei Vegh!

## CAMP '91 MUDFRIESBORO, NC



"It's Camp Time!!"

Donna Cradock (Her first!)

### WHAT?

We Had: Aikido, Judo,  
Jujitsu, Karate,  
Kobudo, Iaido, and  
Fruit Squeeze!

It's your turn to be here in 1992!

"Hurry Shihan Lewis, we  
need Fruit Squeeze, Now!"



"Come back here Sensei Durand, I be  
talking to you!"

Barbara Myers



## Camp'91 Continued.



*Renshi Kevin  
Garganus, Yondan  
Leading Kobudo  
class*



*'Stop talking Renshi Myers, my legs are killing me!'*



Brandi Bostic in Knife Defenses. "YUK-I"

## LETTERS and NOTES

Dear Shihan Lewis, Thank you for your 5/9/91 letter. Your words of encouragement are appreciated very much.

We are entering our second year with NKJU and are very pleased to be part of it. Often during class, I take time to read from the yearbooks and instructors guide, the words of other instructors. Several times our advanced children's class has asked if I wrote the articles. Most of the information we read is the same as we have discussed for many years. Before I joined NKJU, I was wondering if I was on the wrong track. Was I the only one that felt the way I do about Martial Arts?

Al Gardner gave me a copy of the instructors guide when I visited his dojo about two years ago. The first time I began to read the contents, tears began to come to my eyes. It was as if someone had heard me talking with my classes. These were the same thoughts that were in my mind for so many years. The more I talk and work with other NKJU members, the better I feel. Shihan Gardner has called me regularly as I call him.

For many years, I have heard instructors say never teach your students all you know. Hold something back. I have always felt that this is wrong. I tell my students that if they don't end up knowing more than I know now, I have failed as an instructor. I should be able to pass on to them what I know and what I learn in the meantime. The learning process never stops. We learn from the masters and we learn from the beginners, no matter what their mental or physical limitations are. Some of my most inspiring moments have been while learning from my mentally handicapped students. Their thirst for knowledge and acceptance is fantastic. I have received more from them than I can ever hope to give them. What a bunch of kids!

May my learning process never end and may my mind always be open and receptive.

Yours truly,

Jerry

Editor's note: Jerald Joles is a Shotokan Nidan from Presque Isle, ME. His dojo is comprised of a high percentage of mentally handicapped students for which he has received the Governor's Award for his contributions for the handicapped of Maine. Thank you Sensei Joles for the lesson well taught!

## FEELINGS!

Hi! My name is William Bond. I would like to say a few words about karate and the NKJU.

I have only been involved with the NKJU or karate for around four months. Already, it has made a big difference in my life and the way I think about things. It has taught me more respect for people and myself. I have also met a lot of nice people since I've been involved in karate, especially, my Senseis', Chris and Diane Helton. They are very special people and have taught me a lot. I would like to give them a special thanks for getting me interested in karate. It is a great art and I would recommend it to anyone. So thanks to each one that devote time into the Martial Arts "Family."

William "Tony" Bond

Ila National Karate Club

MORE CAMP'91



Roland Jernigan (foreground) working Bassai Dai with Renshi Darren Myers.

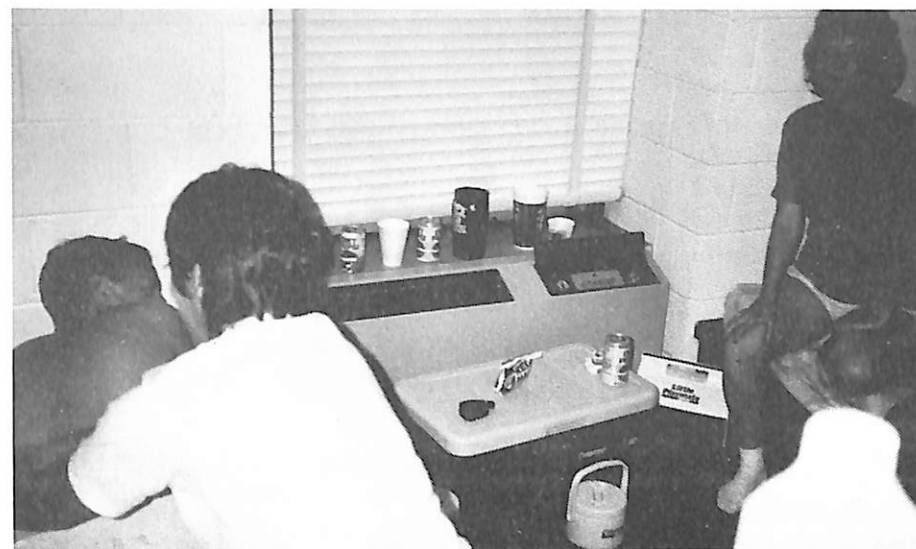


Renshi Gary Glemboski's Knife Defenses.



*"Why are you smiling, Rick? Kim is wearing glasses to remain anonymous!!"*

Still More Camp'91



"Larain!?, I really am a licensed Physical Therapist! How's this bicep, Jim!"



**"Okay buster, you can call this Aikido if you want, but that is not what I call it. Uh. How did that go again?"**



## CAMP'91 Still continues more!

### Aikido--

*First:  
Sensei LaMont  
demonstrates to  
Dorothy Wright.  
Then, Dorothy  
demonstrates  
some flexibility  
of the technique  
on Kaifu. It is  
close, isn't it?*



## CAMP'91 Instructors



Standing, left to right: Sensei Ken Durand, Shihan Sergio DeCasion, Shihan Tola Lewis, Kyochi Lemuel Stread, Shihan William Knoblock, Shihan Al Gardner, Renshi Gary Olombocki, Renshi Sandor Nagy. Kneeling, left to right: Renshi Greg Johnson, Shihan Clayton Tucker, and Renshi Kevin Outgannu.



three years before we opened a dojo. He was taught well at Athens Street Karate, Winder, GA.

The second instructor we had was taught by Soke Baillargeon. He did not stay to learn himself. So, we again were left with no one to instruct Shito Ryu on a daily basis. Thanks to the Union, we are able to get training from Shihan Fischer, Sensei Moncrief, and Sensei Wagner and his students. We would like to, again, thank them for the time and energy that they give to our dojo and the Martial Arts.

We hope that the Art will not die with those that have gone on, but, live on in each of our spirit, as well as in our stance, blocks, punches, katas, and fighting techniques.

We want to invite anyone in the Union to stop by anytime. Our dojo is always open. As long as we can learn and share who we are, we'll hang in there!

Ila National Karate Club

Diane Helton, San'kyu, age 35

## KARATE IN ILA

Ila is a small town in Georgia, population 235. The Dojo itself used to be a place where cars got cleaned. Now it is a place where Karate people come to learn, train for inner strength, and to defend oneself.

We have a Gi top of Soke Baillargeon's hung in front, keeping his spirit alive in our dojo. The inner spirit has to be fed, strength taught and disciplined in order to grow.

Two Sensei have been here, neither has stayed. Students are here wanting to learn. Brown, yellow, and white belts that are here have been here from the start wanting to learn. They are more than willing to train Shito Ryu.

In our years of martial arts, we have seen and got to know some very knowledgeable people in the Art. There is a great need in Georgia for more Shito Ryu. We are thankful for the tape that Shihan Lewis has offered of Shito Ryu Kata. We go by these tapes to correct oneself in katas.

We tried other styles of Karate before coming back to Shito Ryu. Our son studied Shito Ryu for

## TAE KWON DO IS FOR ME!

by William Ley

I was 13 year old when I joined Martial Arts. I joined Tae Kwon Do. Sensei Larry Jackson was my instructor. He taught me to use my energy for different things than what I was using it for. I used to hang out with my friends all night. And, get into lots of trouble. It seemed like every time I was with my friends, we got in trouble. That's when my dad told me to go try karate, so, I did. Karate put a different perspective to my life. Gave me an urge to learn more and do better in what I did. Now, karate isn't the only thing in my life, but, I think people would enjoy it if they tried it. Karate isn't for everyone but for some people it is good because it keeps your body in shape and provides a challenge. People like to try to beat obstacles. No matter what condition your body is in, karate is good for you. Karate has been the best thing in my life!

Note: William is a student at Larry Jackson's Tae Kwon Do school in Sanford, FL.



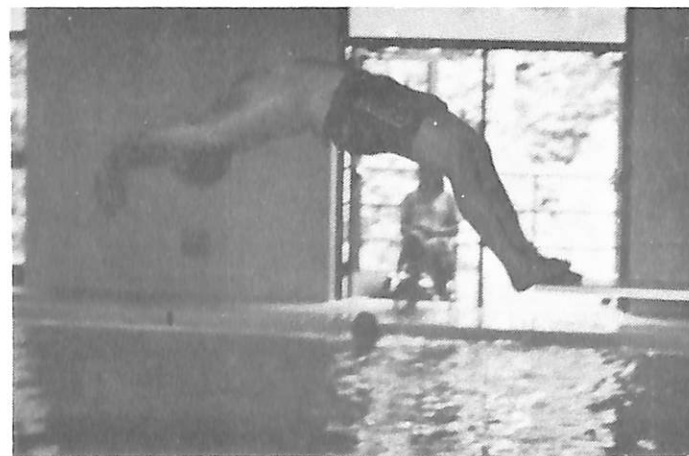
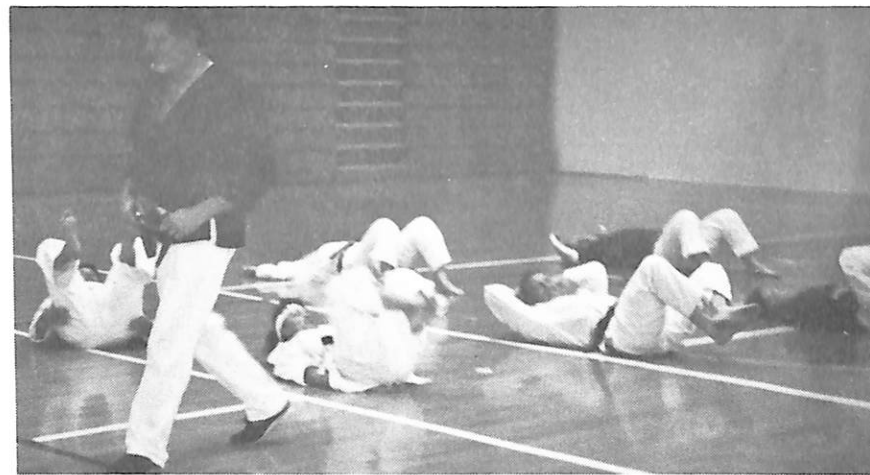
Camp'91- The Story still continues.

**Karate with Knoblock....**



*"First we do some of these like this... And, Then, we.."*

*"...Sorry...you die with a whole lot of these! I really love to see folks sweat!" →*



*"Seriously Kevin, did you really score Shihan Lewis' dive a 10? What are you after, Renshi or something? Please note he's doing it backwards, as usual!"*

Note from Shihan Lewis-  
*"Anything you want, Kevin!"*

Camp'91- U-Huh, Uh-Huh!

**THE TEAMS:**

**Bears**

**Budoweisers**

**Rams? →**

(Terry Feelemeyer -leader?)

**Dragons**

**Opposums**

**Sweat Hogs**

**Pirhannas**

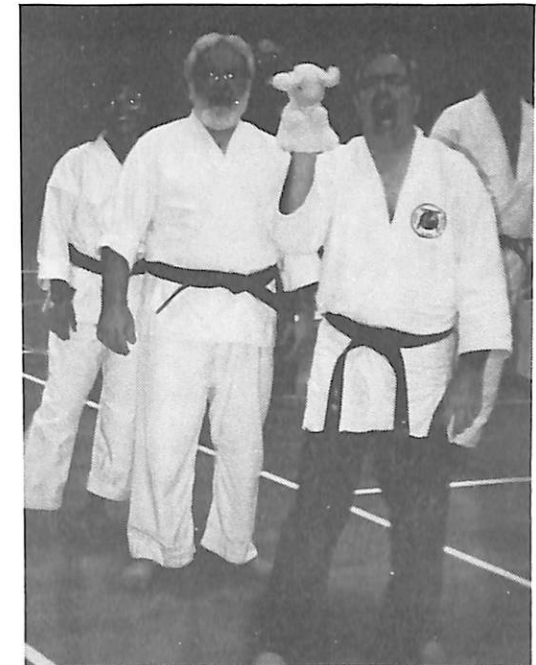
**Praying Mantis**

**Tigers**

**Wolverines →**

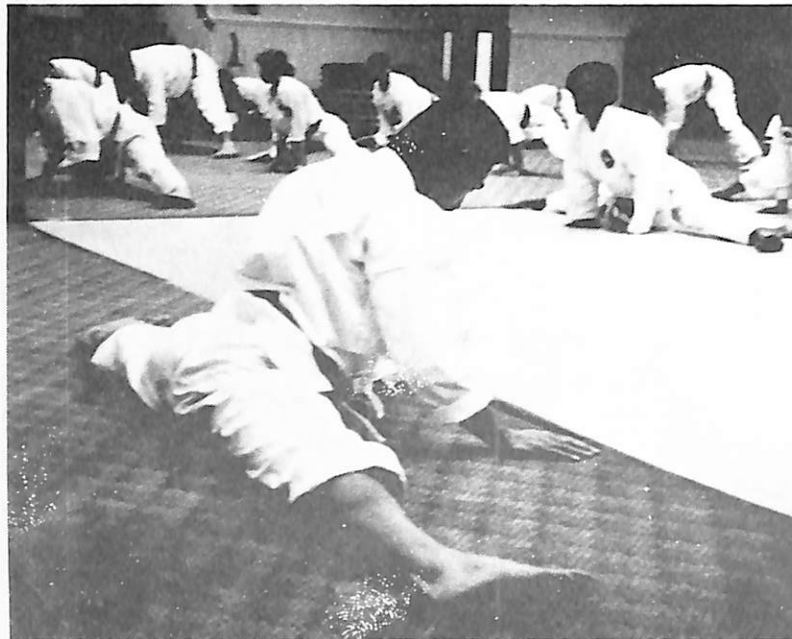
Donna Cradock, again!?

**Hornets**



## *S-T-R-E-T-C-H-I-N-G and Flexibility*

by Kevin Gurganus



Renshi Kevin Gurganus leading the students in some *LIGHT S-T-R-E-T-C-H-I-N-G* at **WINTER CAMP'91, Nags Head, NC.**

**WE LOVED IT!!!!!!!**

**Especially when he finished!**

Flexibility is the range of motion possible around a joint. Stretching maintains or increases this range of movement, helps prevent muscle soreness, and prevents injuries. Flexibility and stretching play a vital role in the total development of any serious karateka. Unfortunately, very little emphasis is placed on proper stretching and warming up in most traditional karate

*"...stretch first to prevent injury,...last (for) flexibility."*

systems. They usually stretch too fast and too little,

Before stretching, a circulatory warm-up should be used. Stretching and warming up are not the same thing. Stretching without properly warming up can be more harmful than not stretching at all. The warm-up raises body temperature and increases blood flow to the working muscles (it is the blood that actually warms the muscle, not the activity). It should develop a light perspiration and a slightly elevated heart and respiration rate. This should take about five minutes. Examples of a warm-up would include jumping rope, walking with arm movements, and mild jumping jacks. Remember, **no stretching should be included in the warm-up.**

About five minutes of mild stretching should follow the warm-up. This prepares the body for the stress of exercise. Stretching prevents injury by relaxing muscles and lengthening tendons and connective tissue. Intense stretching is better left for the end of the workout. A good rule to follow is to stretch first to prevent injury, and stretch last to increase and maintain flexibility.

The final stretch of your workout should consist of ten to fifteen minutes of stretching and relaxation exercises. It is okay to stretch with more intensity now that your muscles are completely warm. This final stretch also serves as a final cool-down from the class that preceded.

Stretching is divided into three main types, **ballistic, gradual (static), and contract and relax (PNF):**

**Ballistic stretching** consists of lightly bouncing into the stretch. This method is effective, but is more prone for injury. The bouncing creates a constant contract and relax motion that is harmful if the muscle is not properly warmed up. This stretching method is not recommended because of the chance of injury, and should only be performed after the muscles are very warm.

**Gradual or static stretching** methods are highly recommended. These consist of holding the muscle in the contracted position for ten to thirty seconds or longer, and then letting it relax. Gradual is a more

continued *S-T-R-E-T-C-H-I-N-G*

accurate term because it implies that over time the muscle will eventually become more flexible. This type of stretching is very safe and doesn't consist of any jerking or bouncing movements. This also gives the individual muscle groups more time to adjust and relax in the contracted position.

**Proprioceptive Neuromuscular Facilitation (PNF),** or **contract-relax stretching methods** are the most advanced. Developed by physical therapists for treating patients with various neuromuscular injuries, this method consists of alternately contracting (about ten seconds) and relaxing both agonist and antagonist muscles. Many believe this is the best form of stretching and is most adept for developing quick gains and at the same time strengthening the muscle groups. The only drawback to this method is that it usually requires a partner.

Stretching exercises can be categorized into three groups, **contraindicated, conditional, and safe:**

**Contraindicated stretches** are positions that are best to be completely avoided. It is not guaranteed that injury will occur, but the chances are greatly increased, and there are always safe alternatives.

**Conditional positions** are not really dangerous. They are just ineffective for individuals who have poor flexibility in a specific joint. These should only be used if the individual can comfortably maintain proper positioning to accomplish a desired goal. **Safe positions** can be used by almost everyone. Precautions should still be taken to assume correct form and technique.

*"Stretching increases the reach ...and enables us to move more effectively."*

There are several guidelines to insure a safe and effective stretching program: 1) warm up prior to stretching; 2) stretch before and after the workout; 3) stretch slowly and maintain positions for ten seconds or more; 4) stretch to the point of "perceived tension" or discomfort, not pain; 5) keep your lower back as straight as possible and bend from your waist and hips; 6) relax while you stretch and breathe deeply and naturally; 7) don't force the movement and avoid locking the joints; 8) stretch the entire body and stretch everyday. As a final note, try to avoid the "one size fits all" stretching routine. We are all structured differently and may need to

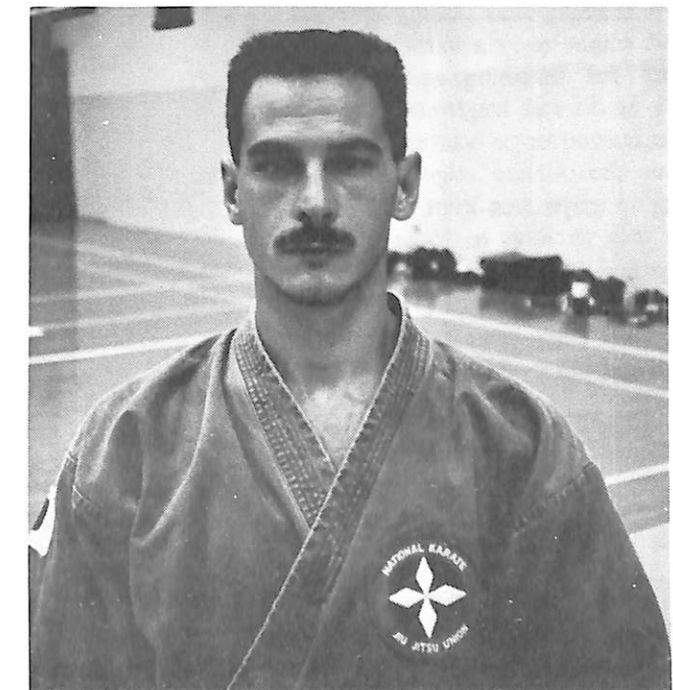
vary our routines.

As martial artists we need to prevent injury and

*"Stretching...enables us to move more effectively..." and "...as we get older...is an essential element of everyday health"*

Kevin Gurganus '91

soreness. Stretching increases the reach and range of our techniques and enables us to move more effectively. Learning to stretch more effectively makes us better martial artists, also, since our range of motion decreases as we get older, the flexibility we develop through stretching is an essential element of everyday health. **So take the time, keep stretching, and see the results!**



**Renshi Gurganus, Camp'91  
Assistant Kobudo Division**



# THE KAMA KOBUDO'S MISUNDERSTOOD WEAPON

by James L. Semmes, Jr.

The Kama is a bladed farming tool that is common to many countries of southeast Asia. It consists of a thin, sharp and curved blade, and an equally thin and light shaft to which the blade is attached. The steel used is generally very thin and flexible, and holds an edge for only brief periods of time. In use, the Kama is used to cut grass, or to harvest crops.

On Okinawa, when I learned the rudiments of Kobudo in the mid-1960's, one could purchase a pair (called Nichougama) of bladed implements for around \$7.00. Today, because of the vast difference in the worth of the Dollar vs. the Japanese Yen, the cost is around \$20.00. These tools were manufactured for farming, and were not durable for prolonged combative purposes. I was told by people who farmed in our little town of Sobe that the Kama would usually last a farmer 2-3 years; blades had to be continually sharpened as they did not hold an edge for prolonged periods of time.

For combative purposes, the Kama was a slashing and pulling weapon. An expert might carry several of the lighter variety for throwing at an opponent, much as an axe might be thrown. The inside curved edge was kept very sharp, as was the outside edge. "Flipping", or changing grips was kept to a minimum as it was too easy to lose the weapon altogether, especially when one was faced with the task of fighting with an opponent, also armed with a weapon that could kill or maim.



In application, based upon my observation over the years, use of the weapon, for practical purposes, was simple, direct, and functional. Flipping, spinning, or free-wheeling tactics were avoided as these were not useful. It must be remembered that like the Sai, the Kama is a **CLOSE-RANGE** weapon. Against an expert with a staff, a Spear or a Naginata, a man armed with the **NICHOUGAMA** had to parry an attack, and get inside the length of the weapon in order to use his pair of Kama effectively. Therefore, in usage, the inside curve would usually be used to grab the staff by hooking into the wood, and allowing the user to attack with the other Kama at an unprotected area of the body.

Target areas were the sides of the neck, the throat,

or into the clavicle area of the collarbone. Low attacks to the legs, to slash inside of the legs near the groin, or attacks to the hamstring were also encouraged and developed; a non-walking opponent could not fight very well. A slashing attack to the stomach was also used, but, stabbing was the least used method of attack since the steel in the shaft of the Kama was so thin and bent easily.

There are many tales of "fighting Kama" that were used, and this might have been possible in rare cases. However, if one looks into Okinawan history, it will be discovered that steel was rare, and at a premium, and the likelihood of mass-produced Kama of this type would be doubtful.

Kata for the Nichougama are rare, and few in number. Usually, they emphasize the hooking and pulling motions for grasping the Bo staff or other long weapons, and the followup attack to the neck or lower body region. They are not flashy, and are repetitious in their methods.

Tournament usage today will show the Kama used in such a manner that is impossible for fighting purposes. Ropes attached to wrists and the Kama spinning around the user's body like a dervish are impressive, and in my mind, dangerous and foolish; a punctured kidney is no "slight" injury! For the practical minded, there is absolutely no usage for such antics against an armed opponent.

Some questionable styles of Kobudo also show the Kama in use where the weapon is continually shifted in the hand, grip changing as it is called. This, too, is never the case in real usage as it would be too easy to lose one's grip, or, in the case of an expert opponent, to have the weapon knocked from your grasp while you are busy shifting grips.

True usage of the Nichougama is a dying art, and there are few Kata for this magnificent weapon that are extant today. Hopefully, as historians delve deeper into the Martial Arts history, more can be uncovered, and this weapon's true use preserved accurately.

END

## FLORIDA- Students and Schools, Photos.



John K. Pickard's  
School of Karate

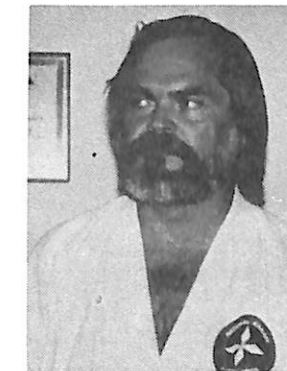
Sorrento, FL



John K. Pickard  
Yondan



Tammy Pickard  
Shodan



Larry Jackson  
Nidan



Dannie Hardee



Buddy Hardee



Jeff Jones



**FLORIDA- School and student Photos.**



Pickard's  
Kids Classes

Sorrento, FL



Aaron Brown



Diana McClure



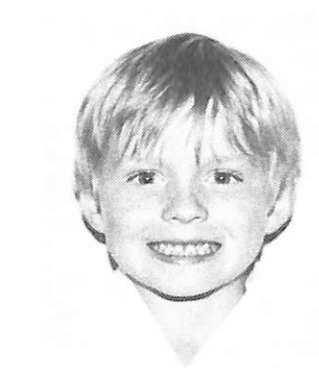
Nicole Pickard



Adam Brown



Dwana McClure



Keith Pickard

**GEORGIA- School and Student Photos.**



**ILA KARATE CLUB,  
ILA, GA.**

Sign in front of the Ila Dojo showing what a club can do for the community and obtain free sign advertizing at the same time.

**COMMUNITY SERVICE**

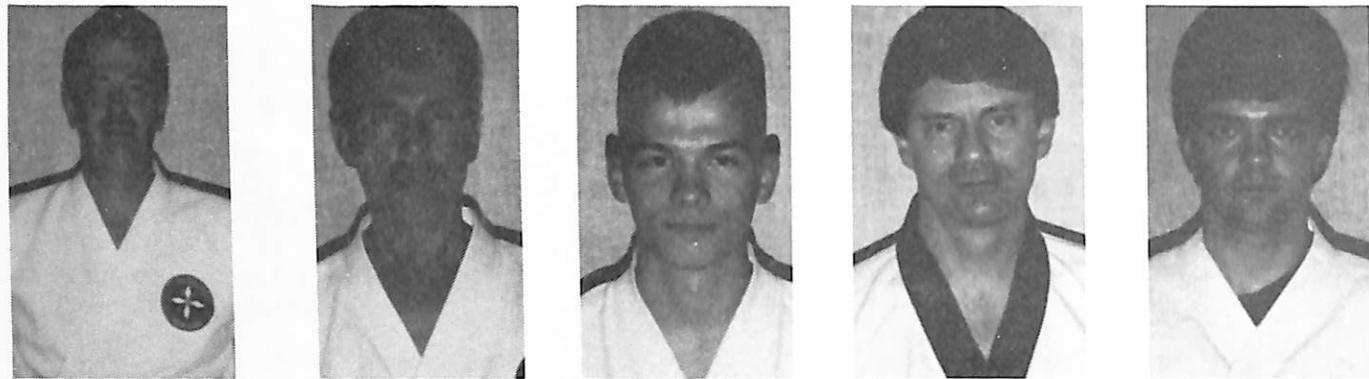
can go a long long way. So can the Highway!!!

**BOB FISCHER'S KARATE SCHOOL**

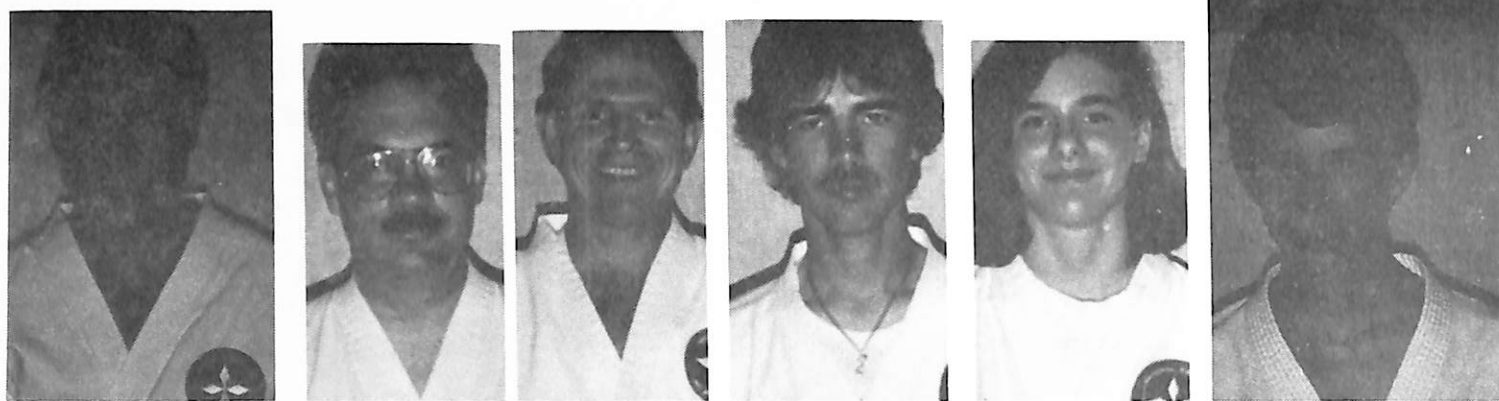
Shihan "Bob" Fischer, RoKuDan, Head instructor. MARIETTA, GA



**GEORGIA- School and Student Photos.**



J. "Bob" Fischer    Bob Moncrief    Clay Worley    Luther Randall    Andy Pllson

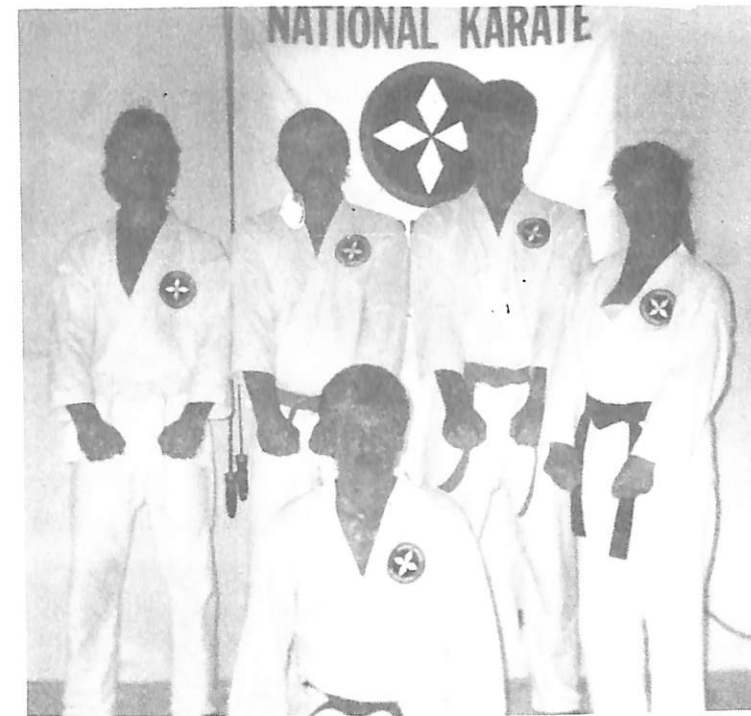


Dan Peters    Paul Smith    Joe Bean    Trell Norton    Carly Blackwell    James Tracy



Wayne Martin    Jennifer Alexander    Chrystal Smith    Andy Maurer    Nathan Peters

**GEORGIA- School and Student Photos.**



Ila Karate Club  
Ila, Georgia  
Chris and Diane Helton, Directors



CHRIS HELTON



DIANE HELTON



VALERIE HELTON



WILLIAM BOND



TERRY HELTON



HOYT SILVEY III



**GEORGIA- School and Student Photos.**

**SEIPAI DOJO- CONYERS, GA: Head Instructor, Steve Wagner, Nidan**



SEIPAI DOJO



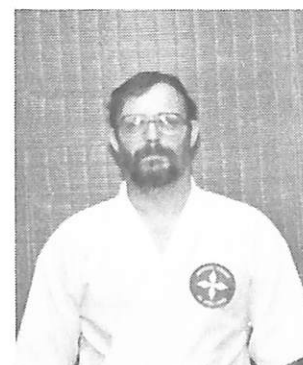
Steve Wagner



Isabel Wagner



Greg Smith



Mike Lyles

**GEORGIA- School and Student Photos.**



Mike Barker



Ken Wheeler



Keri Wheeler



Brandi Wheeler



Ricky Wagner



Nathaniel Lyles



Corey Wagner

**SIGNIFICANCE of DEGREE**

One of the greatest misconceptions in the Martial Arts is a notion that all Black Belts are experts. This notion is sometimes brought about by our counterparts in that they frequently advertize themselves as "Champions" or "Masters" to gain students and even convince themselves in the effort to keep up the mystique.

The First Degree Black Belt usually has the ability to defend against a single opponent. What has been gained by reaching this level are the tools or basics with which to start putting this art together. This might also be compared with the fledgling who has just acquired the plumage sufficient to first fly from the nest. The student has merely built a foundation- the job of completing the structure lies ahead.

A perceptive student will quickly realize how very little is known and that a new "era" of responsibility has just

been entered. Though a freshmen, this new member is now in an honorable fraternity of 300,000 black belts or more. And, conduct both in and out of the training hall is carefully scrutinized. Such conduct reflects on all Black Belts which requires a constant effort to be an admirable example. Some will certainly advance into the expert stages; however, far too many will believe the misconceptions and forever remain a novice, mentally as well as physically.

Never cease to learn or progress!

**A Black Belt is merely the beginning of a never ending road to perfection! Travel the road with Caution!!**

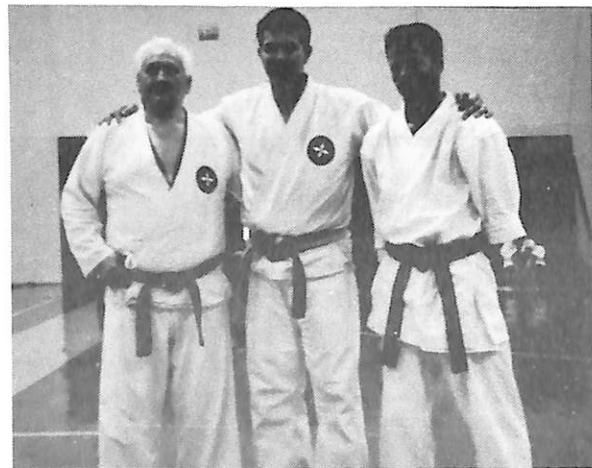


**PHOTOS of HUNGARIAN STUDENTS  
COMMEMORATING RENSHI SANDOR NAGY'S 1991 VISIT!**



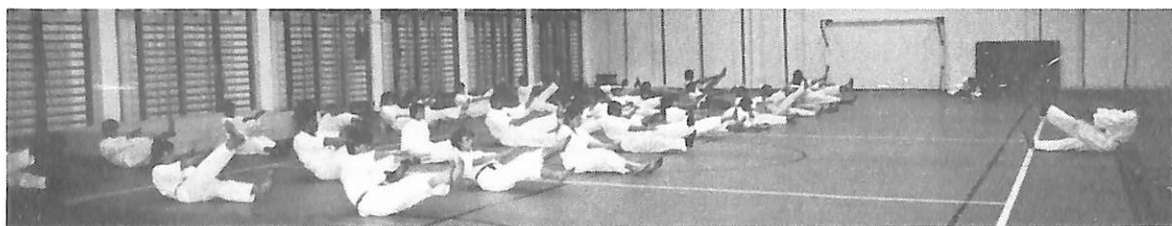
Renshi Nagy with Sensei Vegh's Wing-Chun students of Budapest, Hungary.

Renshi Nagy, far right with Sensei Vegh, standing far left, and his Kyokushin Karate students in Budapest, Hungary.



Renshi Sandor Nagy (left), Dai Shihan Tola Lewis, Jr., (center) and Renshi Nagy's "Right-hand", Mikael Stenhamn (right). Photo taken at NKJU-I Camp'91 in Murfreesboro, NC, July 1991.

Sensei Janos Vegh leading conditioning drills for his Kyokushin Classes.  
Keep'em up Sensei Vegh!



**ILLINOIS- School and Student Photos.**

Southwest Karate Academy, Chicago, Illinois: Greg Johnson, 4th Degree, Renshi



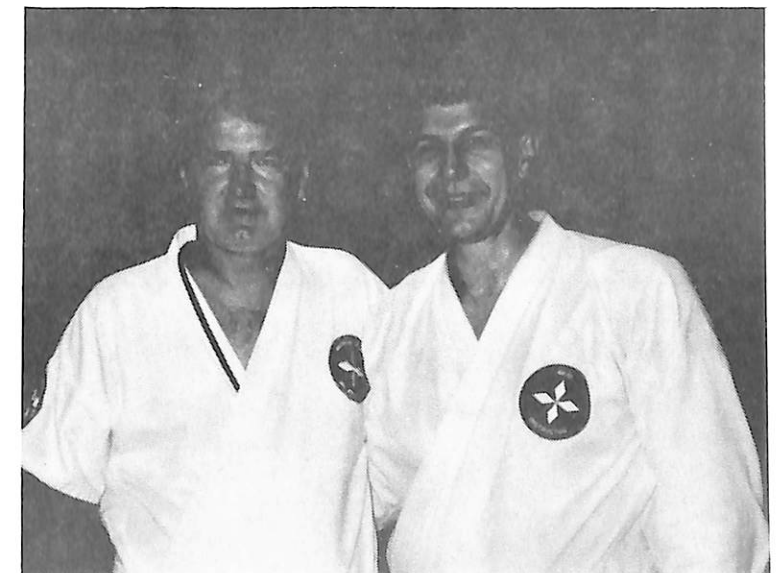
**The Kyokushin Challenge in Chicago, IL**

**COME JOIN US! BRING SPARE TIRES!!!**



" I don't care if we are buddies, 'Buddy ', watch where that hand goes!"

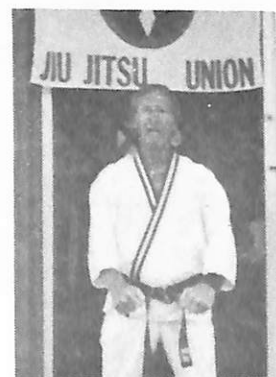
Lewis & Johnson  
Camp'91



# LOUISIANA- Schools and Student Photos.

## Martial Arts Academy, Inc.- Houma, LA.

Head Instructor: Mike Melum, Sandan. Andre Melum, Nidan, assistant



Mike Melum



Andre Melum

Shodan →



Dwight Rush



Bobby Fanguy



Left to Right:

Jewel Becnel  
Phillip Billiot  
Bobby Carr

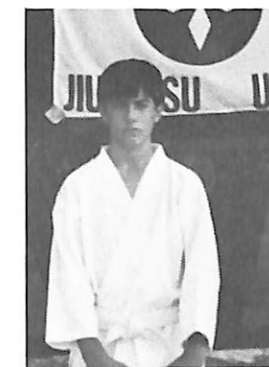
# LOUISIANA- Student Photos



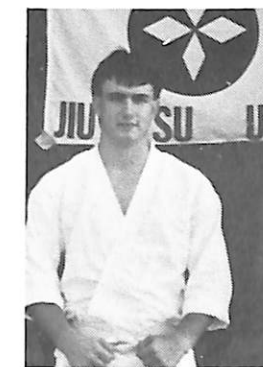
Michael Fanguy



Rietta Hart



Eric Lapeyrouse



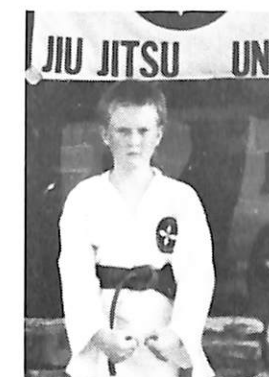
Lonnie Lapeyrouse



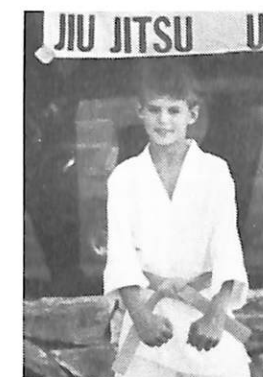
Jacob Parfait



Nicholas Parfait



Joe Plocher



Scott Robichaux



Patrick Vitrano



Tiffany Walden



**MAINE- Student and School photos.**

**WU HSING SHAN School of Martial Arts**  
 Bath, ME **Al GARDNER, 5th Degree, Head Instructor**



**STUDENTS**



Fred Bierhaus



Bogan Brooks



Kathy Ellis



Dennis Gordon



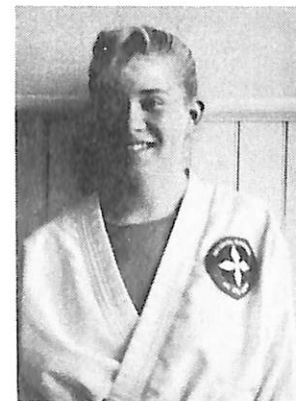
Rick Holbrook



Kelly Jones



Donna Kelley



Amy Letourneau

**There is Strength in Camradarie**

**MAINE- Student and School Photos.**

Wu Hsing Shan students continued.



Marguerite Letourneau



Rene Letourneau



Jim Nickerson



Shihan Al Gardner

→  
 Can you name the second sensei in this photo?  
 Note: This photo with caption anonymously submitted by:  
**Rick Mirandette**  
 1819 Bridle Creek  
 Kentwood, MI 49508



**MAINE- School and Student Photos.**

**JOLES' SCHOOL of COMBAT SELF-DEFENSE**



**Jerald Joles**



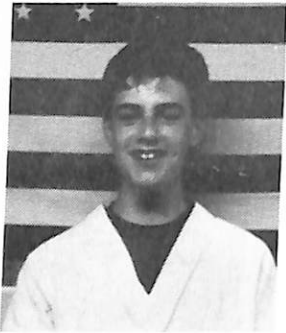
**Ginny Joles**



**Joleen Joles**



**Ricky Page**



**Justin Gould**



**Jennifer Hauser**



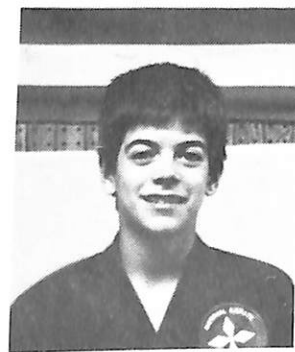
**Matt Hauser**



**Scott Pomelow**



**Robin Belanger**



**Mike Kelley**



**Mark Kelley**



**Tony Hanson**

Jerald Joles, Nidan: As head instructor, Mr. Joles has lead his with obvious compassion as can be seen from following of students he has and the awards he has garnered from his efforts. While most instructors are collecting trophies to clutter some shelf, Jerald cornered the "Governor's Award" of Maine for his work with the especially gifted! Three hurrahs for Jerald Joles and his family of Presque Isle, MAINE!! Hurrahl Hurrahl H U R R A H!!!! !!

**MAINE-**



**Billy Hanson**



**Benjamin Gates**



**Joshua Gates**



**Jennifer Louten**



**Chris Pomelow**



**Luke Hutchins**



**Angel York**



**Bub York**



**Guthrey York**

Who of us is mature enough for offspring before the offspring themselves arrive? The value of marriage is not that adults produce children, but that children produce adults!

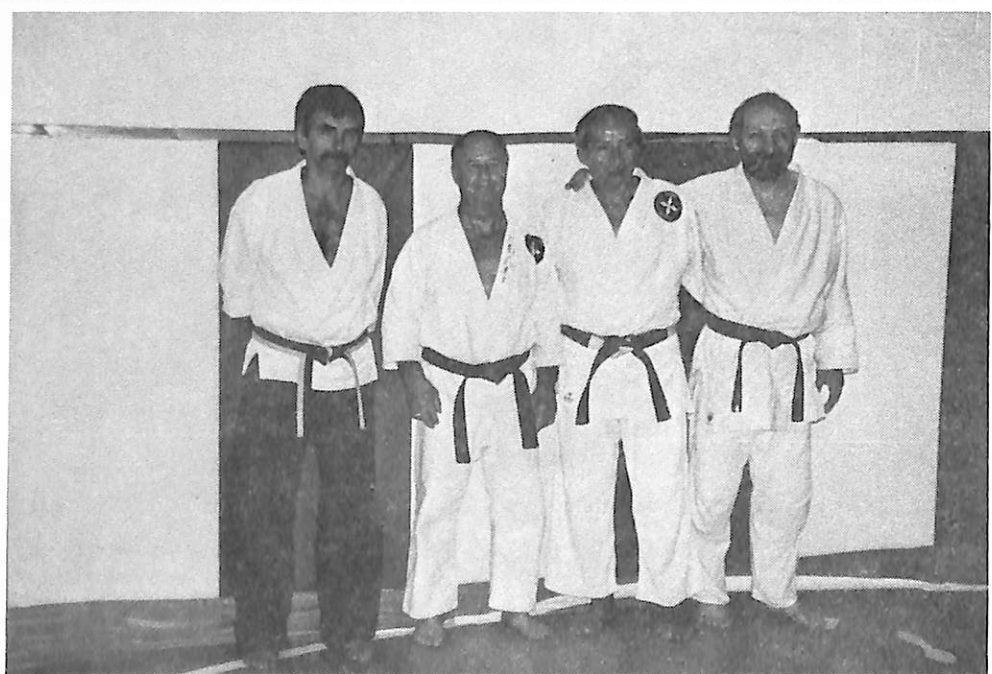
Author Unknown



**NEW JERSEY- School and Student Photos**

**MAINLAND DOJO, Linwood, NJ**

Head Instructor- Sergio DeCasien  
ReKuDan- Jiu Jitsu



**The GRAPPLING ARTS TEAM-CAMP'91: TUCKER, STROUD, DeCASIEN, DURAND**



→  
Shihan DeCasien and  
Granddaughter,  
Alexandra Rae, can get  
along with anyone!

Note: Photo forced upon us and inclusion demanded by Shihan DeCasien! (Hazel, too?)

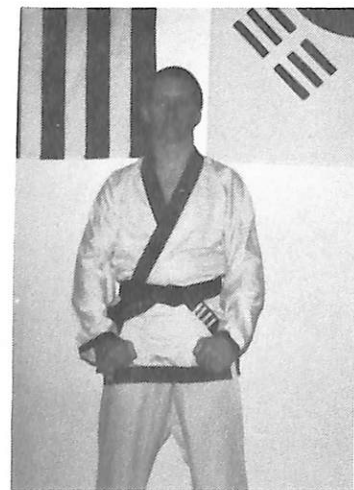
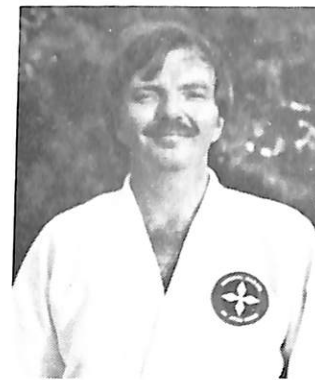
**New Jersey- School and student Photos.**

**MAINLAND DOJO II, Cape May, New Jersey.**



Mike Flinn, Nidan, Nisei Kito Ryu

JuJitsu- NJ →



**William R. Kisby, 4th Dan  
Tae Kwon Do & Tae Kwon Do  
Advisor for NKJU-I.**

Mr. Kisby is a Master Instructor of Tae Kwon and resides in Absecon, NJ. He is affiliated with the Mainland Dojo under Shihan Sergio DeCaslen.

As advisor of Tae Kwon Do for NKJU-I, he acts as forms specialist and reviews the testing tapes for dan advancements for students in that art as well as assists instructors in techniques and forms..

**North Carolina- School and Student Photos.**

**CAROLINA MARTIAL ARTS CENTER  
Newly Opened School in Durham, North Carolina**

Opened August 1991



**Head Instructor, Renshi Kevin Gurganus, Yondan, Shito-Ryu.**

Renshi Gurganus is currently ranked Yondan, fourth degree black belt, in Shito Ryu Karate-Do as well as Shodan, first degree black belt, in Ryu Kyo Kobudo (weapons). He holds a Bachelors Degree in Physical Education from Atlantic Christian College in Wilson, NC.

Kevin was born and raised in Plymouth, NC, thirty years ago and began his Martial Arts training under Sherman Courtney at the age of 11 and had attained the rank of Shodan in Soryu Kan Karate-Do by the time he was 16. When Mr. Courtney moved from the state, Kevin began teaching karate classes in Plymouth. He later began instruction in Shito Ryu Karate-Do under Shihan Lewis and the NKJU staff with visits to Elizabeth City, NC, and NKJU Martial Arts Camps each year. He is currently Assistant to the Director of the Weapons Division of NKJU. His strong points are youth, kata, and fighting. He says, "Ya'l come!"

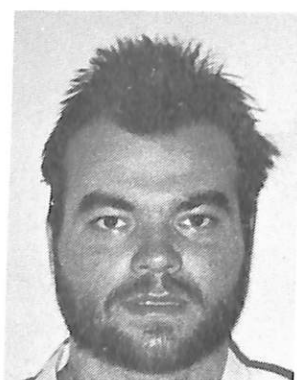


**NORTH CAROLINA- School and Student Photos.**

Elizabeth City School of Karate, INC.- Elizabeth City, NC  
Tola E. Lewis, Jr.- Instructor



Shawn Bailey



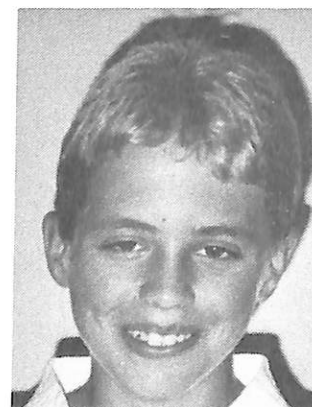
Clinton Barber



Brandi Bostic



Curtis Brooks

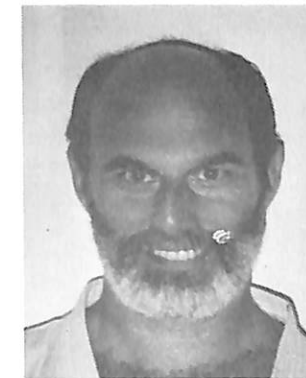


Left to Right:  
Matt Collins  
Mike Harris  
David Lowe

**NORTH CAROLINA-School and Student Photos.**



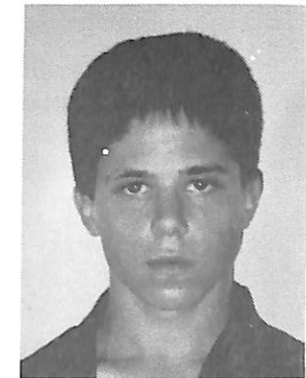
Michael Melko, Jr.



David Menaker



Justin Merrell



Tom Oliver



J.D. Russell



Mark Stallings



Amanda Williams



Robby Williams



Gwen Van Duyn



**SUNRISE on the Pasquotank River, Elizabeth City, NC**

## PENNSYLVANIA- School and Student Photos.

### SUMMIT KARATE CLUB- Scranton , PA

William Courtright



The "Summit Karate Club" is located in Scranton, PA and headed by Sensei "Bill" Courtright, a 4th Degree Black Belt in Tang Soo Do. Sensei Courtright is a strict traditionalist who teaches a highly physically oriented class and obvious emphasis on stretching and flexibility. Upon visiting his dojang, one is quickly attuned to the quiet and respectful attention rendered by Sensei Courtright's students. Don't let quietness fool you, these students have an exuberance on the dojang floor or sparring ring second to none. And, it is heard that they know how to party, too! Hats off to the head-instructor and students of

Scranton, PA! OSU!!!!



## THE DOUBLE EDGED SWORD

by William Courtney

The problem of how much force to apply in a self-defense situation is one which seems to continually bedevil martial artists. Not only tactical considerations, but also, the legal and moral ramifications dictate the techniques to be used and the force with which they are applied.

In my twenty plus years in the martial arts, I have been often amazed at how little consideration some instructors give to the aftermath of a violent confrontation. The popular misconception is that the victim of an unprovoked assault is entitled to use any amount of force and inflict any amount of damage in order to defend himself. In fact, however, the American Legal system requires that the victim use "appropriate" force. In other words, lethal (killing or maiming) force cannot be used to counter a nonlethal attack.

Instructors who teach a "total war" response to any attack run the risk of having their students prepared to destroy themselves. The martial artist who responds to a simple lapel grab with blinding or crippling techniques will in all probability be plunged into a nightmare of civil liability and perhaps criminal prosecution.

Certainly, there are some situations which justify the use of the most lethal weapons in the martial arts arsenal. Encounters with multiple assailants, armed attackers, and attacks by adult males upon women or children all fall into this category. However, the overwhelming majority of violent encounters will be with single unarmed assailants without lethal intent. The aggressive drunk, the local bully, and the garden variety jerk all represent more likely opponents for the average than does the "Second Coming of Jack the Ripper". These antagonists must be engaged without recourse to wheel chairs and body bags!

Aikido and Jiu Jitsu students possess viable weapons for dealing with the nonlethal assault. Joint manipulations, "soft" takedown, and choke restraints are ideal for the purpose. Practitioners of Karate and Tae Kwon Do should consider targeting such areas as the shin, the soft muscles of the inner thigh, and the biceps muscle. Strikes to these often overlooked targets can destroy an opponent's ability or will to fight without causing serious injury. Hair controls are unusually effective (and a real joy to practice!). Cross-training with students from other systems is an excellent way to increase one's repertoire of techniques.

Martial arts expertise is a double edged sword. Misuse it, and you will be slain by your own blade.

William Courtney Nidan, Aikido

Greensburg, PA



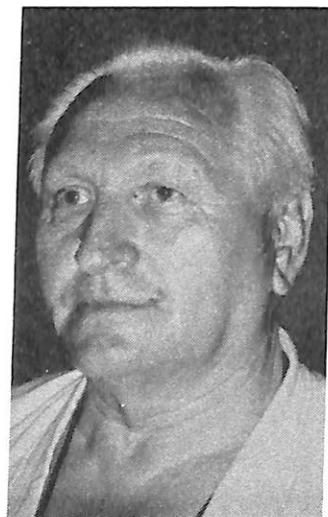
Don't ever give your blade the opportunity to say, "GOTCHA!"



**SWEDEN- School and Student Photos.**



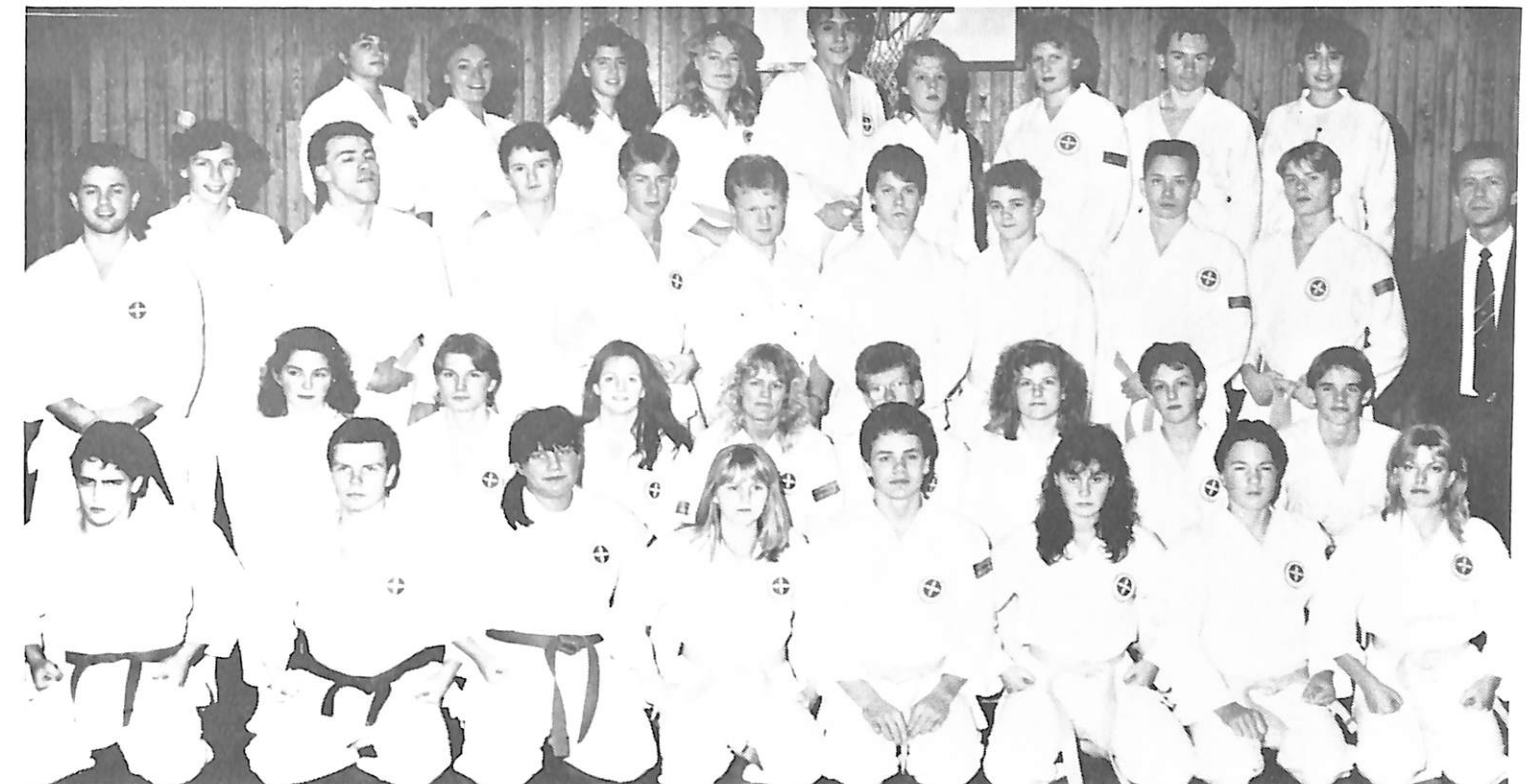
**MOLNDAIS FUNAKOSHI KARATE CLUB**



*Sandor Nagy, Yondan, Kyokushin Karate  
Head Instructor, Molndals Karate Club  
Molndals, Sweden, Suburb of Goteborg.  
→ EUROPEAN REPRESENTATIVE*



**Left to Right-  
Renshi Nagy, Shihan Lewis,  
and Mikael Stenhamn at  
NKJU-I Camp'91 →**



**One of the Groups in the Ale Karate Club, Sweden.**

**A Brief History of the Ale Karate Club, Sweden.**

In 1977, Sensei Janos Czari, Sandan, started the Ale Karate Club. At that time Sensei Janos had only green belt, 3rd Kyu, and he educated himself at the same time as he trained his students. In the beginning, the club had not more than 20 members, and since then it has steadily been growing. Today, we count 53 active students.

At the start, there were only male students, but now the number of ladies is increasing. Sensei Janos makes a point of giving all his students an opportunity to develop themselves in the best way, among other things by giving everyone the possibility to make suggestions or to bring up ideas.

Sensei Janos has 22 years of experience in Kyokushin Karate. Ale Karate Club has been members of NKJU since 1985. Despite the fact that Ale Karate Club is not one of the biggest clubs in Sweden, we still have made some success. We have received two Silver Medals in the Junior Swedish Championships in 1988 and 1989, and two Gold Medals in the West Coast Championships in 1989 and 1990. Sensei Janos has also competed with success in the Swedish Senior Championship. In 1988, Ale Karate Club organized the West Coast Championships which were held in Gothenburg on

the West Coast of Sweden. For the first time, our club was represented in the ladies competition.

The style we are training is Masutatsu Oyama's Kyokushinkai. A style that was developed by Mas Oyama himself, and which is one of the most common in Sweden today.

Today, the students are trained not only by Sensei Janos, but also by our two Sempais, Peter Sprem and Mikael Andreasson. They both have the grade of Shodan, and have completed their 30 man kumite.

In 1989, we had the pleasure of having Shihan Tola E. Lewis, Jr., his wife, Martha, Shihan James Semmes and Sempai Joe Rodriguez as our guests here in Sweden for one week. During this occasion, graduations took place in the club and our two seppals, Peter and Mikael, received their Black Belts.

submitted by: Annelie Bengtsson.

**ALE KARATE CLUB, SWEDEN**



Peter Sprem  
Shodan



Mikael Andreasson  
Shodan



Jan-Erik Karlsson  
Nikyu



Thomas Czari  
Gokyu



JANOS CZARI, SANDAN  
SWEDISH REPRESENTATIVE  
Head Instructor, ALE KARATE CLUB  
ALFORS, SWEDEN

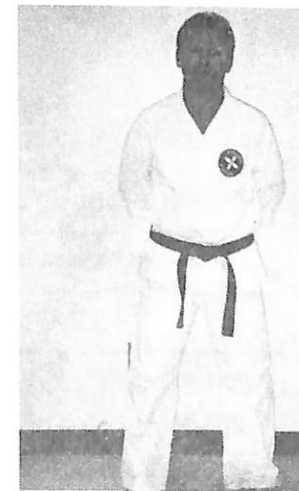


Joint Training Session with Ale Karate Club  
and Molndals Funakoshi Karate Club in ALFORS, SWEDEN  
November 1989

**VIRGINIA- School and Student Photos.**

**FRANKLIN/ZENWAY KARATE SCHOOL- FRANKLIN, VA.**

Head Instructor: Roland Jernigan, Shodan



Roland Jernigan



James Andre'

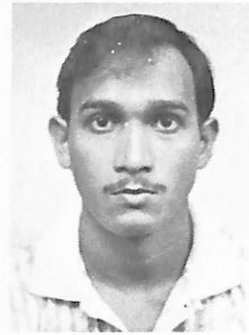




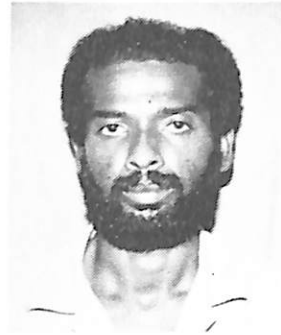
**WEST INDIES- School and Student Photos.**

**Little Dragon- San Juan, Trinidad**

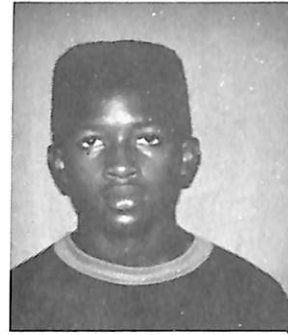
Head Instructor: Roger Howai, Sandan



Visham Ramnarine



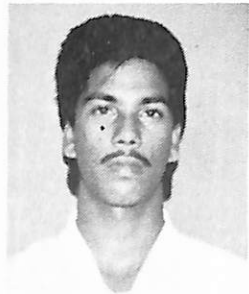
Errol Horsford



Wendell Spencer



Joseph Buddha



Michael Boodoo



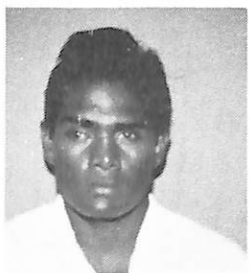
Nicholas Madoo



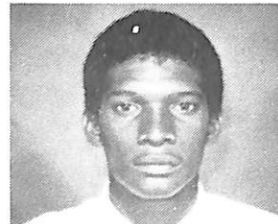
Bharrath Ramsanahie



Parbatie Rampersad



Harry Raghunawan



Andy Padihha



Maurice Layne



Ancil Newton



Left to Right:

Anthony Sieunarine

Gary Moses

Alston Phillips



# MARSHALL AHRT © D. TRAN



TEACHES YOU HOW TO TIE YOUR BELT

FIRST, TAKE YOUR BELT BY THE MIDDLE.



CENTER IT IN FRONT OF YOU AND WRAP IT AROUND YOUR WAIST.



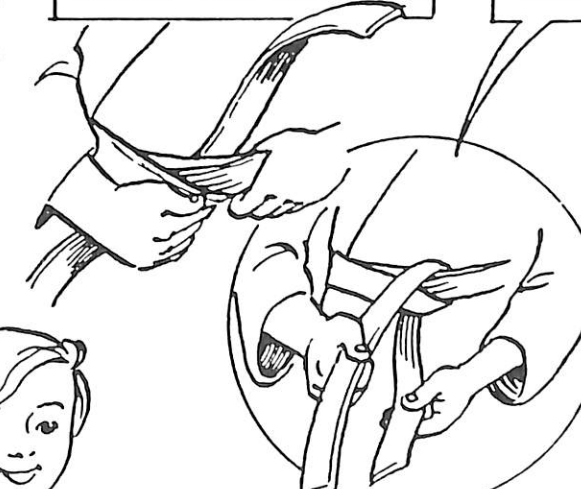
CROSS IT BEHIND YOU AND BRING IT BACK IN FRONT.



KEEPING IT TIGHT AROUND YOU, CROSS RIGHT OVER LEFT.

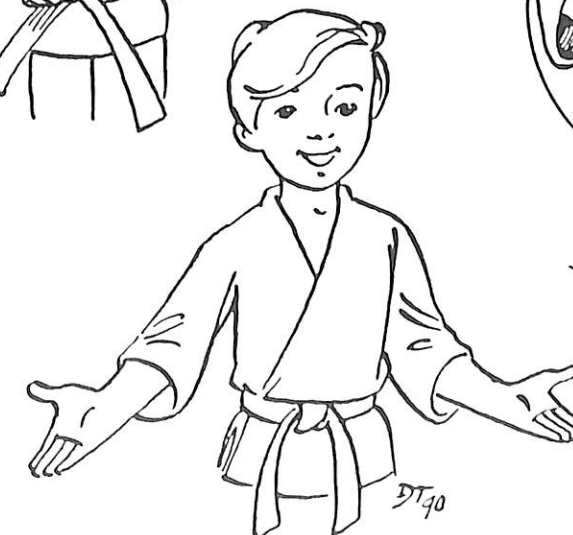


TUCK THE RIGHT UNDER AND THROUGH...



MAKE SURE THE TOP END IS TWO INCHES LONGER THAN THE BOTTOM.

TIE THE TOP END AROUND THE BOTTOM END.



... ET VOILÀ ! A SQUARE KNOT, AN EVENLY-TIED BELT ! NOW YOU'RE READY FOR CLASS !

DT-40

**Directory of Schools and Instructors:** Includes contributors and At-Large-Members

**William Ahl, Jr.** Rank 2nd dan  
3558 Clover-Meadows Dr.  
Chesapeake, VA 23321 USA  
804 483-6799 855-0111

**Belinda Armstrong** Rank 2nd dan  
HC-02, Box 455  
Pocahontas, AR 72455 USA  
501 892-4213

**James Ashby** Rank 2nd dan  
7714 Hwy 405  
Maceo, KY 42355 USA  
502 264-1925 927-6921

**Larain Ashby** Rank 2nd dan  
7714 Highway 405  
Maceo, KY 42355 USA  
502 264-1925 684-1418

**Jay Bainter** Rank 3rd dan  
5406 Fortune  
Albany, GA 31705 USA  
912 438-1558

**Jeff Blaser** Rank 1st dan  
306 Inglewood Dr.  
Morganton, NC 28655 USA  
919 487-5411 433-5043

**Jessie Bowen** Rank 6th dan  
4226 Garrett Rd  
Durham, NC 27707 USA  
919 489-6100 489-6100

**Grady Burchett** Rank 1st dan  
107 Staunton Court  
Greenville, SC 29611 USA  
803 269-7378 234-2503

**Abraham Cerezo** Rank 1st kyu  
4120 Deercross Way  
Sacramento, CA 95823 USA  
916 393-4554

**LT James Connolly/CHC USNR** Rank 1st dan  
Amphibious Sqdrn. Two-Unit 60032  
FPO, AE 09501-5801 USA

**William Courtney** Rank 2nd dan  
210 Old Meadow Dr.  
Greensburg, PA 15601 USA  
412 836-4531 836-5100

**William Courtright** Rank 4th dan  
1315 Watson St  
Scranton, PA 18504 USA  
717 344-9471 346-7711

**Donna Cradock** Rank 2nd dan  
5 S. Victoria Ave  
Ventnor, NJ 08406 USA  
609 823-2232

**Don Cunningham** Rank 2nd dan  
8709 Den Court  
Raleigh, NC 27615 USA  
919 870-1477

**Directory continued:**

**Janos Czari** Rank 3rd dan  
Skaftvagen 22  
440 42, Alafors SWEDEN  
009 46030341 998

**Guy Dalrymple** Rank 1st dan  
7511 E. Lurlene Dr.  
Tucson, AZ 85730 USA  
602 748-7511

**Ken Durand** Rank 4th dan  
112 Peterborough St  
Jaffrey, NH 03452 USA  
603 532-6645 924-3434

**Thomas Durkay** Rank 2nd dan  
623 Grant Street  
Gallitzin, PA 16641 USA  
814 886-5447 886-8181

**Benshi Joe Eidson** Rank 5th dan  
4550 Gresham Rd  
Douglasville, GA 30134 USA  
404 949-6001 487-1037

**A.N. "Terry" Feelemyer** Rank 2nd dan  
319 Melanchton Ave  
Lutherville, MD 21093 USA  
301 252-7324 780-0600

**Shihan James "Bob" Fischer** Rank 6th dan  
1464 Benjamin Ct  
Marietta, GA 30064 USA  
404 421-8753 859-6134

**Michael Flinn** Rank 2nd dan  
233 Lennox Ave  
Cape may, NJ 08204 USA  
609 886-8694 886-1917

**Randy Frankel** Rank 1st Dan  
Rt 1, Box 61  
Dix, IL 62830 USA  
618 266-7482

**Kenneth Ganocy** Rank 3rd dan  
100 Michaels St  
Carmichaels, PA 15320 USA  
412 966-2569 499-5191

**Benshi Gary Glembocki** Rank 5th dan  
2 Base Dr.  
Savannah, GA 31406 USA  
912 925-3658 651-6636

**"Richy" Green** Rank 2nd dan  
4351 Bellemont-Mt Hermon Rd  
Burlington, NC 27215 USA  
919 227-1133 227-0131

**Benshi Jim Gregory** Rank 4th dan  
602 Glenn Rd.  
Orlando, FL 32833 USA

**Benshi Kevin Gurganus** Rank 4th dan  
1202 1/2 Broad St  
Durham, NC 27705 USA  
919 286-3349



Directory continued:

**Garrison Hall** Rank 3rd dan  
910 Millertown Rd  
Pauline, SC 29374 USA  
803 574-0305

**Fran Harvell** Rank 2nd dan  
Rt 2, Box 227-D  
Halifax, NC 27839 USA  
919 583-1351 537-7232

**Tristen Heaton** Rank 1st Dan  
RRt 2, Box 429, Lake Dr.  
Warrenton, OR 97146 USA  
503 325-7746 861-0294

**Joseph Helminiak** Rank 5th dan  
52326-1 Erie Court  
Fort Hood, TX 76544-1071 USA  
817 539-5815 288-8500

**Chris Helton** Rank 3rd kyu  
PO Box 201  
Ila, GA 30647 USA

**Sharon Hilton** Rank 2nd dan  
517 26th Ave. SE G-6  
Moultrie, GA 31768 USA  
912 890-8714 985-7298

**Ted Hines** Rank 3rd dan  
5809 Belle Rd  
Geneva, OH 44041 USA  
216 474-4671 474-4671

**Roger Howai** Rank 3rd dan  
Gobin #2, Don Miquel Rd.  
San Juan, Trinidad West Indies  
809 642-7122 627-3804

**Larry Jackson** Rank 2nd dan  
PO Box 4084  
Sanford, FL 32772 USA  
407 324-5894 831-6175

**J. Roland Jernigan** Rank 1st dan  
PO Box 75  
Franklin, VA 23851 USA  
804 569-8219 569-4899

**Chris Johnston** Rank 2nd dan  
1010 W. Springfield Ave.  
Champaign, IL 61821 USA  
217 398-8390 352-8883

**Jerald Joles, Jr.** Rank 2nd dan  
PO Box 931  
Presque Isle, ME 04769-0931 USA  
207 762-8461 762-8461

**Robert Kelsey** Rank 2nd dan  
1563 West Posada  
Mesa, AZ 85202 USA  
602 820-5430 255-1605

**William Kisby** Rank 4th dan  
707 White Horse Pike, B-3  
Absecon, NJ 08201 USA  
609 646-5195 645-6655

Directory continued:

**Shihan John LaMont** Rank 5th dan  
3325 Buck Run Trail  
Wake Forest, NC 27587 USA  
919 556-2672 834-1133

**Dai Shihan Tola Lewis, Jr.** Rank 6th dan  
PO Box 1331  
Elizabeth City, NC 27906-1331 USA  
919 338-3478 335-0801

**James McCoy, Jr.** Rank 1st dan  
2909 Hayes Rd., # 402  
Houston, TX 77082 USA  
713 497-6838 558-1270

**Mike Melum** Rank 3rd dan  
1021 W. Tunnel Blvd  
Houma, LA 70360 USA  
504 872-6536 475-6601

**Mark Moore** Rank 3rd dan  
559 Village Run  
Lawrenceville, GA 30245 USA  
404 962-5263

**Steve Moore** Rank 2nd dan  
7825 Altavan Ave  
Orlando, FL 32822 USA  
407 381-5425

**Mark Murrell** Rank 3rd dan  
1610 S. Elm St  
Greenville, NC 27658 USA  
919 756-9549 752-7166

**Barbara Myers** Rank 2nd dan  
**Renshi Darren Myers** Rank 4th dan  
937 Canal Dr.  
Chesapeake, VA 23323 USA  
804 543-1464 487-8622

**Sandor Nagy** Rank 4th dan  
Kaptens Gatan 15/A  
414 58, Goteborg SWEDEN  
031 14 30 73

**John Pickard** Rank 4th dan  
PO Box 819  
Sorrento, FL 32776 USA  
407 886-4771

**Barbara Pleasant** Rank 3rd dan  
527 Laverne Ave  
Belvedere, SC 29841 USA  
803 279-2361

**Kevin Pleasant** Rank 1st dan  
527 Laverne Ave  
Belvedere, SC 29841 USA  
803 279-2361

**Linwood Rowland** Rank 3rd dan  
12 McLean St  
Portsmouth, VA 23701 USA  
804 397-3581

**Mike Sanders** Rank 7th dan  
PO Box 163  
Spartanburg, SC 29304 USA

Directory continued;

**Lawrence Schafer** Rank 1st dan  
PO Box 548  
Centralia, IL 62801 USA  
618 532-4311

**David Scribner** Rank 1st kyu  
4803 Berry Hill Circle, #101  
Perry Hall, MD 21128 USA  
301 931-3921

**Stephen Sfekas** Rank 2nd dan  
1211 Southview Road  
Baltimore, MD 21218 USA  
301 467-1943 332-8900

**Bruce Soles, Sr.** Rank 1st dan  
Rt. 8, Box 250-A  
Kinston, NC 28501 USA  
919 523-9168 522-2418

**Terry Storm** Rank 1st dan  
3941 Locust Hill Dr.  
Owensboro, KY 42303 USA  
502 926-0654 927-6921

**Raymond Thomas** Rank 1st kyu  
PO Box 374  
Dublin, GA 31040 USA  
912 272-7810 272-5153

**L.D. Tomlinson** Rank 4th dan  
PO Box 6  
Black Creek, NC 27813 USA  
919 291-4198 291-6553

**Renshi Dong Tran** Rank 4th dan  
455 Pleasant Valley Way  
W.Orange, NJ 07052 USA  
201 669-7345

**Felipe Villarreal** Rank 3rd dan  
1703-C, Hester  
Centralia, IL 62501 USA  
618 532-6474

**Steve Wagner** Rank 2nd dan  
1864 Christian Dr.  
Conyers, GA 30208 USA  
404 929-8190 676-3825

**James White** Rank 1st dan  
1509 Ray Rd. Apt T-3  
Hyattsville, MD 20782 USA  
301 559-4763

**Seward "Clay" Worley** Rank 2nd dan  
11 Oak Ridge Dr. N.W.  
Cartersville, GA 30120 USA  
404 386-2806

**Robert Zepecki** Rank 3rd dan  
305 Arnold Rd.  
Corning, AR 72422 USA  
501 857-6743

*This is just the Beginning*

Directory of High Dan Board Members: 1990-1994

**Renshi Bobby Britton** Rank: 4th dan  
Rt 1, Box 74-B  
Murfreesboro, NC 27855 USA  
919 hm: 398-5318 wk:562-4332  
other:

**Shihan Sergio DeCasien** Rank: 6th dan  
22 Kirkland Ave  
Linwood, NJ 08221 USA  
609 hm: 927-5388 wk:  
other:

**Shihan Alan Gardner** Rank: 5th dan  
172 Front St  
Bath, ME 04530 USA  
207 hm: 443-5014 wk:443-2893  
other:

**Renshi Greg Johnson** Rank: 4th dan  
10401 Winter Park Dr.  
Palos Hills, IL 60465 USA  
708 hm: 598-4022 wk:599-6664  
other: 598-7650

**Shihan William Knoblock**  
Rank: 6th dan  
1737 Haver Hill Dr.  
Deltona, FL 32725 USA  
407 hm: 860-4468 wk:  
other:

**Shihan James Semmes** Rank: 6th dan  
2517 Bemiss Rd.  
Valdosta, GA 31602 USA  
912 hm: 242-5018 wk:244-3812  
other:

**Kyoshi Lemuel Stroud** Rank: 7th dan  
*President of HDB*  
2105 Dallas Dr.  
Kinston, NC 28501 USA  
919 hm: 522-4184 wk:523-3177  
other: 523-8382

**Shihan Clayton Tucker** Rank: 5th dan  
2709 Barkley Dr.  
Wilson, NC 27893 USA  
919 hm: 291-3955 wk:688-8061  
other:



# CLOSE of CAMP'91 "After the Party"

NOTES:



*"I'm passing out Gideon Bibles. This room sure needs one!"*  
**Sharon Hilton, 2nd Degree**  
**Moultrie, GA**

**JOIN US in JULY 1992!**

