

*NKJU-International
Yearbook*



1992

December 1992

Fellow NKJU-I Members,

Another year has come and gone and another NKJU Yearbook has hit the streets! A lot has happened this year and we would like to take this opportunity to pass on our gratitude to you for your affiliation with our "Family" and making NKJU the "family" organization that it is and challenge you to make it ever better!

Many things have occurred this year to make 1992 a year to remember. Both good and sad! Some of the best memories are the things we do together as "family" such as beginning the year in Raleigh, NC, at Shihan LaMont's Dojo for Winter Camp'92. Now that was an event which saw Shihan Knoblock on top of his world! Whenever he has 35 students in front of him at a time and they are all sweating, he's "on top of the World!"

My travels this year took me to, again, see some of our "family" in other states. It was in the spring that the plane landed in Portland, Maine, where my plane was met by Shihan Gardner, "Rick" Holbrook, and Donna Kelly who most graciously stopped by an excellent Chinese Restaurant where we feasted on a huge lunch. But, the hospitality never stopped. After our day of training, the treat was to have a dinner party with the best Greek Cuisine possible.

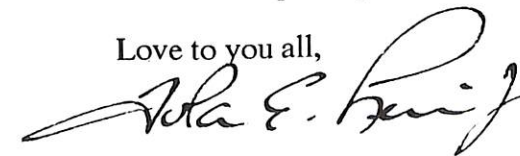
Summer Camp'92 was beginning to look as though it was to be the most perfect "family" reunion ever until 3:00 a.m. on Tuesday morning of July 14 when we got the word that Soke Shogo Kuniba, our Sensei and friend, had succumbed to the stomach cancer he had been battling for the previous 2 years. His passing marked the end of an era in the martial arts as he was most probably one of the most proficient masters of Shito Ryu ever. And, he is most assuredly close to the foundation of NKJU as it was from him and his system that our organization was born. We will miss him!

Next, the road led to Georgia where Mr. Beasley and Helton out did themselves in putting together a fabulous gathering of the "clan" as is beginning to be their custom. Where else would one get to give a clinic in one of the best gym and spacious facilities and then go put together a "Demo" in the middle of the street of Downtown Homer, GA? Our feet were DIRTY! However, the "Braves" baseball game in Atlanta the next day was just as enjoyable. Working together and playing together makes it worth it!

This fall saw another clinic with one of our New "family" members in Centralia, IL which was hosted by Mr. Lawrence and Frankel. To see the spark in their eyes and the fire in their heart warms our hearts and makes the travels all the more enjoyable. There were many other clinics given in many other cities across the country which saw us working and learning together which makes NKJU the "Family" that it is. And, one readily sees that those individuals who are constantly hosting and attending such events are the ones who are eager to learn and who are gaining both in the "family" spirit and rank.

Everywhere I have gone I am warmed by the hospitality and sincerity of our people and am more and more convinced that this is what is making NKJU the Martial Arts "Family" of the future. Continue to participate and introduce others to our "Family" and we will grow ever better.

Love to you all,



Tola E. Lewis, Jr
Director, NKJU International

THE NKJU EMBLEM

EVERY EMBLEM HAS A SYMBOLIC MEANING. OURS IS THIS:

Our emblem contains three circles: the outer edge of the emblem itself, the line between the red field and the blue border, and the small space at the center of the four spearheads. A circle is a line with neither beginning nor end. Second, as a circle has no parts or angles, it symbolizes perfection. Third, because a circle encloses what is within its limits, it symbolizes unity. The emblem therefore, represents infinity, perfection, and unity.

The central pattern of our emblem is four elongated diamonds at right angles to one another. The use of the diamonds represent the brilliant and hard character forged from a relatively soft material. Each of these diamonds has four points or facets. They point the way to the four basic directions of kata: north, south, east and west. It is in kata that we forge the "weapons" of DOH, or, "The Way". Furthermore, the number four is central to Zen. Buddha taught Four Noble Truths and the Eight-Fold Path: The Four Noble Truths are that (1) suffering is universal, (2) that all suffering comes from selfishness, (3) that the means to conquer suffering is thus to conquer oneself, and (4) that the way to conquer oneself is to follow The Eight-Fold Path. The facets of the diamonds, of which there are eight, symbolize that Path: Right Intention, Right Speech, Right Knowledge, Right Conduct, Right Livelihood, Right Effort, Right Mindfulness, and Right Concentration. Soke Baillergeon taught us that the "dot" at the center of the emblem is the "self". The diamonds radiate outward, they also point inward. They symbolize in that way how our martial arts protects us from what is outside of us and how it also allows our self to flow to new discoveries. Lastly, the diamonds mark the route of ki (or our God) as it flows from us, into us, and through us. Ki is both our center and the center of the universe.

In addition to the shape and pattern of our emblem, we must also consider its colors. They are the same as the American flag and that symbolic meaning agreed upon by the Continental Congress in 1782. The red symbolizes courage; the white symbolizes purity and innocence; the blue symbolizes vigilance, perseverance, and justice.

Our art is not merely a martial art. It is a way of life. It demands going beyond punching a makiwara, doing kata, or doing break-falls 1,000 times. All of the discipline, sweat, frustration, and pain can lead us to better self-defense, but at its best it altars our character and gives us a better view of the cosmos. It is this higher meaning that our emblem symbolizes. The circularity reminds us that our union is a unity, that our goal is perfection in both technique and character, that the way is infinite, a road of endless labors. The pattern of our emblem reminds us that we are at the center of a great task, that the labor of kata and the truths of Zen can lead us to look outward with confidence and to inwardly discover that Ki animates us and binds us to the universe. In that is our profound "self-defense". The colors remind us that ours is a union that stands for courage, purity of spirit, knowledge, hard-work, and fairness. What does our emblem mean? it means the "WAY"!

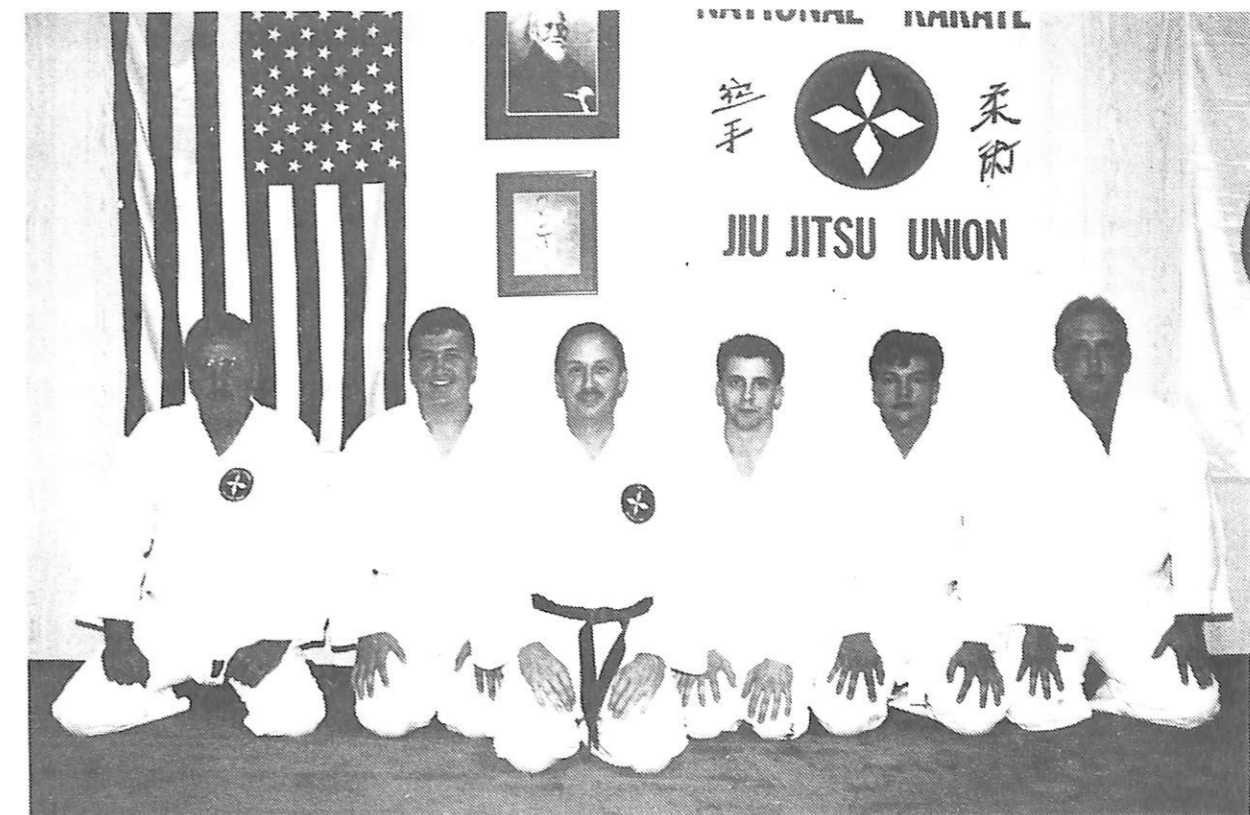
GEORGIA

NKJU Schools & Students



**ILA NATIONAL
KARATE CLUB**

**Chris Helton, Nikyu
Ila, Georgia
Shito Ryu**



GEORGIA CENTER OF MARTIAL ARTS

Terry W. Joyner, Sandan

Douglasville, GA

Shito Ryu

GEORGIA CENTER OF MARTIAL ARTS (continued)



LAMAR COKER



KEVIN HARRIS



TIM CHILDERS



DENVER THOMAS



ROBBIE HENSLEE



RICHARD SANDERS

UKEMI by Grady Burchett, NKJU Judo Coordinator

The importance of ukemi (Falling Methods) cannot be overemphasized in the Martial Arts. It is not only a way to protect yourself from being thrown to the ground with great force, it is the heart of Sutemi (Sacrifice) technique. A careful look at what is perceived as a sacrifice throw reveals that it is really an executed ukemi.

Perhaps the greatest weakness found in karate schools today is the lack of emphasis that is placed on ukemi as a way to escape from karate attacks. Rolling out of the line of attack, or dropping underneath the attack to counter, or catching the attack and using ukemi to pass by it is an effective weapon itself. To merely limit ukemi to the protection from being thrown is to remove a great weapon from your arsenal of techniques.

I have always told students that the one thing that can always be practiced alone is ukemi. The forward rolling ukemi, backward rolling ukemi, side fall, front fall, and the ukemi kata can all be practiced even if the instructor doesn't show up for class.

By combining ukemi and karate or jujitsu techniques, the strength of the student's fighting ability improves markedly. Without constant practice, the ukemi skills will not be sufficient to protect you from judo, jujitsu, or aikido throwing techniques. Any player with medium skills in those arts will throw an uke with enough force to injure them severely if they are not protecting themselves with ukemi skills. Advanced players pin themselves to the uke in the air and "ride them to the mat", at which time the importance of having proper falling skills becomes apparent. Having an extra 200 pounds land on your chest is uncomfortable even when you have good ukemi. When you train to expect the worst, then you must train with the idea that you will be going to the ground during the fight. How you arrive there and in what shape you leave will be a clear indicator of how developed your falling skills are.

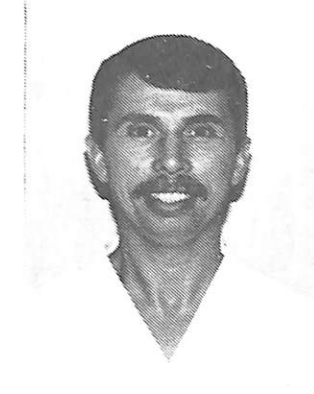


FISCHER'S MARTIAL ARTS

Bob Moncrief, Sandan Louganville, GA
Tae Kwon Do Kang Soo Do



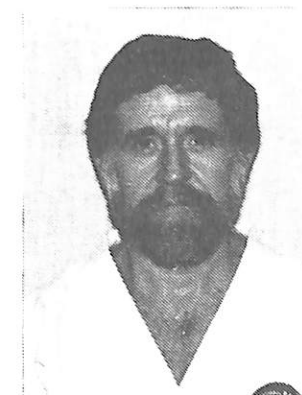
SHIHAN BOB FISCHER



BOB MONCRIEF



JON FISCHER



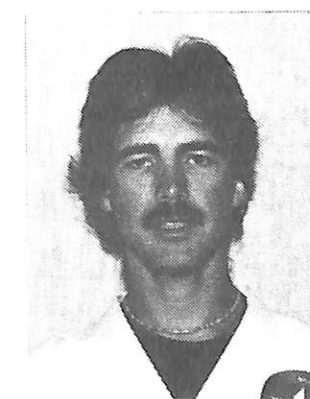
DAN PETERS



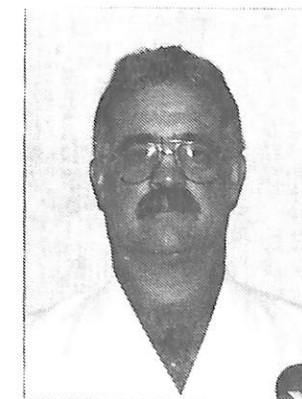
JOE BEAN



LAREE DAY



TRELL NORTON



WAYNE MARTIN



ANDY MAURER

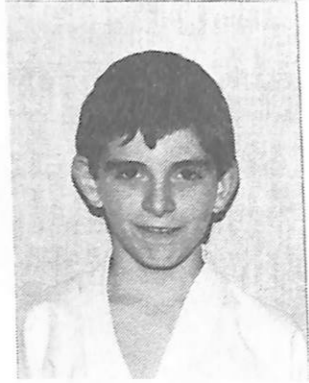


JAMIE TRACY

GEORGIA

NKJU Schools & Students

**FISCHER'S
MARTIALS
ARTS
(continued)**



NATHAN PETERS



DAVID SMITH



SHAUN SHEPPARD



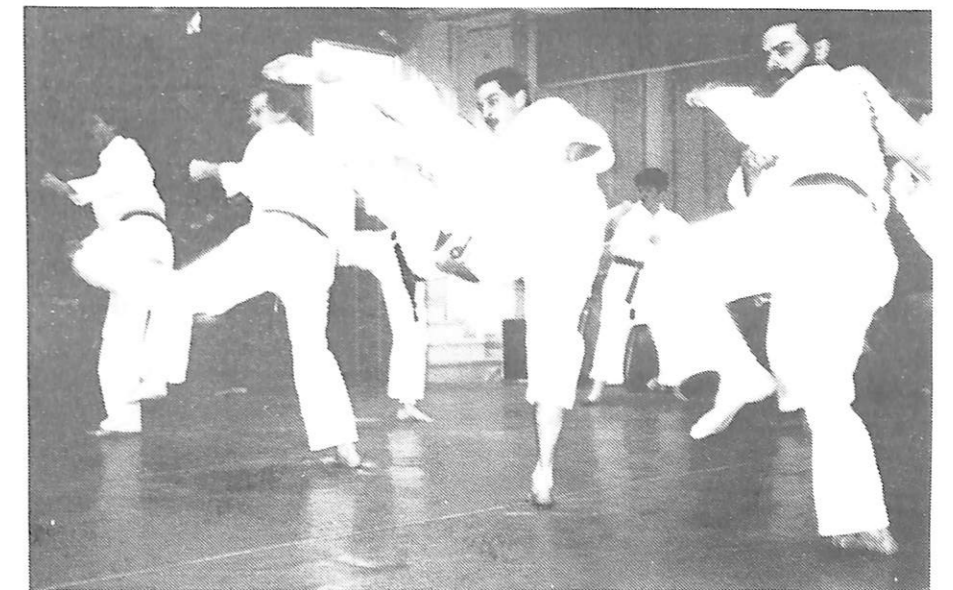
SUMNER PARK KARATE CLUB

Joe Eidson, Godan
Douglasville, GA
Shito Ryu

1992 NKJU-I EVENTS



TOP: JuiJitsu seminar at
Renshi Kevin Gurganus'
grand opening of his new
dojo this summer in
Durham, North Carolina.



MIDDLE & BOTTOM:
Winter Camp '92 Black
Belts class. Held at Shihan
John Lamont's dojo in
Raleigh, North Carolina.

ILLINOIS

NKJU Schools & Students

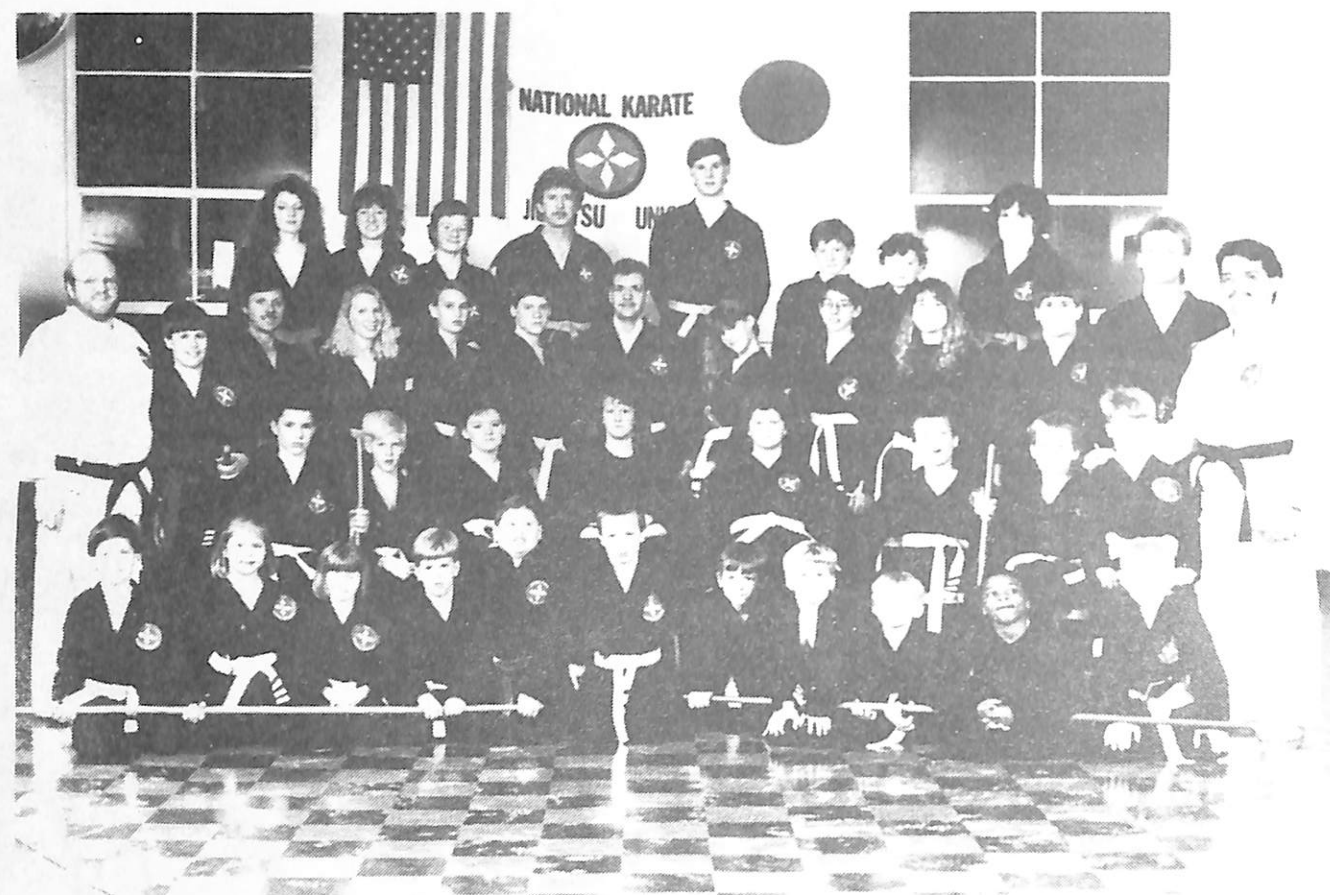
SOUTHWEST ACADEMY OF KARATE

Renshi Greg Johnson
Godan
Palos Hills, IL
Kyokushin



ILLINOIS

NKJU-I Schools & Students



THE CENTRALIA MARTIAL ARTS SCHOOL
Randy Frankel, Shodan Rev. Lawrence E. Shafer, Shodan
Centralia, Illinois
Shito Ryu



**LAWRENCE SCHAFFER
RANDY FRANKEL**



**RACHAEL MARIE &
JESSICA SCHAFFER**



JENNY IRWIN

MAINE

NKJU Schools & Students



**SHIHAN AL GARDNER
ROKUDAN
DIRECTOR:
EMPTY HAND DIVISION**

WU HSING SHAN
Shihan Al Gardner, Rokudan Bath, ME
Shotokan / Tai Chi / Hsing I / Pa Qua



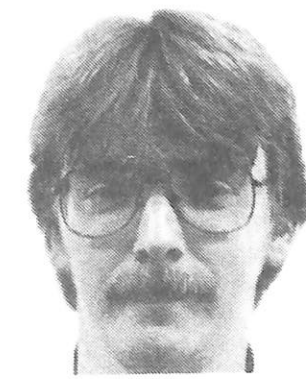
RICHARD HOLBROOK



KATHERINE ELLIS



MARGARET ELLIS



KELLY JONES



LAURA DORSEY



NED KEMP



JIM NICKERSON



MARK KIDD



JEFF KING



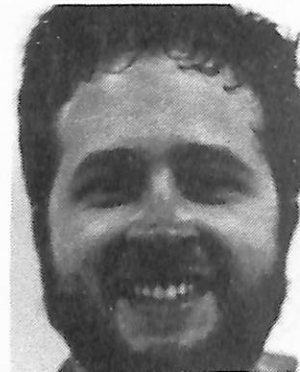
BOGAN BROOKS



GREG SISKA



MIKE MARTIN



JOHN CORMIER



JAMIE ORCHARD-HAYES



DEBBIE FONGEMIE



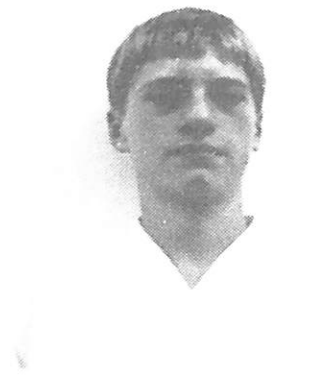
GREG MEASE



ROSA TILTON



MARY BUCHANAN



GREG SWEARINGEN



RYAN COTTER



STEVEN SCHUTT



CHRIS EMBOLTON



JESSICA MARCHESE



JUSTIN MARCHESE



JEREMY WHORFF



MAX BESSEY



KEVIN WARNER



TRAVIS KESWICK



CHRIS NICHOLS



ZACH SEWELL



JIM KESWICK

THE KATAS OR "FORMS"
by Soke Richard Baillargeon
(reprinted from NKJU '84 yearbook)

For a spectator, a Kata of Karate is a dance, or rhythmic exercise. For a Karate man, it is the best way of judging the level attained. It is another way of progressing if he is training himself. Katas are done alone in Karate. It is therefore not always easy to see and correct one's own faults, thus the control of a Master now and then, is necessary.

But even absolutely alone, if one concentrates on attacks, blocks and counter-attack as close to reality as possible by doing the Katas, one will finish up by reaching the true Kata. For a true Kata is a real Kata. There are not two Karates, that of Katas and that of free combat. Perhaps in 15 or 20 years time you will find an original technique which will make progress in Karate, but do not try to do so yet. Do the Katas, striving to fight truly, with all your energy.

A Kata is a fight against 4 imaginary opponents who surround you or attack you simultaneously, according to an ideal order to give you certain notions of great importance. To know one's own human limits brings many surprises and often shows to what point one can be mistaken about oneself. This is most vexing, for the older "seniors" can do 20 to 30, proof of acquisition of muscular coordination, respiratory control and of a concentration that cannot be obtained in a day nor without forcing from time to time beyond the limits of one's supposed strength.

There are many Katas in Karate. The Karate experts call them more often "forms". They announce, for example, that they are going to show you "their form" that is their conception of the Kata, the level of comprehension to which they

THE KATAS OR "FORMS"
by Soke Richard Baillargeon
(continued)

have reached, just as an artist speaks of his "conception" or of his interpretation of a musical score. A 1st Dan knows 15 to 20, a 2nd Dan 15 to 25, a 3rd Dan 15 to 30. It being understood by Master Funakoshi esteemed that 3 years' work was necessary on a Kata before being able to pass to the next one. At a certain level, all the Katas become easy because they are made up of the same elements.

The simplest are the Katas of Heians (Pin-An in the old Karate of Okinawa). Master Funakishi had a predelection for these Katas which contain all that is essential in Karate. To describe them would render our efforts as useless as to reproduce a picture of iridescent colors by words alone. Moreover the order (the only thing to describe) is learnt in one training session. Consider them therefore more as a memorandum and a source of observation.

1. Know your Kata.
2. Getting Prepared.
3. The Best Place in the Lining Up.
4. Proper Bowing.
5. Eye Contact.
6. Live your Kata.

You cannot even begin to think of placing if you are not doing the physical or technique part of your Kata properly. You must understand each movement, maintain the proper tempo and execute each technique correctly. If you're not doing this, then you do not have a chance, no matter what else you do.

To get prepared, go thru your kata before your Division is called. This helps mental preparation and helps to prevent the jitters.

Most often, the first few contestants are judged the strictest. After that the caller of the competition will generally determine how the judges will score. Let the trend be established before you perform. I have found that it is generally best to perform about last so when the contestants are lining up, take your place in line accordingly.

When your name is called, act as if you are being judged from that point on. Start with your appearance. Your uniform should be clean and neatly ironed. Also, a well starched gi will give more of a snapping sound when you execute your power techniques, bringing more attention to your performance. Step sharply to the starting line and bow respectfully to the chief judge. Do not take time to bow to each one individually, include them with your eyes. When you give your name, style and name of your Kata, do so in a loud clear voice. Jar them out of their relaxed state, make them aware of you. When you have finished your kata, you should be standing on the line where you began. (If you are not doing this, then you should practice Kata in your dojo by marking a spot on the floor and adjusting your movements so you start and finish close to the spot.) Upon completion of your Kata, bow respectfully to the chief judge. Remember what a Kata is: a simulated fight between you and a number of imaginary opponents. The look on your face must tell that you are in a fight right from the beginning. Always look your imaginary opponent straight in the eye. Eye contact is very important, you must make the officials believe that you are living this Kata, not just going through a series of movements like a robot with an expressionless face. When you come to a point of Kiai, do so as loudly and sharply as you can. You must go all out to defeat those imaginary foes. If you do not place, it means those imaginary foes won the fight because you did not fight them hard enough. If you have been judged by officials of another style who did not understand some of your movements on the Kata, they will judge you by your attitude, spirit, and such mechanics as the recoil of kicks, focus of blocks and strikes, balance, eye contact, proper stances and temps. If you have done these things and done them well and correctly, you will find yourself standing in the select circle of winners.

**STUDYING
WITH SHIHAN GARDNER**
by Richard Holbrook and friends

What is it like to study with Shihan Gardner? Shihan Gardner is a fount of information, stories, and advice. To many of us, he is far more than a teacher--he is also a friend and trusted advisor. It is difficult to describe exactly what it is like to study with him, but the story that comes first to mind is one he tells to describe the different kinds of teachers.

"There are three kinds of teachers in this world. The first is the one who teaches through fear. His students learn only because they are afraid of being punished. The second type of teacher teaches through love. His students study and practice because they want to earn his praise and encouragement. The third, and finest teacher, is the one who teaches without his students knowing they are being taught."

Shihan Gardner is the third kind of teacher. His lessons extend far beyond the walls of the dojo. Although there have been times when his thunderous voice fills the dojo, striking fear into the heart of the most stalwart black belt, and times when a few words of praise bring a glow of accomplishment, the self-discipline and pride he instills in all of his students are lessons learned unconsciously. As he tells some of the same stories over and over again, many of us have thought to ourselves, "Oh, I've heard this one before, it doesn't apply to me". But time after time, we find that the old familiar stories take on new meanings as we attempt to master new skills. There have been many moments when his point has proved elusive until a certain stage in martial arts training has been reached. It is at those moments that we appreciate his patience in teaching us and constantly encouraging us to improve our skills.

Outside the dojo his lessons are brought home in the demands of daily life. If a person at work is very opinionated, we say that he/she is suffering from "full cup



syndrome". Shihan says "it is impossible to pour water into a cup that is already full". When being faced with having to learn new career skills and the resulting loss of ego, Shihan's voice will remind us to "invest in loss". When trapped in a dead-end job, Shihan might advise us to "do something, anything, even if it's wrong".

Sometimes it takes the opportunity to teach others before we can truly appreciate his talents in demonstrating and explaining techniques. It takes a vast store of knowledge of both martial arts and teaching techniques to successfully pass on these skills to others.

We are also fortunate in having an instructor with a background in both the Chinese and Japanese martial arts. Drawing from his vast knowledge of forms and fighting, Shihan Gardner teaches each student on an individual basis. He studies each student and assesses his or her abilities, tailoring instruction to each person. After achieving a general background in karate, Shihan Gardner's students are encouraged to develop skills in other areas like Tai Chi, Pa Kua, Hsing I, Jiu Jitsu, or higher rank in Shotokan karate. This enables many students to benefit from his instruction and remain interested and motivated to practice. He continuously reminds us that "there are only so many truths" and "there is no one

**STUDYING
WITH SHIHAN GARDNER
(continued)**

path to the truth". He will demonstrate a single technique and quiz us on where the technique comes from. Many times there will be a chorus of voices with a variety of answers. Frequently all of the responses are correct, whether the form is from Shotokan karate or has its origins in the Chinese arts.

Sensei loves to have fun with unusual belt tests when he does decide to test a student. One of our students, affectionately nicknamed "Lurch" because of his tremendous size and capacity for pizza, recently tested for brown belt. Lurch had been practicing hard and his basics were more than adequate to earn promotion to brown belt. Sensei wanted to test Lurch's skills by tying in a physical education course that he had enrolled in during the previous semester at college. The entire testing board and audience was quite entertained at the sight of a large, muscular, highly embarrassed student dancing for his brown belt test.

The dojo is more than a karate school. To many students, Sensei is a father figure. To all students, he is a friend. The advanced Tai Chi class has a special bond with Sensei, which blossoms at the quarterly meetings of the Tai Chi Supper Club. On the first Friday of each quarter, Jean Weatherbee (one of the advanced Tai Chi students) has members of the class to her house for an elaborate Chinese meal. The student must "earn" a seat for the meal through class attendance and hard work. Bill ("The Enforcer") Milam takes strict attendance and quickly cuts those slacking off. No mercy is shown when it comes to earning a place at the Tai Chi dinners as the fame of the feast has grown. Eligible students pay a small fee for the dinner (which has been expanded to include brunch the next day) and the surplus is donated to a local charity at Christmas.

One winter, supper was made very memorable by Sensei summoning

everyone outside onto the porch. Here he proceeded to demand that all present, including spouses and significant others, participate in a very important advanced Tai Chi breathing exercise. Imagine the expression on the non-martial artists' faces as Sensei proceeded to distribute bubble blowing apparatus to the assembled group. He then demonstrated proper bubble blowing technique and we shared his delight as the frozen orbs shattered in crystalline fragments on the ground. Only the threat of frostbite and cooling Chinese goodies induced us to return indoors.



One of Sensei's Pa Kua students related a dream that she had about him, which perfectly describes his relationship with his upper belts. In the dream, as in the television Kung Fu series, she was faced with a difficult situation where she needed to use her martial arts skills. Like David Carradine's wise old instructor, Sensei's face appeared before her, as a distant memory from her training. But instead of a gentle voice soothingly relaying an anecdote and calling her Grasshopper, he opened his mouth and said, "Who taught you that? Not me! You're making it up!".

We are all familiar with Sensei's love for telling stories to make a point. As time goes by, students become familiar with his stories and begin to anticipate the punch lines. There is no more discouraging feeling, however, than being in horse stance as Sensei begins talking at a slower and slower pace. With legs already trembling, many of us have shared the same thought, "Uh oh, this is a long story...".

MAINE

NKJU School & Student Photos

**JOLES SCHOOL OF AMERICAN
COMBAT SELF-DEFENSE**

Jerald Joles, Nidan
Presque Isle, Maine

Shotokan



JERRY JOLES



GINNY JOLES



JUSTIN GOULD



PAM & STACY DUBOIS



SHEREE BELANGER



PATRICIA DESJARDINS



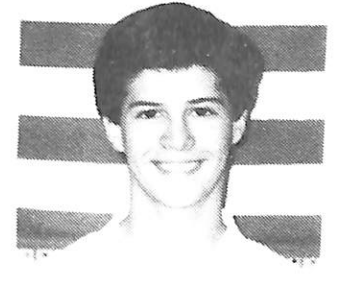
ROY ESPERANCILLA



CHERYL
ESPERANCILLA



JAMIE MATTILA



DAVID CURRIER



JENNIFER LOUTEN



JOLEEN JOLES



ANGEL YORK



BUB YORK

MAINE

NKJU Schools & Students



TONY HANSON



BILLY HANSON



TIMMY WENTWORTH



ILSE WENTWORTH



AMANDA ORR



LUCIEN LONGLAIS



JUSTIN CURATOLA



JUSTIN MURPHY



DAVID HAFFORD



STEPHEN MURRAY



DEREK DEVEAU



TRAVIS YORK



BRENDA STUBBS



SCOTT SCHAFFER



LEAH DREW



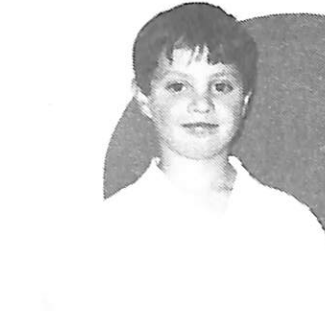
ALEX SCHMITT

MAINE

NKJU Schools & Students



GUTHREY YORK



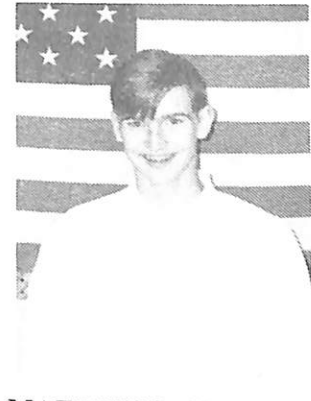
NICHOLAS MARTIN



MIKE KELLEY



MARK KELLEY



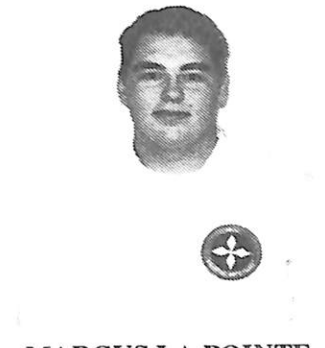
MATHEW PATTERSON



WADE WILLETT



CHRIS WILLETT



MARCUS LA POINTE



ASHLEY MONOHAN



SETH MONOHAN

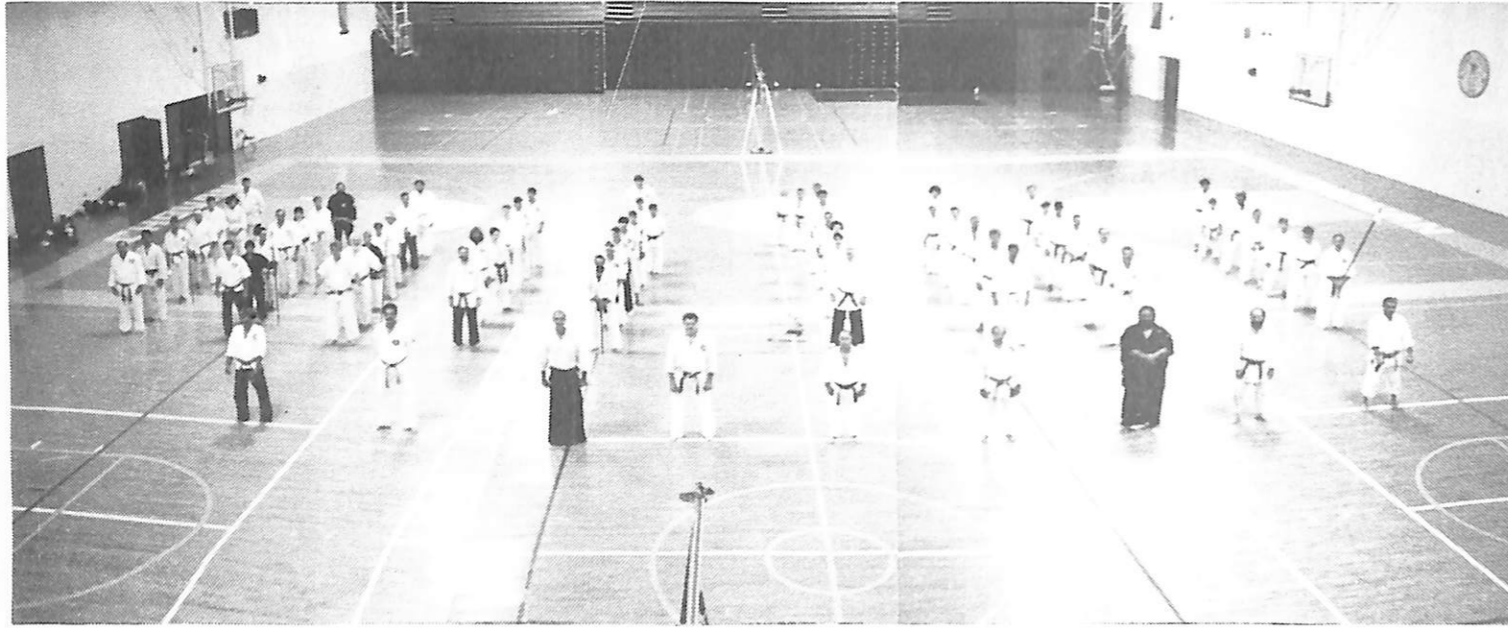


MONICA HOGG

SUMMER CAMP '92

Chowan College

Murfreesboro, North Carolina



REFLECTIONS OF SUMMER CAMP

CAMP JOURNAL
by Heidi Fenwick

July 12-17 marked the beginning of another NKJU-I Summer Camp. Although temperatures and humidity were high, southern hospitality made the visit a joy for all. "Campers", as everyone was soon called, came from all over the U.S. traveling from as far as Oregon, Maine, and Florida. On Sunday most settled into their dorm rooms, greeted by Dai Shihan Lewis, Gwen, and Art Webster who were sure to give everyone the appropriate shoelace apparatus to tie around necks to prevent the loss of one's dorm key and meal card. They soon became so comfortable around necks I think a few even forgot to take them off on the way back to their homeland as did Shihan Gardner.

The overall feeling this first day was one filled with greetings, welcome and excitement about meeting last year's campers and newcomers. At about five most went to the cafeteria for dinner which was surprisingly well done. Later

students were asked to meet at the infamous Jesse Helms Center for an informal bow-in. Once inside the Center, everyone acknowledged that there was quite a turn-out of both students and instructors. Introduced to the group was NKJU-I director, Dai Shihan Lewis, who made all comfortable immediately. He forewarned that this week's weather prediction was for hot and humid weather. To assist us in coping, the evening started with a lecture on the dangers of dehydration and heat stroke. The guest speaker explained that we would be expending a lot of energy as well and that we might consider "carbo-loading" to retain our strength through the day.

When camp instructors were introduced to students, campers really began to understand the varieties of excellent instructors that would be available to them. Some of the classes

SUMMER CAMP '92

Reflections of Summer Camp (continued)

available were Judo, Aikido, Tai-Chi, JuJitsu, Kata, Fighting, and Weapons. After bowing in, the highest ranking black belts were divided so ranks could form behind them into teams. Each team was then assigned a name such as the "Rams" or "Monkeys" and told to prepare for the next day by thinking up a team spirit call that had something to do with team names. Wake-up call individuals were chosen by room number--anyone whose room number ended in "00" had the promising task of waking everyone on their dorm floor. Thus camp began with a sense of responsibility for oneself while respecting others. These were traditions which permeated the week and succeeded in teaching every student the importance of discipline and responsibility in life. Students were given an overview of each day's classes and asked to think about the arts they wanted to take.

Later in the evening students roamed the dorm, campus, and town getting situated for the intensive week. Students stocked up on fruit juices, peanut butter, cookies and anything that to them meant "carbohydrate". Others checked out the camp store, lounged in the T.V. room or walked to the recreation room across campus where the laundry room, snack bar, and ping pong and pool tables were located. Everyone also received a calendar of daily events and the location of the pool which was a real lifesaver near the end of the week.

The first day of training was a little shaky for students as they tried to get adjusted to new instructors and lessons. All learned the meaning of patience as they kept ears open and eyes glued to the instructor's techniques. Classes in the initial portion of the week were very hot. Students often were asked to take water breaks and classes often stopped midway so that students could replenish the fluid they had lost. In all my experiences, every instructor was

concerned about students' progress and extremely cordial and friendly. Some students took one art consecutively through the day, allowing them to concentrate on one martial art refining its techniques and gaining a larger understanding of its philosophies. Others tried a different class for each time slot, getting a taste of a variety of arts. Both methods proved beneficial to the students.

Wednesday everyone was treated to a foot massage after morning line-up. This for all was an exhilarating relief to blistered and tired feet. If one looked back upon the week, they would have realized that by day's end students and instructors had partaken of at least 12 classes and 15 hours of instruction. The afternoon training was cut a little short to allow students to wash uniforms, go shopping or catch some extra rest. Videos were also shown in the lounge on sparring tournaments in the old Kyokushin tradition. By now, it seemed everyone had really gotten used to everyone at camp and really didn't feel as if they ever wanted to go back home. There was a general feeling that working hard here was the way to get the best results from camp and from oneself; nights were spent discussing class and life with others.

Wednesday everyone was treated to a foot massage after morning line-up. This for all was an exhilarating relief to blistered and tired feet. If one looked back upon the week, they would have realized that by day's end students and instructors had partaken of at least 12 classes and 15 hours of instruction. The afternoon training was cut a little short to allow students to wash uniforms, go shopping or catch some extra rest. Videos were also shown in the lounge on sparring tournaments in the old Kyokushin tradition. By now, it seemed everyone had really gotten used to everyone at camp and really didn't feel as if they ever wanted to go back home. There was a general feeling that working

SUMMER CAMP '92

Reflections of Summer Camp (continued)

hard here was the way to get the best results from camp and from oneself; nights were spent discussing class and life with others.

Thursday morning, teams began to discuss what classes they had been taking and what they had learned during the week in preparation for the Team Competition the next day. One could enter Weapons, Kata, or Grappling Arts categories; each team presented competitors in each category. There was a serious concern with helping students on the part of the instructors and most took extra time to help any student learn technique.

On Friday students felt a bit apprehensive before the competition. The day was segmented in four short classes in the morning for review followed by a lunch break. Everyone felt that the week seemed to go by very fast. When all returned from lunch for lineup, a camp picture was taken and everyone snapped shots of each other followed by Team Competition. One was graded by the board on a scale of one to ten, but it surely wasn't about who won or lost but about the lessons all had learned during camp.

Friday evening students and instructors planned and readied for the Banquet and Awards Ceremony. Entertainment

was provided by Shihan Gardner and Sensei Steven Svekass who Greek danced along side Gardner's "oud" playing. The rumor had it that there was an on-going bet between the two that Svekass couldn't dance as fast as Gardner could play. He surely proved himself out on

the dance floor. Sensei Ken Durand serenaded all with an innovative rendition of "Oudler on the Roof". It was a real culmination of all that had gone on during the week and was a great chance for everyone to get together one last time. After the Awards Ceremony, everyone went back to the dorm to party and get loose. Most of the party took place at a local watering hole down in the town of Murfreesboro. Eventually everyone acknowledged that this would be the last time to see each other until next year's camp.

NKJU-I camp went extremely fast and was over before anyone really wanted it to be, especially because the week was filled with friendships and memories no one will ever forget. I know when I look back on it still, I get a smile on my face and a feeling of comfort in my heart because of the experiences I had there. One hopes to see everyone again the next year as well as newcomers. I know I'll be there.



Shihan Gardner's group from Maine..... Heidi is the one in the middle with the "Broken Foot".

SUMMER CAMP '92

Reflections of Summer Camp (continued)

SUMMER CAMP

Just a little note to all of the friends I made at Summer Camp, Especially all of you "Mute Swans", Hi, y'all.

Summer camp was a very interesting and fulfilling experience for me. I learned so many new techniques and met so many really nice people I still can't quite get over the experience. One of the things that really made a lasting impression upon me was the sharing of knowledge and the caring for each other. Besides my own dojo, the only other place I have had such an experience is Bible Study Class.

There were so many talented individuals who have made themselves available to us to teach their special arts, and I might add without monetary compensation. Many who came took personal vacation time to contribute and I noticed that those who taught were not afraid to learn from others. We all learned, shared, sweated, and ached together.

When I first went to camp, I was fearfully respectful of the members of

the High Dan Board. I very soon came to realize that the fear changed to an even greater respect and awe. Our High Dan board is made up of very special and very talented individuals who are willing to share their knowledge and are concerned about the future growth of our organization. What an example they all set for us to follow.

Attending camp has just made me even prouder to be associated with The Family of NKJU-I. We are all very lucky to belong to such an organization. I am looking forward to coming to camp again next year.

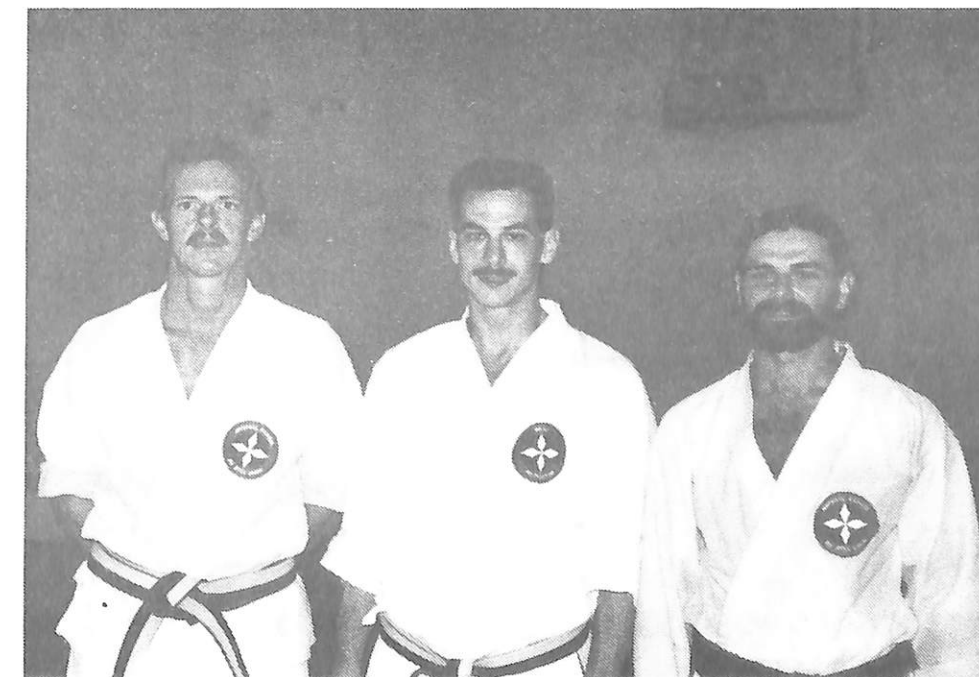
Sandy Flower, Shodan
Mainland Dojo
Family of Nisei Kito Ryu Jui Jitsu

P.S. Summer Camp, I thought was interesting and informative, but also one in which I've had the most fun. I learned many new techniques and made lots of new friends. I definitely will be back next year.

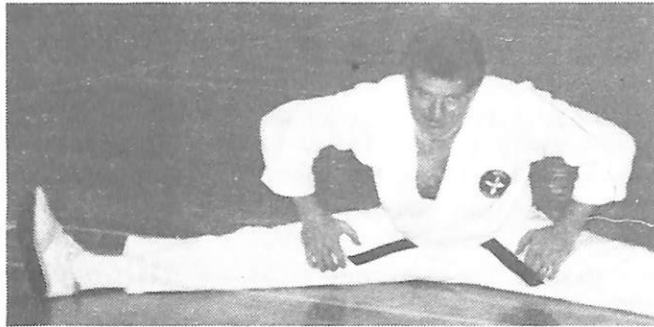
Ryan Flower
Mainland Dojo
Family of Nisei Kito Ryu Jui Jitsu

CAMP SUPER UKES (left to right)

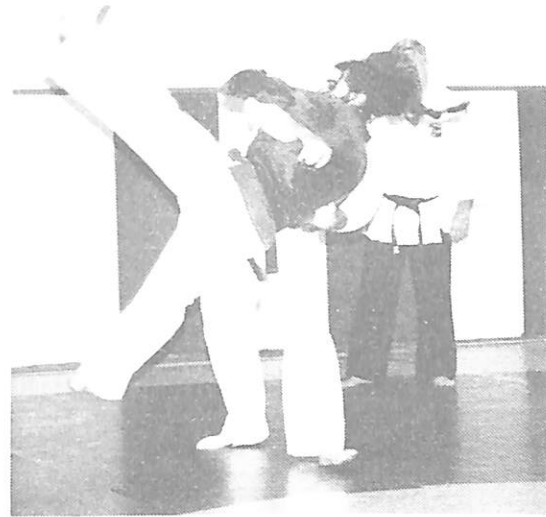
Jim Gregory,
Kevin Gurganus,
&
Art Webster.



"Letterman's Top Ten NKJU Camp Sightings"



#10 "YOU'RE MINE!"



#9 ART WEBSTER--HUMAN WINDMILL



#8 "NO RICK, I'M LEADING!"



#7 KATA REVIEW

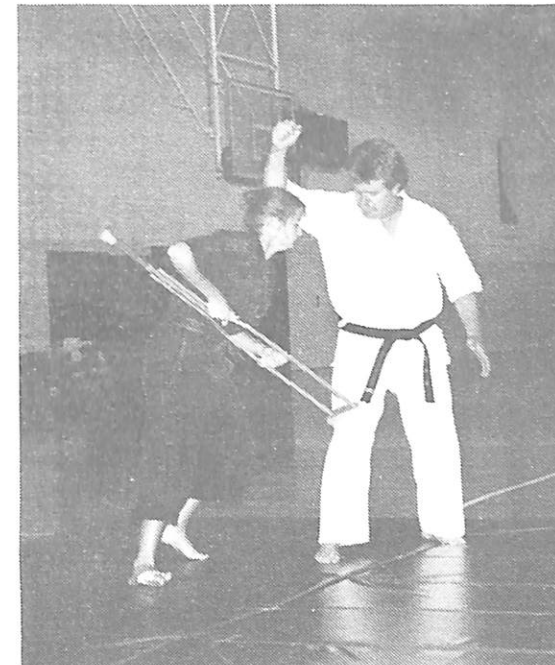


#6 GWEN'S BO KATA



#5 RENSHI BRITTON'S FISH STORY

"Letterman's Top Ten NKJU Camp Sightings" (continued)



#3 "USE THE WINGNUT, HEIDI"



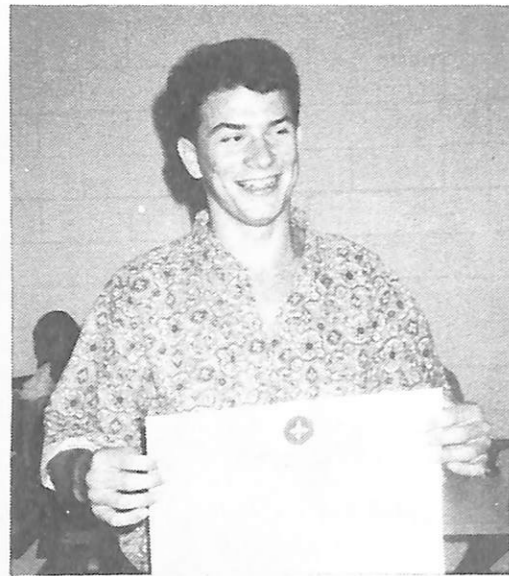
#4 CAMP BEAUTIES & THE TWO BEASTS



#2 "OK, OK, I TAKE IT BACK!!!!"



#1 MR DUCKS!
MR KNOT!
MR GEESE
(Those needing a translation, please contact Shihan Al Gardner for assistance).



**OUTSTANDING KYU MALE
KEVIN CAULEY
-STROUD-**

**CAMP '92
AWARDS**

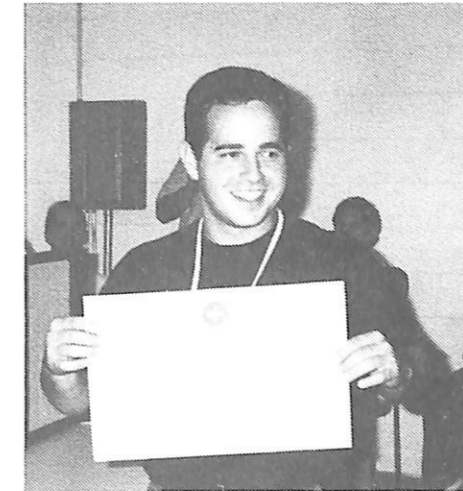


**OUTSTANDING KYU FEMALE
SHANNON SEALEY
-GURGANUS-**



**PROMOTIONS:
CASPER PARLAPIANO, SHODAN
GREG JOHNSON, GODAN**

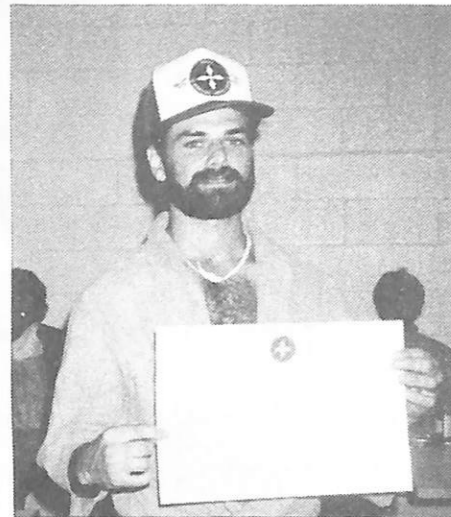
**CAMP '92
AWARDS**



**MOST IMPROVED
CASPER PARLAPIANO**



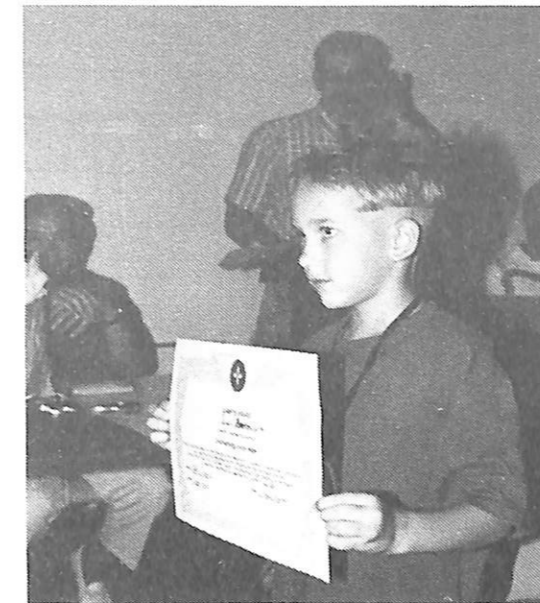
**BROKEN FOOT AWARD
HEIDI FENWICK
-GARDNER-**



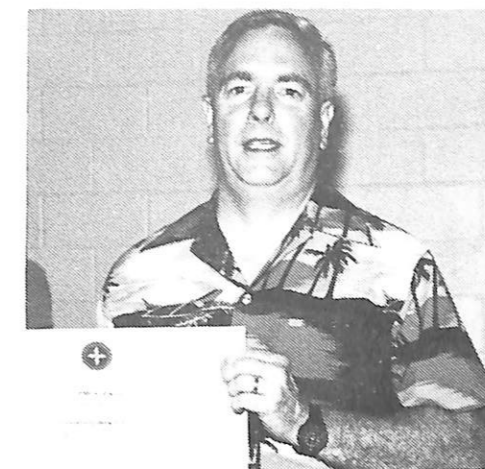
**OUTSTANDING CAMP STUDENT
ART WEBSTER**



**OUTSTANDING JR FEMALE
MEGAN VICK
-JERNIGAN-**



**OUTSTANDING JR MALE
RYAN ARTHUR
-STROUD/CAULEY-**



**BEST BLACK BELT MALE
TERRY FEELEMYER
-MCCURDY-**



**MOST HELPFUL (BEST HANDS)
DONNA STABLE**



**OUTSTANDING BLACK BELT FEMALES
DAWN MONCRIEF -KNOBLOCK-
SANDRA FLOWER -DECASIEN-**



**KEN DURAND
BEST INSTRUCTOR**



**BEST TEAM -- CATS
ART WEBSTER, TEAM LEADER**

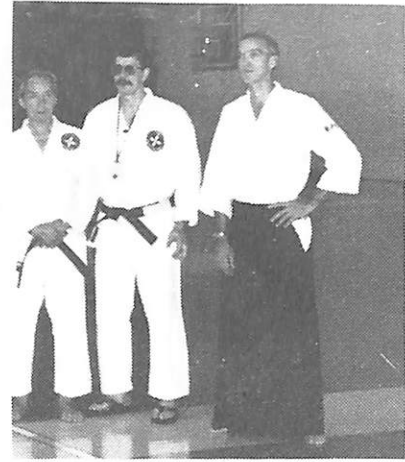
CAMP INSTRUCTORS



Left to right: Shihan Sergio DeCasien (Nisei Kito Ryu JuiJitsu), Shihan Al Gardner (Tai Chi), and Sensei Ken Durand (Judo)



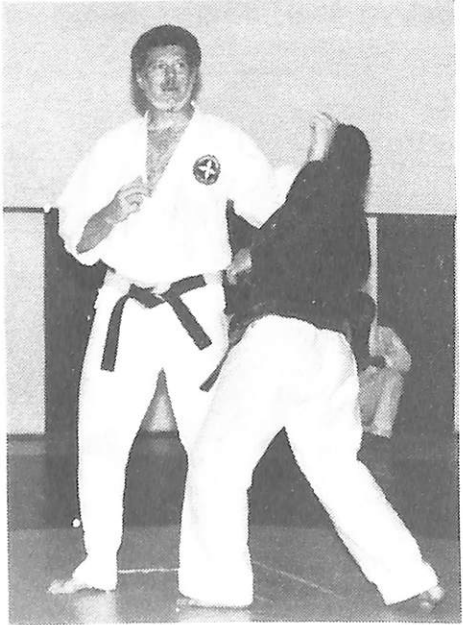
Left: Renshi Gary Glemboski (Knife) Right: Shihan Clayton Tucker (JuiJitsu)



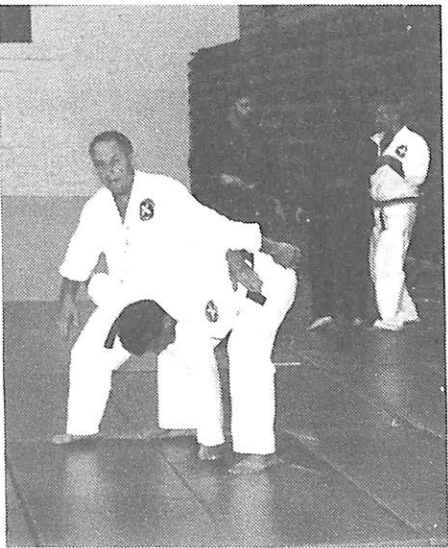
Right: Shihan John Lamont (Aikido)



Dai Shihan Tola Lewis, Shito Ryu (Kata and Iaido)

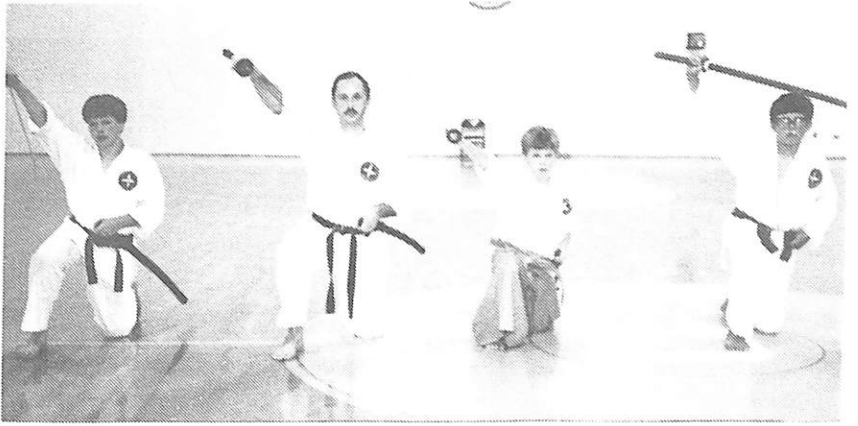


Shihan Bill Knoblock (Karate basics, Fighting, Kicking, Punching, & Goju Ryu Kata)

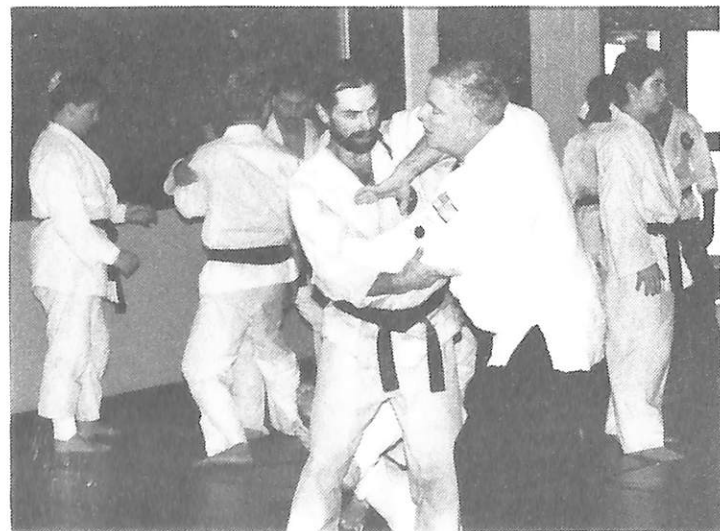
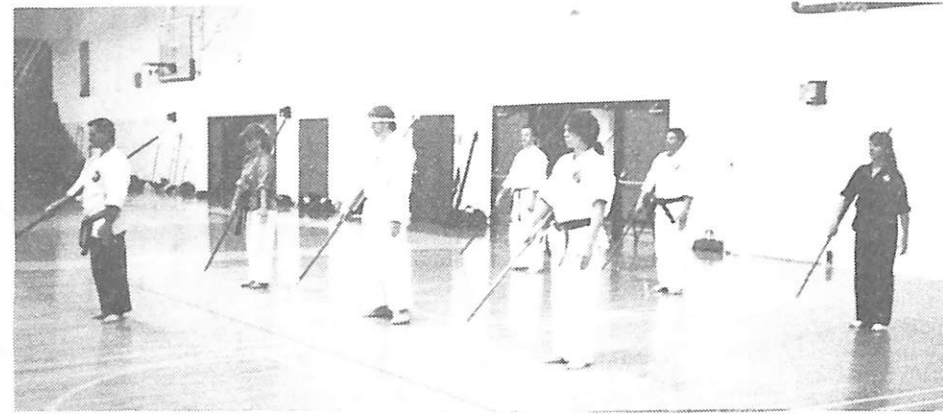


Kyoshi Lemuel Stroud (Hakkoryu JuiJitsu)

SUMMER CAMP CLASSES



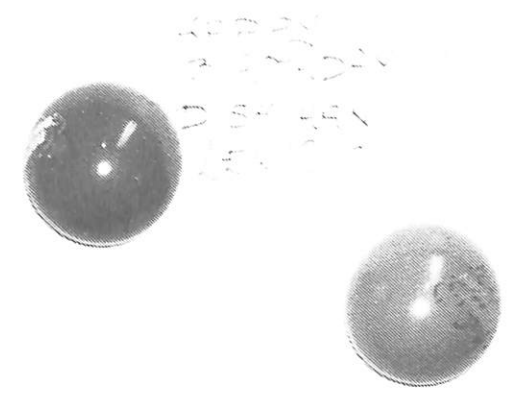
SUMMER CAMP CLASSES



CAMP CANDID CAMERA



THE RITUAL BLESSING OF THE SHIHAN.



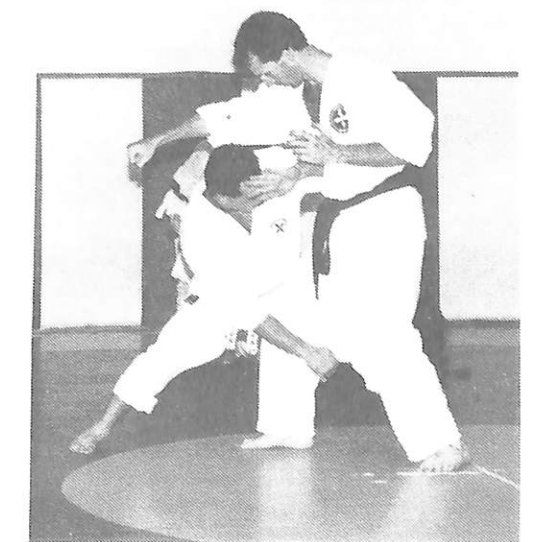
THIS WAS SUPPOSED TO BE A JOKE, DAI SHIHAN.



KICKING CLASS.....Oh, the agony of de feet (legs too).

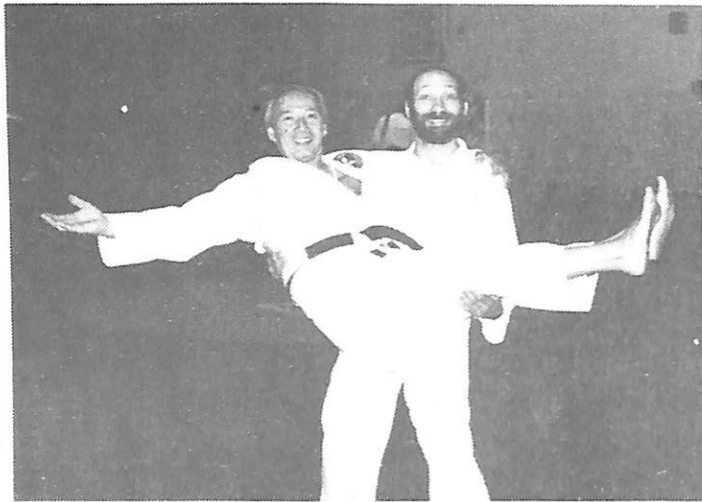


SHITO RYU KATA CLASS...Lookin' good gang.



OH NO! Not the "grab the leg" technique!

CAMP CANDID CAMERA



WILL YA HURRY UP WITH THAT CAMERA.....THIS IS ONE HEAVY SHIHAN!



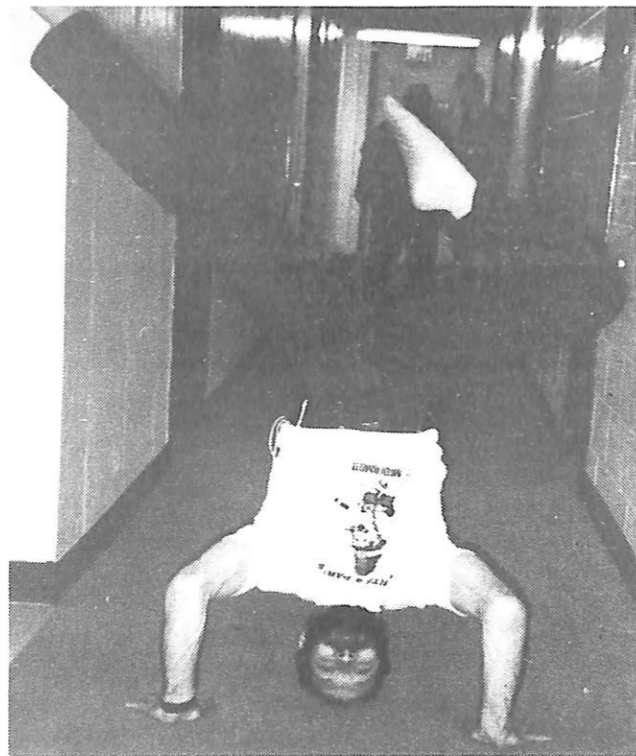
"RENSHI BRITTON.....HOW ABOUT SHOWING ME ONE MORE TIME HOW YOU THREW THAT BACK KICK."



REMEMBER.....WATER, WATER, & MORE WATER.



OL' MR FLYING FEET HIMSELF. I THINK HE WON THAT DOLLAR FAIR AND SQUARE SHIHAN GARDNER.



IT'S NO WONDER SENSEI DURAND NEEDED SO MANY BACK RUBS FROM DONNAAND WE ALL THOUGHT IT WAS JUDO CLASS!

CAMP '92 BANQUET NIGHT



AT LONG LAST!!!! OUT OF THOSE SWEATY GIS!

ENTERTAINMENT....."The Big Questions"

IF I WERE A RICH MAN HERE IN THE VILLAGE OF NKJU.....

WHAT WOULD I DO?



WALK ON A TABLE?



**CAMP '92 BANQUET NIGHT
"The Big Questions" (continued)**

REACH FOR HIGH AMBITIONS?



WHAT WOULD YOU DO?



REACH FOR SOMETHING SOFT & ROUND?



**POINT THE
FINGER
ELSEWHERE?**



SIT ON A FAT KNEE?



**IF I WERE A RICH MAN, I WOULD
STILL BE HERE IN THE VILLAGE
OF NKJU!**

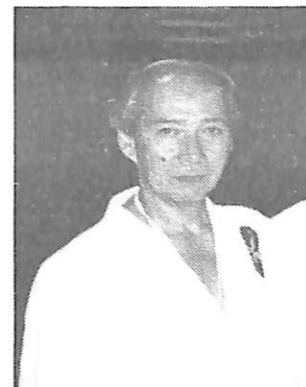
NEW JERSEY NKJU Schools & Students



MAINLAND DOJO

Linwood, NJ

**Shihan Sergio DeCasien, Rokudan Director: Grappling Arts Division
Nisei Kito Ryu JuJitsu**



**Shihan Sergio DeCasien
Rokudan
Director: Grappling Arts Division**



**Future Judo Contender, Carsen Ren with
Daddy (& trainer), Marshal Craddock**

RRR

The Three R's of Martial Arts by Thora Fromal

I'm sure most of you can recall the three R's (reading, writing, and arithmetic) which had to be mastered before you could graduate from high school. Well, there are also the "Three R's of Martial Arts". I would like to tell you about them.

The first of the three R's is **Recognition**; the ability to recognize the techniques that you have previously been shown. I first began my study of Jiu Jitsu and Judo a mere four years ago. I watched my senseis teach techniques. After a while I was able to recognize these techniques. Eventually I could even recognize the Japanese names for these techniques. So recognition is the first step in our three R's learning process.

The second of the three R's is **Retention**. Since we are all individuals, we have various methods of retaining what we learn. I have divided these individuals into three groups. There are visual retainers; those who can remember what they have been taught simply by seeing it done whether in person or on a video tape. Then there are the doers; the

people who can best retain what they have learned by doing the technique themselves. The third group is the writers. These individuals have to see the techniques in writing. Sometimes just a key word or two is enough for the memory to click and for some it is a step by step explanation of each movement of each technique. I myself am actually part of a fourth group. This group of individuals utilizes all three of the above methods of retention. For us to retain a technique we must see it performed, do it ourselves, and then write it down in detail. Over the past four years I have received a lot of ribbing about my three notebooks which contain over six hundred techniques, ten katas and over one hundred techniques that I have learned from various instructors and clinics. My fellow Judokas refer to my books as my encyclopedias or my bible. However, after all the kidding is over, it's my books they come to to look up a technique that they cannot quite recall or the notes I took at the last clinic we attended. This, I feel, makes this fourth group the backbone of our three R's learning system.

The third of the three R's, which I have no doubt you have already guessed, is **Repetition**. As the saying goes, practice makes perfect. Although in our martial arts world where practice can and will indeed improve your techniques, they will never be perfect. Which is why this part of our learning process is never complete and why from the day you first enroll in a martial arts class you will be continuously learning until the day you breathe your last kiai.



Shihan Knoblock's
Kicking Class having
fun at camp.

NEW JERSEY NKJU Schools & Students



CHRIS NORTH



JOSEPH COYLE

NORTH STAR FITNESS ARENA

Chris North, Head Instructor
Joseph Coyle, Assistant Instructor
Ocean City, NJ
Tae Kwon Do / Hapkido / Tang Soo Do

NKJU-I Welcomes Chris North & Joseph Coyle!

A Brief History of the U S Martial Arts Association in Ocean City, NJ by Chris North

In 1991, Sa Bum Nim Chris North and Que So Nim Joseph Coyle came together to establish the U.S. M. A. A. Mr North and Mr Coyle met while studying hapkido under the same instructor. Mr. North has studied Tae Kwon Do Ki and Tang Soo Do in which he was a top trophy winner for his former school. Wanting to extend his training even more, Mr North found a hapkido practitioner, fallin in love with the art because of it's multi-flowing techniques. There, Mr. North and Mr. Coyle met and became oke's as well as friends. Mr. North's dream was to open a fitness school, and now that dream has become a reality with the opening of North Star Fitness Areatn which houses martial arts, weight-lifting, and aerobics--a school for the whole family.

Mr. Coyle started training Tae Kwon do in the service back in 1969 until 1978 then dropped out of the picture until 1990 when he started training in hapkido; it felt great to be back--a little rusty at 40 but making a come-back. In 1991 Mr. North and Mr. Coyle went to a seminar hosted by NKJU-I and liked the people we met. Mr. Coyle started training Jiu-Jitsu under Shihan DeCasien as well as his own training.

That's how our school became part of NKJU-I. It was a good move on our part, Great People!!

NEW JERSEY *NKJU Schools & Students*



DONNA STABILE

DONNA & MOM,
A real Mother/Daughter Act

KARATE DO ACADEMY
Donna Stabile, Nidan Ventnor, NJ
Tae Kwon Do

Front: Ed Ralston, Mimi Menei, Sensei Donna Stabile, Gina Bongiovanni, Sensei Casper Parlapiano
 Second Row: Sensei Marshall Cradock, Bill Garcia, Michaela Ramoro, Joan Cradock, Lisa Capizola-Ravitz
 Third Row: Sony Capizola, Daniele Guariglia, Bryan Ravitz, Gary Capizola, Bryan Hamilton, Mike Sutley

SUMMER CAMP '92 by Donna Stabile

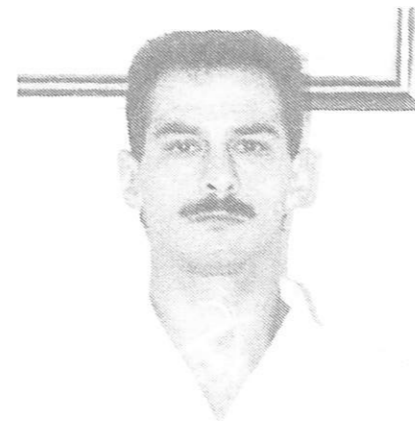
Most would like to think the excitement of summer camp dwindles as you get older. I like many others went to summer camp as a child and had stopped when I thought I was 'grown up'. Now all I do all year long is look forward to camp. My husband and family think a second childhood is in order. When do you ever hear adults, some 80-90 people, look forward to a week with 115 degree heat index. Those same people drive themselves to the point of pulled muscles, heat exhaustion, black and blues that last for weeks and total fatigue. If asked would they do it over again?...A huge smile and all the excitement they can show tell you -- Yes, over and over and over again.

Everyone needs and should have the opportunity to better their skills, therefore, a true sensei is always required. A true sensei is an individual who is willing to put down their guard in order to train anew; one who not only listens but hears the needs of a student both spoken and not. A true sensei is one who is open to learn, to pass on what has been learned and to work hard to have their students excel beyond that of their own abilities one day. This is the mark of a true sensei and this is what I saw with the instructors of NKJU-I at camp. EGO-LESS !!!!! The air was so full of knowledge one only had to brush through its winds to learn.

Camp inspired a wonderful sense of accomplishment & pride for me when my student, Casper Parlapiano, was ranked Shodan. The joy of a sensei for me is the joy of a student reaching their dreams.

A word of wisdom to all; be a sponge with unquenchable desire to soak up knowledge and grow. Always Grow !!!

NORTH CAROLINA *NKJU Schools & Students*



CAROLINA MARTIAL ARTS
Renshi Kevin Gurganus, Yondan Durham, NC
Shito Ryu
 Adult's and Children's Classes



NORTH CAROLINA *NKJU Schools & Students*



TOLA E. LEWIS, JR.
ROKUDAN
DIRECTOR, NKJU-I

**ELIZABETH CITY
SCHOOL
OF KARATE**

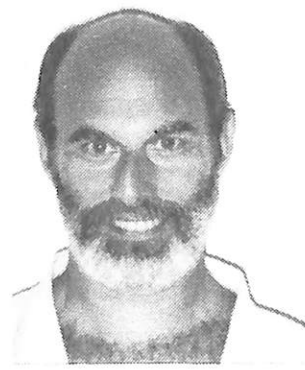
Tola E. Lewis, Jr.
Rokudan
Elizabeth City, NC
Shito Ryu

Intermediate / Advanced
Class (Right)

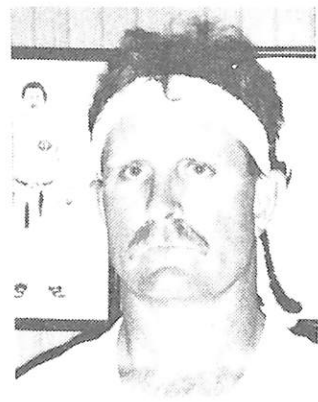
Basic Class (top)



GWEN VAN DUYN



DAVID MENAKER



CHARLES LOWE



DAVID LOWE

NORTH CAROLINA *NKJU Schools & Students*



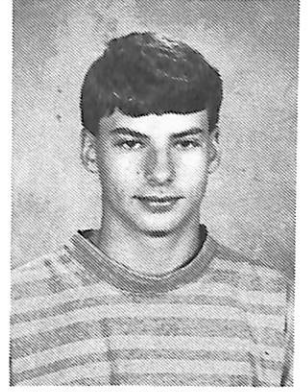
TOBY LEWIS



ANDY LEWIS



AMANDA WILLIAMS



ROBBY WILLIAMS



J D RUSSELL



CHIQUIE GREGORY



ROBIN TEMPLE



ELDON JACKSON



TONY ROBICHAUD



BRANDI HOGGARD



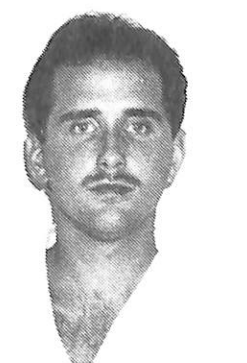
LEAH ALLEN



ROBERT CUGINI



MAT RUSSELL



LEWIS DILLON



GRAHAM STAPLES



DAVID RIGGS

NORTH CAROLINA NKJU Schools & Students



DENISE JACKSON



WAYNE THOMAS



RUSTY SMITH



WILLIAM RODRIGUEZ



TRICIA RODRIGUEZ



TONY RODRIGUEZ



JUSTIN MERRELL

JAPANESE MARTIAL ARTS TITLES

1. Meijin – Expert; has surpassed physical, mental & spiritual abilities.
2. Soke -- Founder of the Organization or Style
3. Kancho – Master of the House
Hanshi-sei – Chief Grand Master. Rank Judan, 10th Degree Red Belt.
4. Hanshi – Master Teacher. Also called Shihan. Kudan, Ninth Degree Red Belt.
5. Kyoshi -- Wizard Instructor, Rank Hachidan. Eighth Degree Black Belt.
6. Kyoshi -- Wizard Instructor, Rank Shichidan. Seventh Degree Black Belt.
7. Shihan – Master Teacher. Rank Rokudan, Sixth Degree Black Belt.
8. Shihan – Master Teacher, Rank Godan, Fifth Degree Black Belt.
9. Sensei -- One who points the way. Yondan, Fourth Degree Black Belt.
10. Dai Sempai – Number One Older Brother. Sandan, Third Degree Black Belt.
11. Sempai -- Older Brother. Nidan, Second Degree Black Belt.
12. Sensei – Teacher, First Man. Shodan, First Degree Black Belt.

JAPANESE AND KOREAN TERMINOLOGY

GENERAL TERMS

ENGLISH

Attention
Teacher, Instructor
Training Hall
Uniform
Belt
Rest, Relax
Begin
Turn Around
Shout
Bow
Stance
Fighting Stance
Stop
Forms
Low
Middle
High
One
Two
Three
Four
Five
Six
Seven
Eight
Nine
Ten

JAPANESE

Kyoski
Sensei
Dojo
Gi
Obi
Yasume
Hajime
Mawatte
Kiai
Rei
Dachi
Kumite Dachi
Yame
Kata
Gedan
Chudan
Jodan
Ichi
Ni
San
Shi
Go
Roki
Shichi
Hachi
Ku
Ju

KOREAN

Charyoot
Sabum
Dojang
Dobok
Ti
Baro
Shijak
Tiru Dora
Kihap
Kyung Nei
Sogi
Junnen Matsogi
Goman
Poomse, Tul, Hyung
Najunde
Kaunde
Nopunde
Hana
Dool
Set
Net
Ta Solt
Ya Solt
Il Golp
Yo Dolp
Ahop
Yul

BODY PARTS:

Forefist
Hammer Fist
Backfist
2-Finger Spear
Spear Hand
Palm Heel
Elbow Tip
Knife Hand
Long Fist
Back Hand
Bent Wrist
Middle finger Fist
1st Finger Fist
Side of Thumb
Ridge Hand
Chicken Beak
Knee
Shin
Ball of Foot
Bridge of Foot
Instep
Side of Foot
Heel of Foot

Seiken
Tettsui
Uraken
Nihon Nukite
Yohon Nukite
Shotai
Hiji
Shuto
Kiraken
Haishu
Koken
Ryuto Ken
Naka Yubi Ippon Ken
Oya Yubi Ken
Haito
Keiko
Kiza
Sune
Chusoku
Teisoku
Haisoku
Sokuto
Kakato

Ahp Joomuk
Yop Joomuk
Dung Joomuk
Doo Songarak
Sun Songut
Pyun Joomuk
Palgup
Sonkal, Sudo
Ghin Joomuk
Songdung
Songmuk Dung
Joongji Joomuk
Inji Joomuk
Umji Joomuk
Songkal Dung
Opun Songkut
Moorup
Gyungol
Apkumchi
Balkal Dung
Baldung
Balkal
Dwikumchi

STANCES:

Ready Position
Forward Stance
Attention Stance
Hour Glass Stance
Back Stance
Cat Stance
Horse Stance
Crane Stance
Diagonal Stance
Rooted Stance
"X" Stance
Sumo Stance

Yoi Dachi
Zenkutsu Dachi
Musubu Dachi
Sanchin Dachi
Kokutsu Dachi
Neko Ashi Dachi
Kiba Dachi
Tsuru Ashi Dachi
Moro Ashi Dachi
Uchi Hachi Ji
Kake Dachi
Shiko Dachi

Chunbi Sogi
Gunnan Sogi
Moa Sogi
Ogyuryo Sogi
Niunja Sogi
Tuit Bal Sogi
Annun Sogi
Waebal Sogi
Sasun Sogi
An Palja Sogi
Kyocho Sogi
(Not Used)

NORTH CAROLINA NKJU Schools & Students

PUNCHES:

Lunge Punch
Reverse Punch
Twin Fist Punch
Jab
Uppercut
Side Punch
Vertical Punch

BLOCKS:

Rising Block
Lower Forearm Block

Inside/Outside Block
Outside/Inside Block
Augmented Forearm Block
Knife Hand Block
"X" Fist Block
Palm Heel Block
Elbow Block
Back Hand Block
Bent Wrist Block

KICKS:

Front Snap Kick
Knee Kick
Front Kick
Outside/In Crescent
Inside/Out Crescent
Leg Check Side Kick
Side Kick
Round Kick
Back Kick
Front Heel Kick
Front Jump Kick
Twisting Kick
Axe Kick
Jump Side Kick
Hook Kick

STRIKES:

Frontal Hammer Fist
Backfist Strike
Hook Punch/Strike
Spear Hand Thrust
Palm Heel Strike
Elbow Strike
Knife Hand Strike
Backhand Strike
Ridge Hand Strike
Chicken Beak Strike

Seiken Oi Tsuki
Seiken Gyaku Tsuki
Morote Tsuki
Seiken Ago Uchi
Shita Tsuki
Jun Tsuki
Tate Tsuki

Jodan Age Uke
Gedan Barai

Uchi Uke
Soto Uke
Morote Uchi Uke
Shuto Uke
Juji Uke
Shotei Uke
Hiza Uke
Haishu Uke
Koken Uke

Kin Keri
Hiza Keri
Mae Keri
Teisoku Mawashi soto Keage
Heisoku Mawashi Uchi Keage
Kansetsu Keri
Yoko Keri
Mawashi Keri
Ushiro Keri
Mae Kakato Keri
Tobi Mae Keri
Uchi Haisoku Keri
Oroshi Uchi Kakto Keri
Tobi Yoko Keri
Kake Kakato Keri

Tettsui Komi Kamae
Uraken Sayu Ganmen Uchi
Uraken Mawashi Uchi
Yohon Nukite Uchi
Shotei Uchi
Hiji Ate Uchi
Shuto Uchi
Haishu Uchi
Haito Uchi
Keiko Uchi

Gunnen So Baro Jirugi
Gunnen So Bandae Jirugi
Sang Joomuk Jirugi
Bandae Jirugi
Dwijibo Jirugi
Yop Jirugi
Sewo Jirugi

Chookyo Maki
Najunde Maki

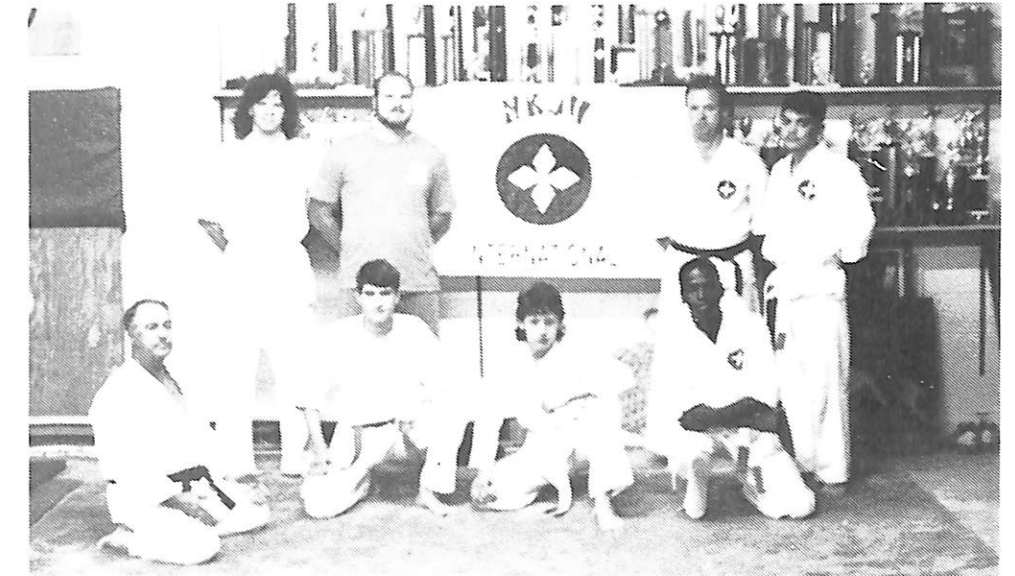
Pakuro Maki
Anuro Maki
Doo Palmok Maki
Sudo Maki
Kyocha Joomuk Maki
Hallyo Maki
Palkup Maki
Songdung Maki
Songmuk Dung Maki

Apcha Bisugi
Moorup Chagi
Ahp chagi
Bandal Chagi
Golcho Chagi
Yopcha Momchigi
Yop Chagi
Dollyo Chagi
Dwitcha Jirugi
Cha Busugi
Twimyo Ahp chagi
Bituro chagi
Naeryo Chagi
Twimyo Yopcha Tulgi
Bandae Dollyo Goro Chagi

Yop Joomuk Jirugi
Bakuro Taerigi
Bandal Jirugi
Sun Sonkut Taerigi
Pyun Joomuk Taerigi
Dwit Palgun Jirugi
Sudo Taerigi
Songdung Taerigi
Songkal Dung Taerigi
Opun Songkut Taerigi



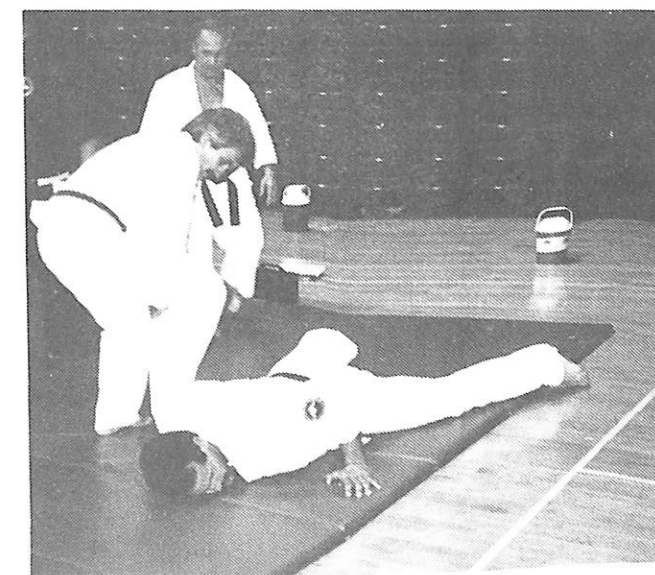
KYOSHI LEMUEL STROUD
7th Dan
ASSISTANT DIRECTOR
NKJU-I



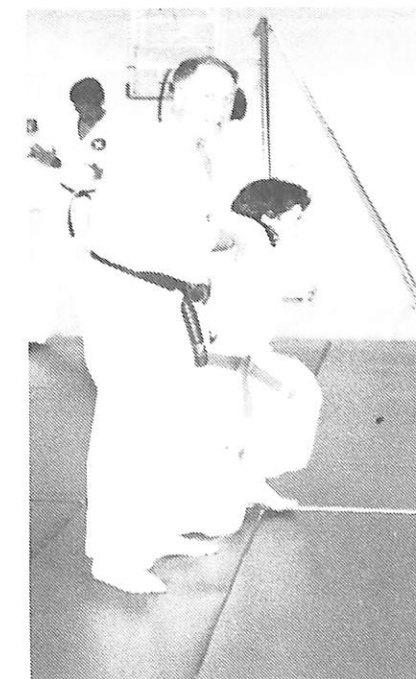
STROUD'S SCHOOL OF MARTIAL ARTS

Kyoshi Lemuel Stroud
7th Dan
Kinston, NC
Hakkoryu JuJitsu

Adult class (Top)
Children's Class (Left)



SUMMER CAMP '92 -- "Boy, this JuJitsu is great stuff isn't it Sensei Glemboski!!!!? Shihan Tucker looks like he's having a good time.



Now Mr Stroud! You don't really expect us to believe you didn't have anything to do with that do you; she just happened to fall right where you were standing? NOT!

柔術

空手道

拳法

松濤館

跆拳道

태권도

VIRGINIA

NKJU Schools & Students



FRANKLIN / ZENWAY Franklin, VA
Roland Jernigan, Shodan
Shito Ryu

SWEDEN

RENSHI SANDOR NAGY WITH THE SWEDISH
CHAMPSHIP TEAM
1992 Regional Swedish Tournament
Goteborg Sweden



PRETTY GOOD

by Charles Osgood, The Osgood File

There once was a pretty good student, who sat in a pretty good class
And was taught by a pretty good teacher, who always let pretty good pass.
He wasn't terrific at reading, he wasn't a whiz-bang at math.
But for him education was leading straight down a pretty good path.
He didn't find school too exciting, but he wanted to do pretty well,
And he did have some trouble with writing, and nobody had taught him to spell.
When doing arithmetic problems, pretty good was regarded as fine.
Five plus five needn't always add up to be ten, a pretty good answer was nine.
The pretty good class that he sat in was part of a pretty good school
And the student was not an exception, on the contrary, he was the rule.



The pretty good school that he went to was there in a pretty good town.
And nobody there seemed to notice he could not tell a verb from a noun.
The pretty good student in fact was part of a pretty good mob.
And the first time he knew what he lacked was
When he looked for a pretty good job.
It was then, when he sought a position, he discovered that life could be tough.
And he soon had a sneaky suspicion pretty good might not be good enough.
The pretty good town in our story was part of a pretty good state,
Which had pretty good aspirations, and prayed for a pretty good fate.
There once was a pretty great nation, pretty proud of the greatness it had,
Which learned much too late,
If you want to be great,
Pretty good is, in fact, pretty bad.

1992 NKJU-I EVENTS



TOP: Karate seminar in Centralia, Illinois at the dojo of Senseis Lawrence Schaefer and Randy Frankel.

MIDDLE & BOTTOM: Budapest, Hungary. NKJU-I Summer Camp '92 organized by Renshi Sandor Nagy.

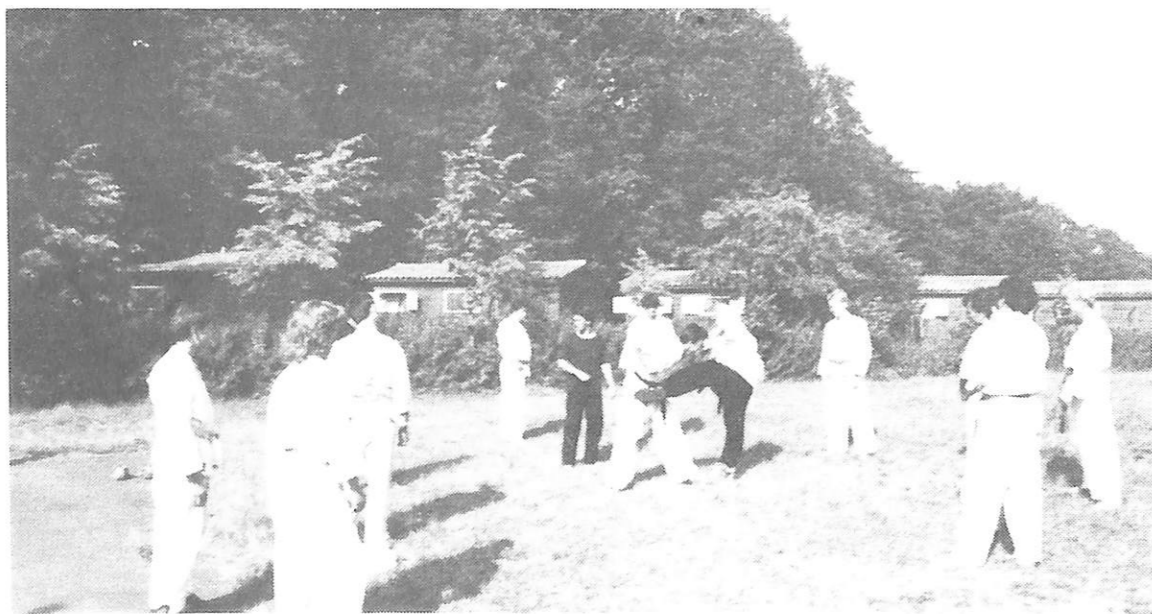


EXCUSES FOR MISSING KARATE CLASS

Courtesy of Renshi Greg Johnson
South West Academy of Kyokushinkai Karate

1. I am lazy.
2. I am tired.
3. I have to work overtime.
4. I have no excuse.
5. My Karate uniform is in the laundry.
6. I have to go to the doctor or therapist..
7. My spouse had to go to the doctor or therapist..
8. My car is not working.
9. I want to watch T.V.
10. I am too good to practice.
11. I have better things to do.
12. My spouse won't let me go.
13. I am sick.
14. I have too much homework.
15. I have to go to the hospital to visit a friend.
16. I have to go to a wake or funeral.
17. My wife had a baby.
18. I want to stay home and take it easy.
19. I am working afternoons.
20. I have to go to school.
21. I am injured.
22. I have relatives in from out of town.
23. I have to get up early in the morning and class lasts too long.
24. I am too old.
25. I don't want to get hurt in kumite.
26. I moved too far away from the dojo.
27. I got my _____ belt who needs Sensei Johnson.
28. I don't like to do kata.
29. My dog ate my Karate uniform.
30. I don't know if I want to earn the next belt or not. So why should I come to class.
31. My friends tell me I'm too old for Karate and I am going to get hurt.
32. I ordered material to fix up my house and I have to pick it up.
33. I have a person coming over to give me an estimate on something.
34. I have to baby sit.
35. I moved to St. Louis, Washington D.C., etc..
36. I washed my car and the door locks froze and I can't get in my car.
37. I have to pick up a friend or relative at the airport.
38. I ate a big dinner and I am too full to work out.
39. I don't like special training.
40. I don't like Sensei Johnson.
41. I have fallen and I can't get up.
42. I have to work a second job.
43. I am participating in another sport which conflicts with my Karate training.
44. I don't like push ups.
45. I don't like the other students in the class.
46. I am broke and I cannot pay my dues.
47. I want to go to some other event. i.e. fight, basketball, hockey, football.
48. I have to take my dog to the Veternarian.
49. I have to stay home and take care of a sick or lonely relative.
50. I am working overtime to earn a bonus or special trip.

These do not cover all the excuses. Please call in your number instead of your excuse. **FOR EVERY ONE THOUSAND STUDENTS WHO START KARATE, ONE STUDENT WILL EARN THE RIGHT TO WEAR A BLACK BELT.**



“UNDERSTANDING THE EFFECTS OF ADVERTISING”

Richard P. Baillargeon

Advertising plays an important role from the standpoint of both business and karate to inform the public. Advertising can be both offensive and defensive. It can be used to win karate students from other dojos and help keep the students you already have.

It's hard to ignore advertising. We find it everywhere. So when you make up an ad, mention the basic facts. Do not use deceptive information and claim, ie, "Kung Fu Master", "Rice Krispie Grand Champion" seven years in a row. If you have won a few titles in Kata or Kumite, mention it: Black Belt Champion, National Karate Open Tournament 1977. Let the public know without bragging.

Karate instructors have not tried to control deceptive claims in the past. However, I think that is now starting to change, now that the karate boom is starting to decline. The fly-by-nite dojos are feeling hard times and closing now that the students are finding the so-called Masters are self made 15th Dans or Polka-dot belts in Kung-Fu.

What we need to do is find some way to keep our dojo in operation and still make a profit and keep getting new students regularly.

Here are a few ideas I have, concerning advertising and suggestions to lure new members:

To make your ad more effective, here are some general ideas to use:

1. Registered Black Belt Instructors.
2. Licensed Instructors, Male and Female.
(They are registered and licensed with NKJU).
3. Chartered School.
4. Special Instruction.
5. Private Lessons Available.
6. Family Rates.
7. Ten Years Experience.
8. Six Years located here.
9. Safety Equipment used in practice.
10. Children progress at their own rate.

These are just a few I use in my ads.

Here are some of the tricks of the trade to lure new members. Once you get them, it's up to you to keep them longer than the first month.

1. Run a special ½ price for new members during the month of ?.
2. Give special rates to families.
3. Give handicapped free lessons. (We register and promote them free in NKJU). They have friends who are not handicapped, that will join with them.
4. First 10 ladies to sign up, half price for the month.
5. Special prices for females.
6. Special prices for males over 40.
7. Any old member bringing a new student will get a discount on dues.
8. If you use contracts, cut the time in half, or no contracts after 6 months.
9. Give free demonstrations in front of new businesses opening up. Ask the manager if you can give a demo at the grand opening and hand out flyers at this time. I was never turned down by local new business opening.
10. Donate your old karate magazines to barber shops. Put some sort home-made ad glued to the inside page of the cover. Everyone reads while waiting for their turn. Barbers will be happy to receive free magazines.
11. Offer half price lessons to anyone who has a birthday during a certain month.
12. First week free to new members.
13. Have your members work out in the city park or tennis court areas, softball or football field, where lots of people pass. Get permission first to use the area.
14. Pass our flyers on Fridays and Saturdays at local shopping centers. (Check on local city ordinances first.)
15. During the month of December, have a 3-month gift certificate for Christmas gifts. This must be advertised in the local paper to be effective.
16. Hold a small tournament, give medals instead of trophies. Charge a low entrance fee to enter and low admission to spectators.

There is no guarantee you will increase your membership by using these ideas, but if you are going to survive in the Martial Arts, you will have to have some sort of plan to use. "Man who has no plan ends up in frying pan."

Ricky Adams 6th dan
Shihan (Friend of NKJU)
Director Traditional Martial Arts
709 N. Blvd. West
Leesburg FL 32748 USA
The Dojo

William Ahl, Jr. 2nd dan
3558 Clover-Meadows Dr.
Chesapeake VA 23321 USA
Kwon Thai Karate
804 483-6799 FAX/855-0111

James Ashby 2nd dan
KY Rep
7714 Hwy 405
Maceo KY 42355 USA
Ashby's Martial Arts
502 264-1925 ,927-6921

Larain Ashby 2nd dan
7714 Highway 405
Maceo KY 42355 USA
Ashby's Martial Arts
502 264-1925

Forrest Beasley 2nd dan
PO Box 528
Winterville GA 30683 USA
Beasley's Martial Arts
404 742-2386 ,548-3971

Jeff Blaser 1st dan
417 E. Morehead St Burlington NC
27215 USA
919 487-5411, 433-5043

Bobby Britton 4th dan *(HDB)*
Renshi
Training officer Rt 1, Box 74-B
Murfreesboro NC 27855 USA
Zen-Way Karate Schl
919 398-5318, 562-4332

Grady Burchett 1st dan
Secretary Advisory Dan Board
107 Staunton Court
Greenville SC 29611 USA
Tamashi Judo/JiuJitsu Club
803 269-7378, 234-2503

Abraham Cerezo 1st kyu
4120 Deercross Way
Sacramento CA 95823 USA
Cerezo's Martial Arts
916 393-4554

LT James Connolly/CHC
USNR 1st dan
Religious Leader
USS Thomas S. Gates (CG-51)
FPO AE 09570-1171 USA

James Corbett 2nd dan
3833 N. Oak St., Ext. #138
Valdosta GA 31602 USA Jay's
Kempo Karate 912 244-8810

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

William Courtright 4th dan
PA Rep
1315 Watson St
Scranton PA 18504 USA
Summit Karate Club
717 344-9471, 346-7711

Janos Czari 4th dan
Sweden assistant
Skaftvagen 22
440 42 Alafors SWEDEN
ALE Karate Club
46 30341998

Sergio DeCasien 6th dan *(HDB)*
Shihan
Grappling Div Dir.
22 Kirkland Ave
Linwood NJ 08221 USA
Mainland Dojo
609 927-5388

Ken Durand 4th dan
Judo Advisor
112 Peterborough St
Jaffrey NH 03452 USA
YMCA Judo Club
603 532-6645, 924-3434

Joe Eidson 5th dan
Renshi
4550 Gresham Rd
Douglasville GA 30134 USA
Sumner Park Karate Club
404 949-6001, 487-1037

James 'Bob' Fischer 6th dan
Shihan Advisor
933 Linda Dr. Algonquin IL 60102
USA Fischer's Martial Arts 708
658-2662 708/318-3037

Michael Flinn 2nd dan
Regional Rep.
233 Lennox Ave
Cape May NJ 08204 USA
Mainland Dojo #2
609 886-8694 886-1917

Antonio Fournier 4th dan
(Associate Member)
550 Forest Ave.
Portland ME 04101-1505 USA
Olympic Karate Academy
207 774-3478

Randy Frankel 1st dan Rt 1,
Box 61
Dix IL 62830 USA
Centralia Martial Arts
618 266-7482

Kenneth Ganocy 3rd dan
100 Charles St
Carmichaels PA 15320 USA
Kinsem Karate
412 966-2569, 499-5191

Alan Gardner 5th dan *(HDB)*
Shihan
Directr Empty Hand Div.
172 Front St Bath ME 04530 USA
Wu Hsing Shan
207 443-5014, 443-2893

Gary Glemboski 5th dan
Renshi
Pres. ADB
2 Base Dr.
Savannah GA 31406 USA
Southern Black Belt Acadmy
912 925-3658, 651-6636

Kwan Gray 3rd dan
8014 Wedgewood Dr.
Norfolk VA 23518 USA
VMAC/Portsmouth
804 587-1153, 804/483-0195

Jim Gregory 4th dan
Renshi
10634 Kain Ct.
Orlando FL 32825 USA
Gekisai Dojo
407 658-0510, 407/823-0987

Kevin Gurganus 4th dan
Renshi
Weapons Assistant
2717 Guess Road
Durham NC 27705 USA
Carolina Martial Arts Center
919 /471-6097

Garrison Hall 3rd dan
910 Millertown Rd
Pauline SC 29374 USA
Mike Sanders Karate
803 574-0305

Tristan Heaton 1st dan
RRt 2, Box 429 Lake Dr.
Warrenton OR 97146 USA
Shito Ryu Martial Arts
503 325-7746, 861-0294

Chris & Diane Helton 2nd kyu
PO Box 201
Ila GA 30647 USA
Ila National Karate Club
404 789-2752

Ted Hines 3rd dan
5809 Belle Rd
Geneva OH 44041 USA
Iron Dragon Karate Academy
216 474-4671, 474-4671

Roger Howai 3rd dan
West Indies Rep
Howai Cul-de-Sac, Hazel St.-
Newallsville
San Juan Trinidad West Indies
Little Dragon School
809 642-7122, 627-2844

Larry Jackson 3rd dan
PO Box 4084
Sanford FL 32772 USA
Sandford Tae Kwon Do
407 324-5894, 831-6175

J. Roland Jernigan 1st dan
PO Box 75
Franklin VA 23851 USA
Frankln/Zenway Karate School
804 569-8219, 569-4899

Greg Johnson 5th dan (HDB)
Renshi
IL Rep-Mid West Rep.
10401 Wincer Park Dr.
Palos Hills IL 60465 USA
South West Academy of Karate
708 598-4022, 599-6664

Chris Johnston 3rd dan
2102 W. White St., # 88
Champaign IL 61821 USA
Champaign Martial Academy
217 398-8390, 352-8883

Jerald Joles, Jr. 2nd dan
PO Box 931
Presque Isle ME 04769-0931 USA
Joles School of Self-Defense
207 762-8461, 762-8461

Terry Joyner 3rd dan
Sensei
4243 Big B Court
Douglasville GA 30134 USA
Georgia Center of Martial Arts
404 942-6643, 404/739-3425

Richard Kelley 6th dan
Shihan (Associate)
1708 N. Goldenrod Rd. #103
Orlando FL 32807 USA
Bulldog's Shito-Ryu
407 275-7309

Robert Kelsey 2nd dan
Valley View RV Prk./HC 33 Box
33200
Ely NV 89301 USA
Frontier Fitness Karate Club
702 289-8847

Ernest Kirk 2nd dan
405 N. Derby
Ventnor NJ 08406 USA
American TKD-Hapkido Institute
609 822-0459, 609/822-4459

William Kisby 4th dan
TKD Tech. Advisor
707 White Horse Pike, B-3
Absecon NJ 08201 USA
Mainland Dojo
609 646-5195, 645-6655

William Knoblock 6th dan
Shihan (HDB)
Chief Training Officer
1737 Haver Hill Dr.
Deltona FL 32725 USA
407 860-4468

John LaMont 5th dan
Shihan
Aikido Advisor
3325 Buck Run Trail
Wake Forest NC 27587 USA
The Martial Arts Center
919 556-2672, 834-1133

Tola Lewis, Jr. 6th dan
Dai Shihan
Director.
PO Box 1331
Elizabeth City NC 27906-1331
USA
EC School of Karate, Inc.
919 338-3478, 331-4741, 338-2404

John Maisenhelder 2nd dan
(Associate)
309 Breckenridge Dr.
Wilmington NC 28412 USA
919 452-7195

Mike Melum 3rd dan
Andre Melum 2nd Dan
1021 W. Tunnel Blvd
Houma LA 70360 USA
Martial Arts Acdmy
504 872-6536, 504/879-3324

Bob Moncrief 3rd dan
Sensei
GA Rep.
4250 Bay Creek Rd
Loganville GA 30249 USA
Bob Fischer Karate
404 466-2194

Mark Moore 3rd dan
Sensei
500 Arnold Road
Lawrenceville GA 30244 USA
Moore's School of Martial Arts
404 978-9301

Steve Moore 2nd dan
7825 Altavan Ave
Orlando FL 32822 USA
Moore Martial Arts
407 381-5425

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

Sandor Nagy 4th dan
Renshi
European Rep
Kaptens Gatan 15/A
414 56 Goteborg SWEDEN
Molandahls Funakoshi Karate Club
031 14 30 73

Christopher North 1st dan
919 5th St., #A
Ocean City NJ 08226 USA
US Martial Arts Assoc.
609 399-4906

John Pickard 4th dan
PO Box 819
Sorrento FL 32776 USA
Pickard's School of Karate
407 886-4771

Barbara Pleasant 3rd dan
Sensei
527 Laverne Ave
Belvedere SC 29841 USA
North Augusta School of Karate
803 279-2361

Jose Rodriquez 1st dan
431 Crawford St- Room 400 Diat
Portsmouth VA 23705 USA
EC School of Karate
804 398-6405

Mike Sanders 7th dan
(Associate)
PO Box 163
Spartanburg SC 29304 USA
Mike Sanders Karate

Lawrence Schafer 1st dan
PO Box 304
Centralia IL 62801 USA
Centralia Martial Arts
618 532-4311, 532-4311

James L. Semmes, Jr. 6th dan
Shihan
Dir. Weapons Div.
c/o D.D.I- 2265 Executive Dr.
Indiannapolis IN 46241 USA
Jays Kempo Karate
912 242-5018

Susan Semmes 3rd dan
Sensei
2021 Bradley Ave.
Valdosta GA 31602 USA
Jay's Kempo Karate
912 242-5018
Bruce Soles, Sr. 1st dan
Rt. 8, Box 250-A
Kinston NC 28501 USA
Stroud's School of Martial Arts
919 523-9168, 522-2418

Nathan Spears 1st dan
1105 Vilsmeier Rd.
Lansdale PA 19446 USA
All the Right Moves Karate Club
215 362-2263

Donna Stabile 2nd dan
NJ Rep.
5 S. Victoria Ave
Ventnor NJ 08406 USA
Karate-Do Academy
609 823-2232

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

George Strimenos 4th dan
Sensei
223 Eastridge Dr.
Eustis FL 32726 USA
904 483-0346

Lemuel Stroud 7th dan
Kyoshi (HDB Pres.)
Asst Dir NKJU
2105 Dallas Dr.
Kinston NC 28501 USA
Strouds Martial Arts
919 522-4184, 523-3177

Raymond Thomas 1st kyu
PO Box 374
Dublin GA 31040-0374 USA
Dublin Karate Club
912 272-7810, 272-5153

L.D. Tomlinson 4th dan
Renshi
NC Rep
PO Box
6 Black Creek NC 27813 USA
Tomlinson's Martial Art
919 291-4198, 291-6553

Dong Tran 4th dan
Renshi
Weapons Advisor
455 Pleasant Valley Way
W. Orange NJ 07052 USA
Asian Arts Center
201 669-7345

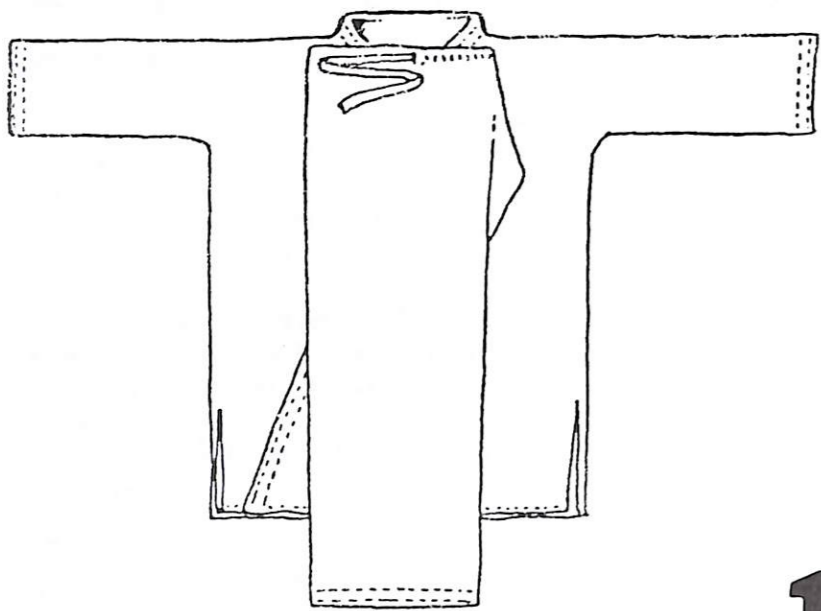
Clayton Tucker 5th dan
Shihan (HDB)
Hakkoryu Tech. Advisor
2709 Barkley Dr.
Wilson NC 27893 USA
919 291-3955, 688-8061

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

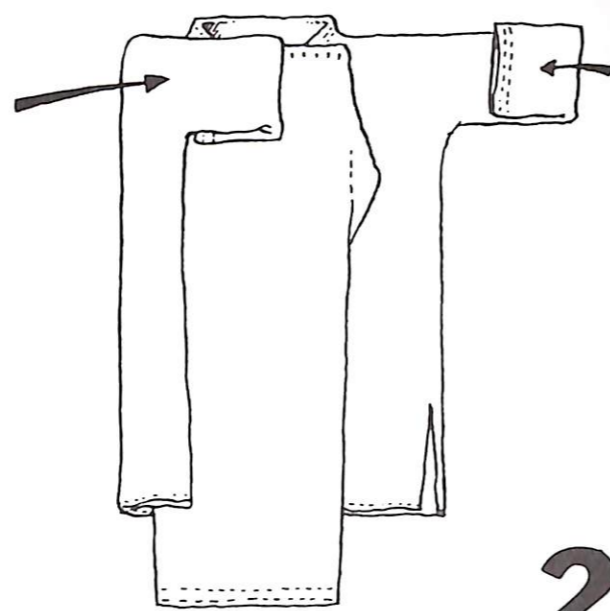
Art Webster 3rd dan
Sensei
111 Wisteria Rd
Goose Creek SC 49445 USA
Knoblock's Gekisai Dojo Goose Ck
803 569-6891

James White 1st dan
Assistant Religious Leader
9911 Santa Cruz
Seabrook MD 20706 USA

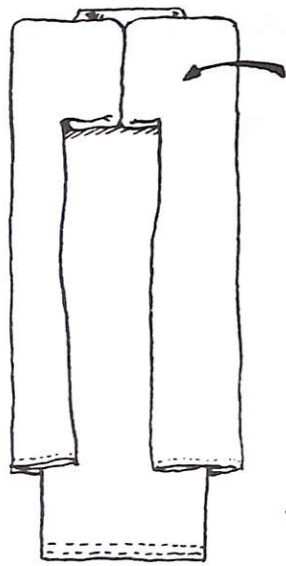
NOTES



1



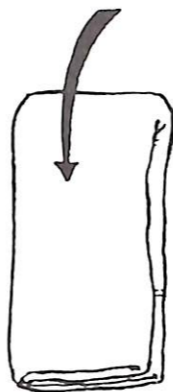
2



3



4

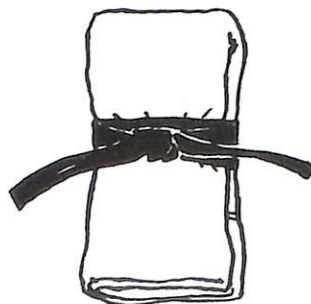


5

FOLDING THE GI

1. Place the folded pants on the Jacket which should be lying flat with the lapels crossed.
2. Fold in the sleeves, left first.
3. Fold right sleeve.
4. Fold left over right side of Jacket.
5. Fold Jacket in half.
6. Tie Belt (obi) around gi.

NOTE: There are several ways to fold the gi. Roll the gi from the bottom to the top (diagram 4) and then tie the belt around it.



6

