

NKJU-International

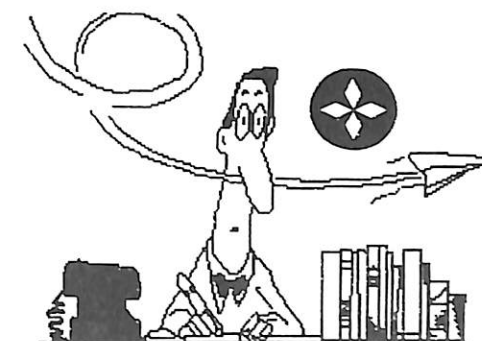
1993 Yearbook



To: The NKJU International Membership

From: Tola E. Lewis, Jr., Dai Shihan, Director of NKJU-I

Subject : NKJU-I in 1993



1. This past year has been an excellent year for NKJU-I both in growth spirit and numbers. Our spirit grew with the continued and additional support given us by schools and students who supported clinics, seminars, Summer Camp, and mini-camps. Those events commenced with Winter Camp'93 (January) in Raleigh, NC. From there on various Shihans and instructors traveled to Atlanta & Ila, GA, Durham, NC, Owensboro, KY, Centrailia, IL, Gothenberg SWEDEN, Bath, ME (Got snowed in!), and culminated in a super turnout (over 50) in Franklin, VA for Winter Camp'93 (Franklin). Everywhere we went, the students were lined up eager to learn and ready to stay for as long as there was someone to teach! This is enough to make any instructor smile! And, is what makes us "Family"!

2. As for the numbers of students in NKJU-I, they are on the increase, but, not so voluminous as has been that Spirit mentioned earlier. Soke Baillargeon, our NKJU founder, died on February 14, 1989 with NKJU holding a membership of just under a thousand (1000). By the end of 1992, that enrollment had climbed back to approximately one thousand four hundred fifty (1450). As of the close of 1993, we have one thousand six hundred fifty(1650). This shows an increase of at the rate of around 150 per annum.

3. Promotions? Above the numerous levels of kyu and kup grades, there were 43 dan promotions throughout our membership ranging from 1st to 8th dan. Those grades went out to our individuals from Maine to Florida, North Carolina to California, and from the United States to Hungary! This gives some indication of the effort and dedication to the arts being given by our fellow members. And, all were truly deserving!

4. Promotions 1993

Beginning with NKJU-I Winter Camp'93 held in Raleigh, NC and ending with Winter Camp'93 in Franklin, VA. Many Black Belt Degrees were conferred. They are:

name	rank	school/instructor	name	rank	school/instructor
Art Webster	4th Dan	Knoblock (SC)	Lemuel Stroud	8th Dan	NKJU (NC)
Robert Kelsey	3rd Dan	Lewis (NV)	Kevin Gurganus	2nd Dan	Semmes (GA)
Donna Stabile	3rd Dan	Knoblock (NJ)	Richard Keyser	4th Dan	De Casien (NJ)
Dawn Moncrief	2nd Dan	Knoblock (FL)	Tomas Sprem	1st Dan	Czari (Sweden)
Kim Kantner	2nd Dan	Knoblock (FL)	Peter Sprem	2nd Dan	Czari (Sweden)
Roger Howai	2nd Dan	Lewis(Trinidad)	Daniele Guariglia	1st Dan	Stabile (NJ)
Gabor Hornyak	1st Dan	Nagy (Hungary)	Joe Diamond	1st Dan	Gardner (ME)
Zoltan Ditroi	1st Dan	Nagy (Hungary)	Will Hardin	1st Dan	Tomlinson (NC)
Dragan Todorovic	1st Dan	Nagy (Sweden)	Erick Johnson	1st Dan	Johnson (IL)
Bharrah Ramsanahie	1st Dan	Howai(Trinidad)	Richard Thomas	2nd Dan	Hines (OH)
Alston Phillips	1st dan	Howai(Trinidad)	Bruce Soles	2nd Dan	Stroud (NC)
Primchaud Seepersad	1st Dan	" "	Abraham Cerezo	1st Dan	Lewis (NC)
Jean Pander	1st Dan	Gurganus (NC)	Fran Harvell	3rd Dan	Britton (NC)
Shannon Sealey	1st Dan	Gurganus (NC)	Karl Corey	2nd Dan	Britton (NC)
Roland Jernigan	2nd Dan	Britton (NC)	T. Gwen Van Duyn	3rd Dan	Lewis (NC)
Mike Holliman	1st Dan	Gurganus (NC)	Mark Schaffer	2nd Dan	Webster (SC)
Thora Fromal	1st Dan	DeCasien (NJ)	David Menaker	2nd Dan	Lewis (NC)
Cory Sapp	1st Dan	Ashby (KY)	Larry henderson	1st Dan	Storm (KY)
Weyman Kemp	1st Dan	Gardner (ME)	David Reynolds	1st Dan	Storm (KY)
Tola Lewis	7th Dan	NKJU (NC)	William Maglinger	1st Dan	Storm (KY)
Sergio DeCasien	7th Dan	NKJU (NJ)			
William Knoblock	7th Dan	" (FL)			
James Semmes	7th Dan	" (GA)			

5. Special thanks is given herewith to my wife, sons, friends, students, "Family", Shihans, wives, assistants, and mentors who have been so loyal to NKJU's "family" in '93. "94 will be better!!"

ORGANIZATION BLUES
by Shihan Al Gardner, 6th Dan
Director, Empty Hand Division



Any Martial Artist that has spent his or her entire martial arts career in the NKJU-I is spoiled. You haven't had the pleasure of being manipulated, confused, infuriated, and fleeced by the powers that be. When I signed my dojo up with the NKJU-I, the people who were the most surprised were my advanced students. After a number of disillusioning experiences with major Japanese and Chinese organizations, I had sworn I wanted nothing to do with any of them ever again. I would tell my students that the main function of martial arts organizations seemed to be to build up either someone's ego or their pocketbook - or both!

I am continually amazed that people actually complain about the incredibly small fees charged by the NKJU-I. This is a sure sign that they have never dealt with any other organization. Over twenty years ago I was an officer in an organization headquartered in Japan with over 4,000 members in the U.S. The yearly registration fee was \$50 and the fee for promotions started at \$25 for yellow belt and was up to \$75 for brown belt. Shodan was \$100, Nidan and Sandan were \$200, Yondan and Godan were \$250. Remember, these prices were set over 20 years ago! As if this wasn't abusive enough, it seemed as if you were always subject to the whims of the leader of the organization. In 1975, shortly after paying for and passing my examination for yondan, our "leader" declared all dan ranks null and void. We were still allowed to wear our black belts but we were told we would all have to retest and **repay** for all dan ranks we held. This meant that a Sandan had to pay \$500 (\$100 for Shodan and \$200 each for Nidan and Sandan) to verify the rank that he already held. I was informed by our "leader" that because I had just tested and had done so well, I didn't have to retest I just had to pay the sum of \$750 to receive the certificate that I had already paid \$250 for.

I was in this organization because my original Sensei had retired and had returned to Japan. A few years after the above mentioned events, my original Sensei came back to the U.S. and wanted me to test for my Godan and my Shihan (this was a horror story in itself but I'll leave it for another day). I had no interest in testing through the organization (in which I was still an officer) that had treated its' members so shabbily but my original Sensei wanted me to test, so he arranged it through another major Japanese Martial Arts organization...(\$200 for godan and \$350 for Shihan) I received a bill from the "leader" of my national organization for \$1000 so I could receive a certificate from him recognizing my new rank. I hadn't wanted to test, didn't want the rank, and surely wasn't about to send him \$1000. I sent him my letter of resignation instead.

A current student of mine is a Shodan in Tang Soo Do. His instructor had a chain of schools in New Jersey. There were 200 students testing on the day he tested and each had paid the fee for shodan - \$250. You do the math.

Organizations also held some strange training camps. We were notified that all head instructors had to show up for winter training camp or be thrown out of the organization (in retrospect this seems to be the preferable choice). We met at the honbu dojo in New York City where we worked out for a few hours. Then we were taken to the beach to kick and punch in the ocean which of course is a great thing to do in the summer, but remember this is winter camp! Air temperature of about 18 degrees, then back to the dojo to work out in our wet gis for a few more hours. My absolute favorite was a summer camp where the main purpose was to make people pass out. Three days of down blocks, high blocks, lunge punches and front kicks. That's it! Hour after hour after hour. This was all done outside in the sun in 90 degree heat with no water breaks. We didn't learn new kata, we didn't learn new techniques, we didn't have a change to be exposed to other arts. There was no attempt to broaden our horizons or make us better teachers. They just drove us into the ground.

I'm convinced that the best way to appreciate the NKJU-I is to look closely at other organizations and see how they function. You'll be amazed.

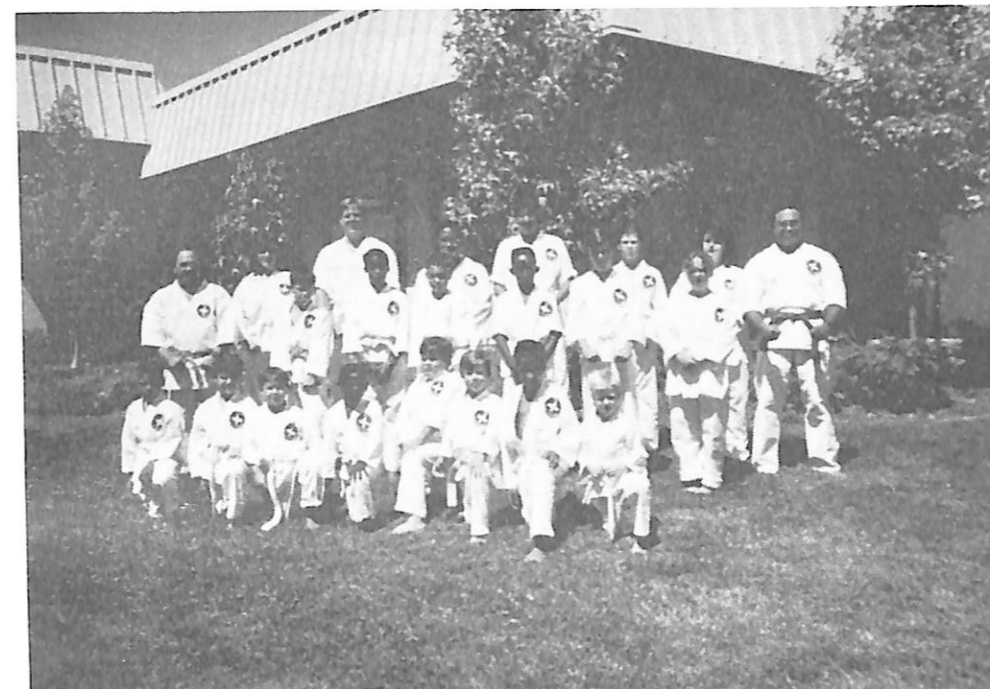
SPORTS NUTRITION QUIZ ANSWERS

1. F 2. F 3. F 4. F 5. F 6. T 7. F 8. T 9. F 10. F 11. F 12. F 13. T 14. T 15. T

Susan Chappell Holliman, MPH, R.D. Sports Nutritionist NKJU-I Summer Camp, 1993

CALIFORNIA

NKJU-I Schools & Students



CEREZO'S MARTIAL ARTS -- Abraham Cerezo
McClellan AFB -- Sacramento, California



Sensei Cerezo &
Shihan Al Gardner
Summer Camp '93

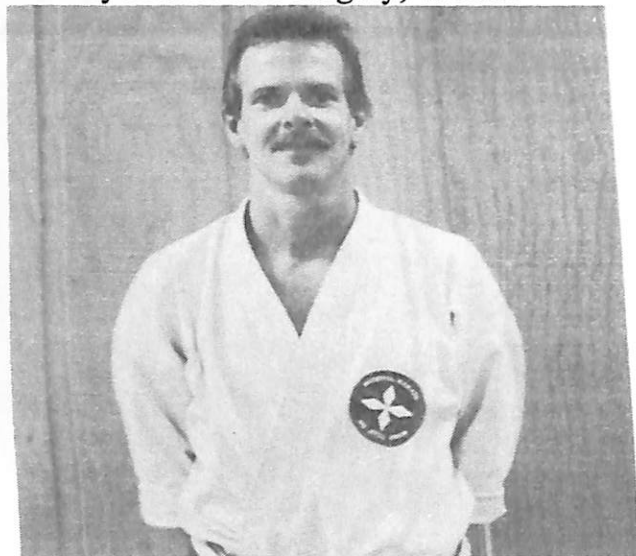
FLORIDA

NKJU-I Schools & Students



KNOBLOCK'S GEKISAI DOJO --Shihan William Knoblock, 7th Dan
Deltona, Florida

What's it Like to be Shihan Knoblock's Uke?
by Renshi Jim Gregory, 4th dan



As a professional uke, I feel it's my responsibility to tell young black belts about the special training involved in this most dangerous of ventures. In the lower ranks, the training begins with slowly getting used to breathing correctly and being able to take a punch. However, when one reaches Sandan or Yondan the preparations intensify.

As Shihan Knoblock's uke, I must prepare my mind and body to overcome not only physical punishment, but also, fear! An uke cannot allow himself to be afraid, because fear makes you tense, and a tense uke gets hurt easier.

My preparations for summer camp begin in about early May. I rent a giant industrial clothes dryer, put in three bowling balls, turn it on hot (to get used to the heat at camp), and climb in. Several hours of tumbling around, getting bashed with bowling balls should be enough for anybody. But, I also try to do my katas while whirling around. It's easy to lose your concentration, especially when those pesky bowling balls are bouncing off your head. A tip to those attempting this, don't eat beforehand.

This sort of training came in handy once while was on a flight. The captain came on the intercom asking if there were any professional ukes on board. When I reported to him, he informed me that a tire on one of the landing wheels had blown, and that landing would be extremely dangerous unless a solution was found. I volunteered my services, and suggested that I wrap myself around the flat tire, thereby acting as the tire. Looking first at the stewardess and then back at me, he said, "Are you completely nuts?! But, we have no other choice, so go for it! We'll even let you keep the miniature pillow and blanket at your seat."

I leaped up in the air, pumping my fist up and down. All right!" I shouted, "It's a deal. But first, I would like to stretch out and put on my special uke gi." I explained to them that an uke gi was made out of special materials which allowed one to withstand the

brutal conditions an uke must endure.

First, it is flame retarding. When you're slammed to the floor, it's done at such lightening speeds, an ordinary gi would burst into flames, or simply disintegrate on the way down. It's quite embarrassing to suddenly find yourself naked on the mat. Shihan Knoblock just rolls his eyes, shakes his head and says, "WRONG!"

Next, an uke gi must be practically bombproof. So, a combination of Kevlar (the material in bulletproof vests) and dragon scales (very expensive and very difficult to obtain) are used. The technology in making these gi is amazing. They look much the same as regular gi.

Anyway, after doing Sanchin breathing kata a few times, I was ready to help land the plane. Climbing down the landing gear was a tight squeeze, but I was finally able to wrap myself around the tire. "Ready when you are." I screamed, trying to be heard above the roar of the jet engines and the 500 m.p.h. winds. All the time I had been stretching and warming up, the plane had been circling the airport.

The captain slowly started his descent, every passenger held their breath and bent over in crash position. When touchdown was only a few seconds away, I gripped my ankles and began a slow exhale. At the same time I began getting in a uke mode. an uke mode is that near hypnotic state you must be in before you're thrown or pummeled by your Sensei.

Finally, the plane hit the runway and I exhaled as hard as I could. The ouchdown (touchdown) was the easy part. Now the captain hit the brakes, I still had to hold on as the plane streaked down the runway at 300 m.p.h. Letting go at that speed would have been disastrous for those aboard. We slowly came to a stop and I could finally relax.

When I stood up, I found that my gi had shrunk. Then I realized that my gi was fine. There was something wrong with me. I had stretched five inches to my present height of 5'10"! I had been 5'5" before the plane incident (believe it or not).

Some of the other training techniques for professional ukes (or "Prukies" to those in the business) is to train their sweat glands to suddenly shower them with sweat, right before they're thrown. This prevents their body hair from igniting due to friction. There's nothing worse than having hundreds of tiny fires all over your arms and legs. Of course, you must be sure you train your sweat glands well. An accidental sweat discharge during an important business or social event may be embarrassing.

An uke's life is not an easy one, but, there is a certain glamour in it. We get to go on many trips, though most are only for two or three feet!

Well, this concludes this segment on what it's like to be an uke for one of the "Big Guys" (an affectionate term for the Shihans in the Union). In later articles, I will continue describing existing techniques and some more scary uke stories. Thank you and hopefully I'll see you at the next clinic or summer camp!

FLORIDA

NKJU-I Schools & Students



MOORE MARTIAL ARTS
Orlando, Florida
Right - Sensei Steve Moore, 2nd Dan
Left - Ass. Instructor - Robert Feldman



"DANCING IN THE RAIN"
by Pricilla & Dai Shihan
Summer Camp '93

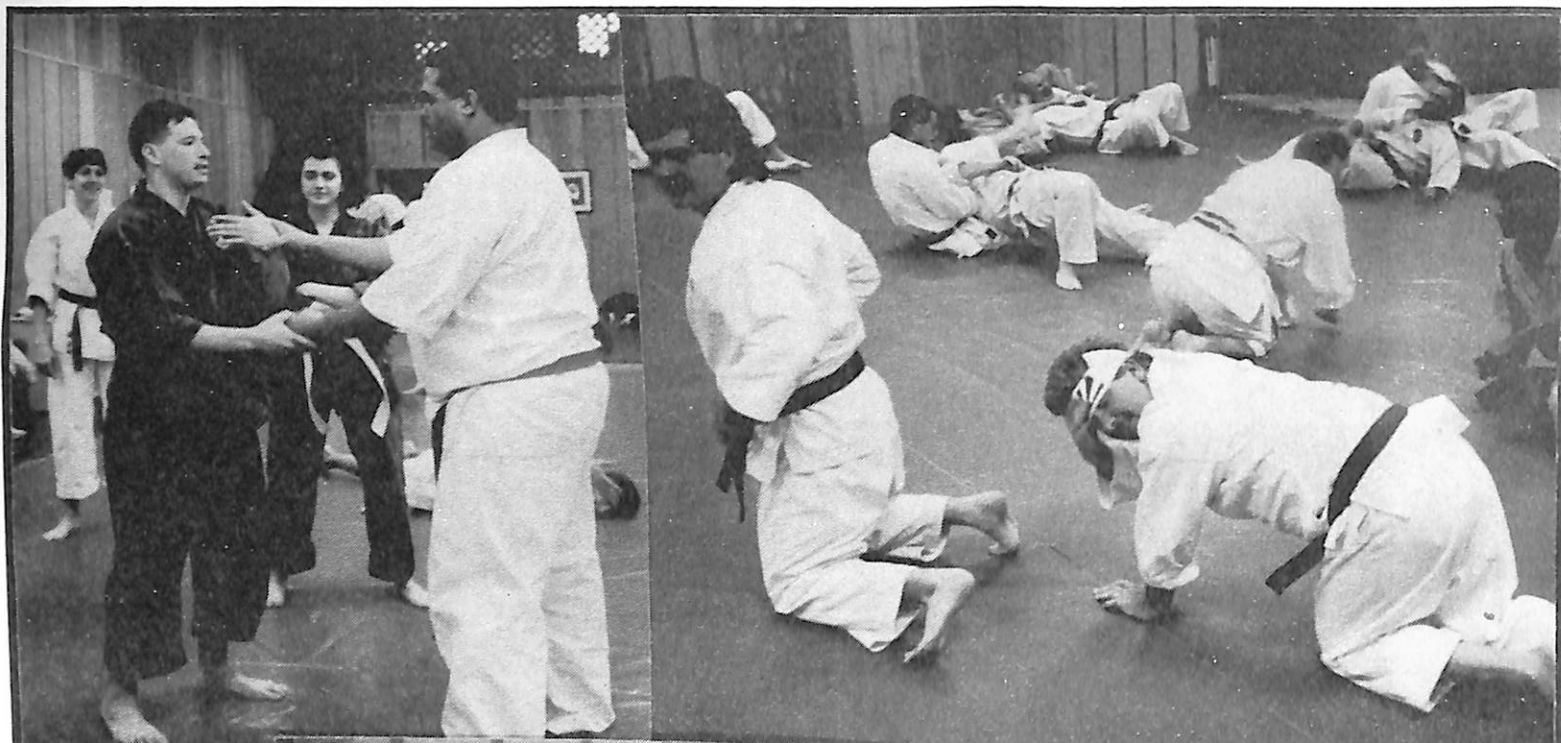
GEORGIA

NKJU-I Schools & Students

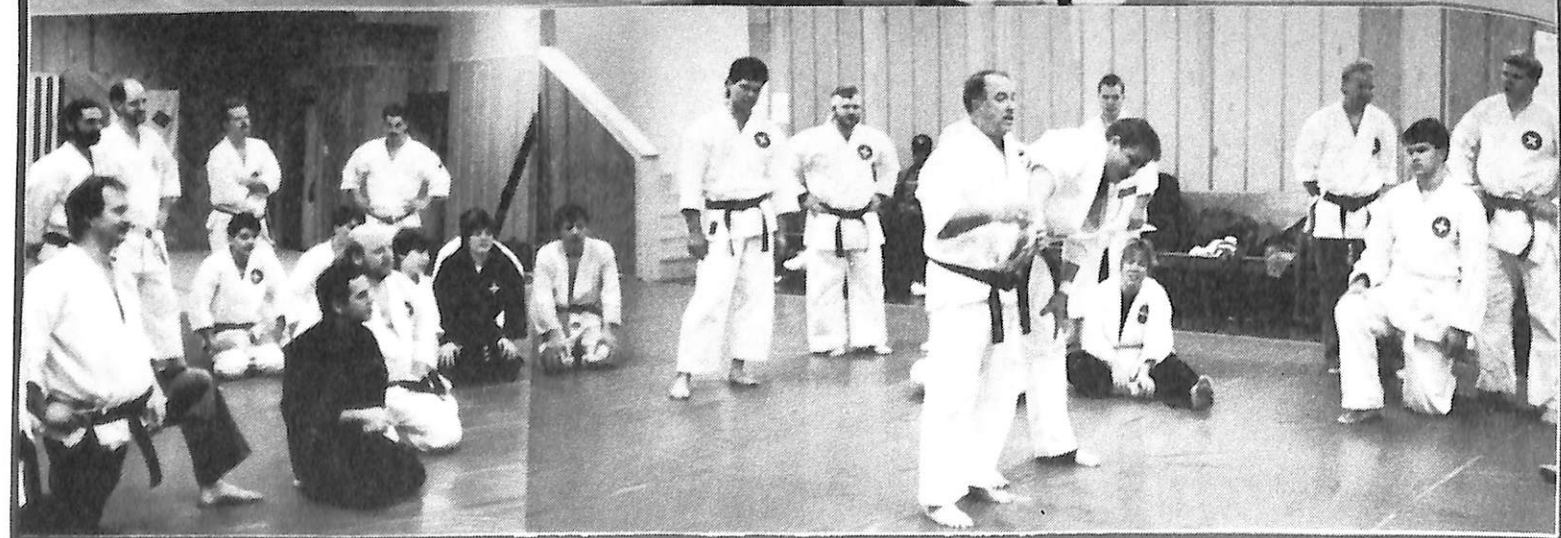


SUMNER PARK KARATE CLUB -- East Point, Georgia
Instructor: Joe Eidson, 5th Dan
Assistant Instructor: Les Lonsdale, 3rd Dan

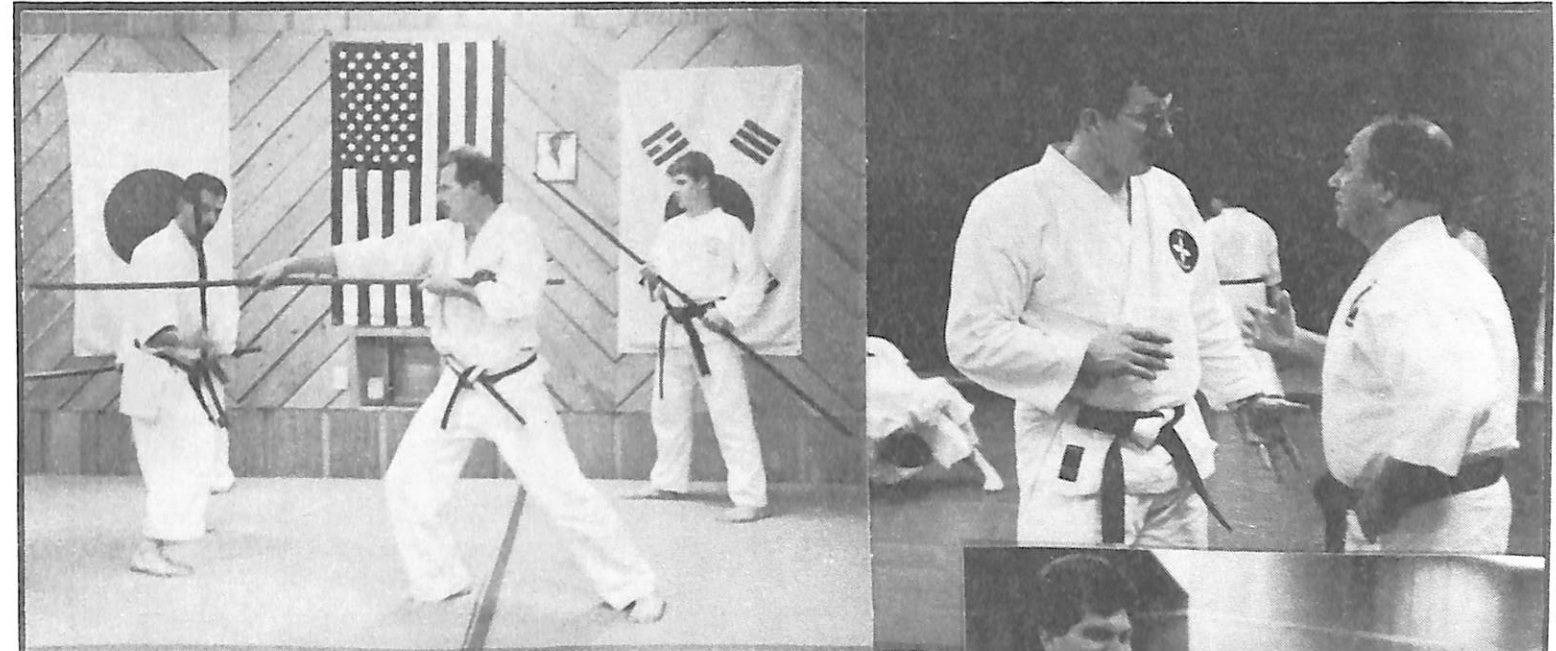
WINTER CAMP January '93



Welcome to the NKJU Winter Camp



WINTER CAMP January '93

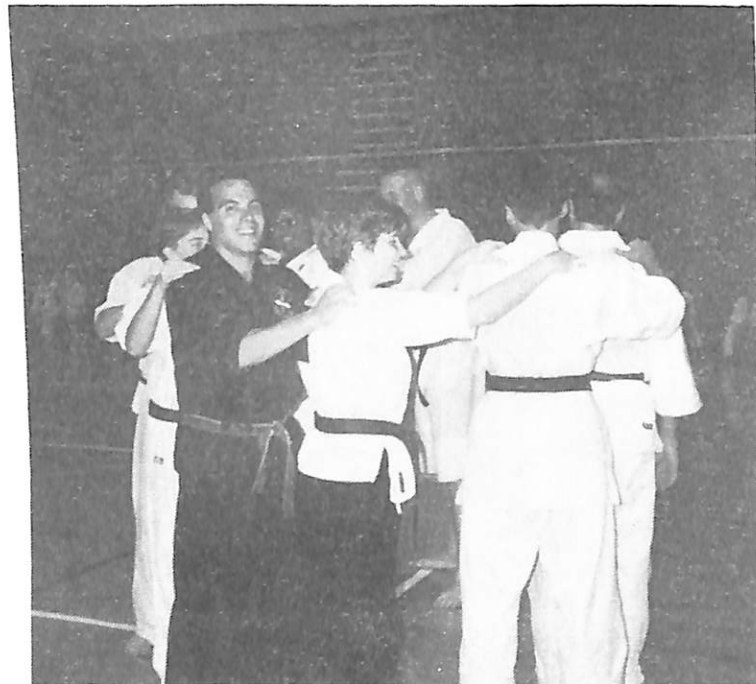


GEORGIA

NKJU-I Schools & Students



ILA NATIONAL KARATE CLUB
Ila, Georgia
Instructor: Chris Helton



Summer Cp '93 "A big circle of NKJU friends."

ILLINOIS

NKJU-I Schools & Students



SOUTHWEST ACADEMY OF KARATE
Palos Hills, IL
Instructor: Renshi Greg Johnson, 5th Dan

What Do I Need to Know?

by James L. Semmes, Jr., 7th Dan Director: Weapons Division, NKJU-I

It seems as though it was just the other day that I was asked by one of my students "what do I need to know in order to obtain various belt rankings?" In days gone by, I would have responded that the student should not worry about rank, and just train until they had earned the right to wear an appropriately colored belt; after all, isn't that what we did in the "good ole' days?"

When you enroll in a college or university, you are given a catalog of the courses that are available to you, the major/minor programs from which you may select, and the prospectus/courses necessary to meet those requirements. It should be the same in the martial arts!

Most of us who teach various programs in the martial arts do not teach in the very old, traditional methods of a by-gone era. If the truth were known, a lot of the Asian instructors have found that their students are far more receptive to modern approaches to an ancient classical discipline. This means that while the actual programs that they teach are the same as always, students are now allowed to be informed what they need to go from point A to point B of a course of study.

Many martial arts instructors have been concerned about "why" they have such an extremely high drop out rate in their programs. I can generally react to this by stating that there are usually two reasons, as follows:

1. the instructor requires that the student learn an unreasonable amount of material over a protracted period of time, and
2. the student has no written or visual materials to refer to in order to chart their progress.

As Director of the Weapons Division of NKJU-I, I have implemented several programs that will benefit students. These are:

1. Make video tapes available of kata/techniques for each kyu level and Dan level of Ryukyu Kobudo, Muso Sembu Ryu style.
2. Provide student training card template that instructors can copy that will actually chart a student's progress with each and every class session. These cards will be completed by each student **ON THEIR HONOR** and signed off by their instructor.
3. Make available the actual written requirements for passing each and every kyu or dan level of training within Muso Senbu Ryu.

It is hoped that the implementation of these programs will give students the incentive to actually complete a course of study in Ryu Kobudo, and will additionally help them with their training.

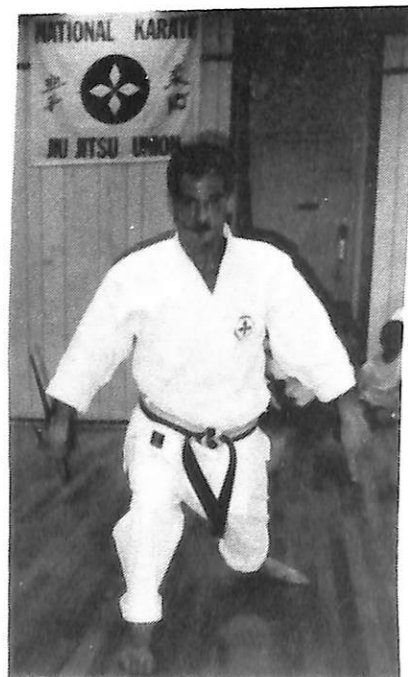
Senior instructors within the NKJU-I should organize their programs into written format as well, so that their students can have materials available to them in order to complete a course/program of study. Instructors can "charge off" expense of printing materials by passing the costs on to their consumers, and should also only give out the information that the student needs for their actual program completion, e.g. Completing White to Yellow Belt, etc. This will prevent consumption of time on the instructor's part that is non-productive time.

Hopefully, these suggestions can help to serve instructors and students alike within the NKJU-I.



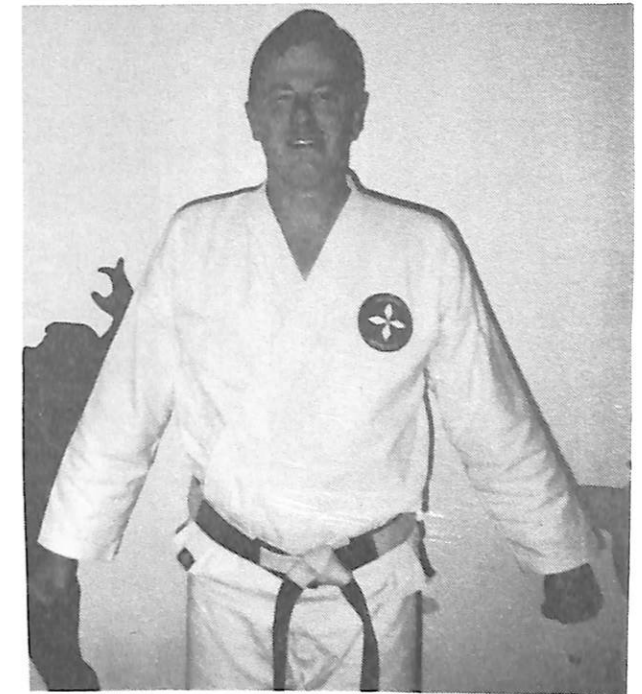
NKJU-I Weapons Seminar, June 26, 1993 in Durham, NC with Shihan James Semmes, Jr.

NKJU-I Weapons Seminar & Testing Muso Senbu Ryu
 with James L. Semmes, Jr., 7th Dan Director: Weapons Division, NKJU-I
 June 26, 1993 Durham, NC



ILLINOIS

NKJU-I Schools & Students



FISCHER MARTIAL ARTS SCHOOL
 Algonquin, Illinois
 Instructor: Shihan Bob Fischer, 6th Dan

Shihan Bob Fischer, 6th Dan



Terry Huddleston



Greg Homewood



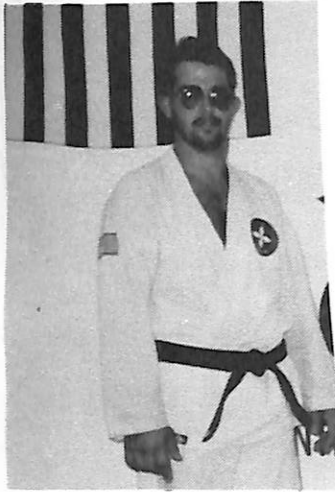
Jonathan Walters



Summer Cp '93 -- Sword Class with Dai Shihan Lewis
 NKJU-I chapter of FNA (Future Ninjas of America)

ILLINOIS

NKJU-I Schools & Students



**Instructor
Randy Frankel
1st Dan**



CENTRALIA MARTIAL ARTS -- Centralia, Illinois (Center left - Advanced Class)



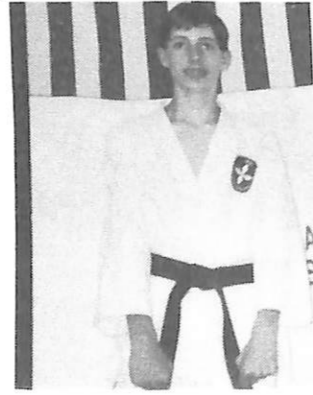
**Instructor
Lawrence Schafer
1st Dan**



Tom Beech



Kathy Ashcraft



Jason Irwin



Matt Terry

ILLINOIS

NKJU-I Schools & Students



**Jessica, Lydia, & Rachel Schafer
(left to right)**



Jason Kuduk



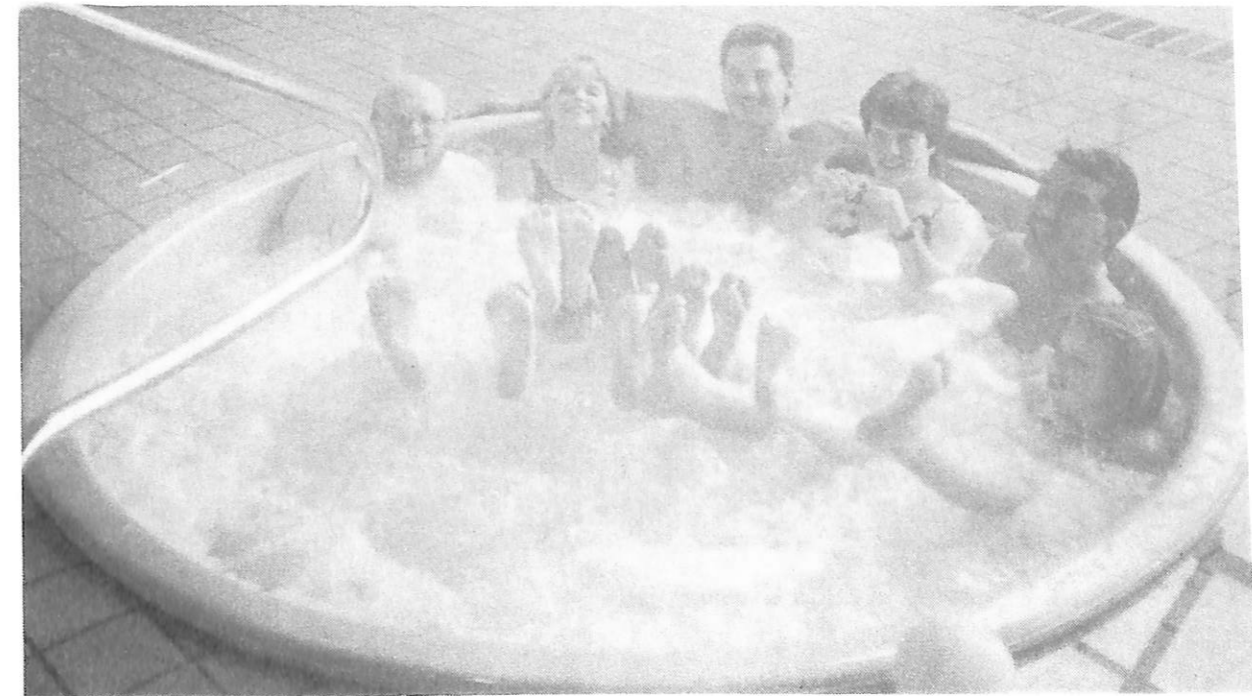
Jennifer Grasher



Ken Myer



**Basics & Weapons
Seminar with
Renshi Gurganus
Centralia, IL May 1**



**Kevin & Class
(Hot Tub Waza)**

Centralia, IL

Centralia Seminar 5-1-93
by Kathleen J. Ashcraft

On May 1, 1993 the Centralia Martial Arts School was proud to host a seminar with Renshi Gurganus. It was a fun, sweat-filled day of karate basics, fighting combinations, and kata. Everyone who participated had a great time and learned a lot.

Renshi Gurganus left us with some precepts that have become catch phrases in our dojo and a series of training drills guaranteed to leave the most conditioned of us soaked with sweat and weak-kneed with fatigue. "Weapon First", "Weapon to Target," Point of Origin," have become our constant cry as our sensei leads us through the drills Renshi Gurganus left behind.

The example Renshi Gurganus set and the challenge he left our school is indeed a great one. He challenged us to leave behind "I can't" and to live "I will with more practice." The Centralia Martial Arts School would like to thank Renshi Gurganus for his time, patience, example, and teaching. We hope to be able to meet his challenge. We certainly intend to try!



MAINE

NKJU-I Schools & Students



WU HSING SHAN -- Bath, Maine -- Adults Class
Shihan Al Gardner, 6th Dan

MAINE

NKJU-I Schools & Students



WU HSING SHAN JUNIOR CLASS -- Bath, Maine -- Shihan Al Gardner



Shihan Al S. Gardner
6th Dan
Empty Hand Director



WU HSING TAI CHI CLASS

MAINE

NKJU-I Schools & Students



Dennis Gordon



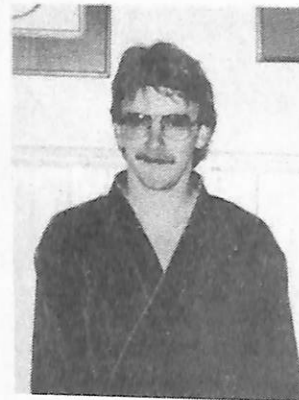
Rick Holbrook



Kathy Ellis



Donna Kelley



Kelly Jones



Weyman Ned Kemp



Bogan Brooks



John McGoldrick



Jeff Crafts



Lasca Hewes



Jim Nickerson



Chris & Travis Keswick



Rachael & Amy Letourneau



Rosa Tilton



Greg Mease



Jim Talbot

MAINE

NKJU-I Schools & Students



Debbie Fongemie



Ronnie Bossie



Betty Johnson



Troy Winston



Jessica Marchese



Justin Marchese



Kevin Warner



Steven Schutt



Adam Consolinni



Gregor Cadman



August Popkin



Tyler Cadman



Corey Wallace



Greg Frank



John Sewall



Jamie MacMahon



Adam Mendoza



Ryan Toal



Acadia Gagne



Nicole Lapointe



Amanda & Jim Keswick



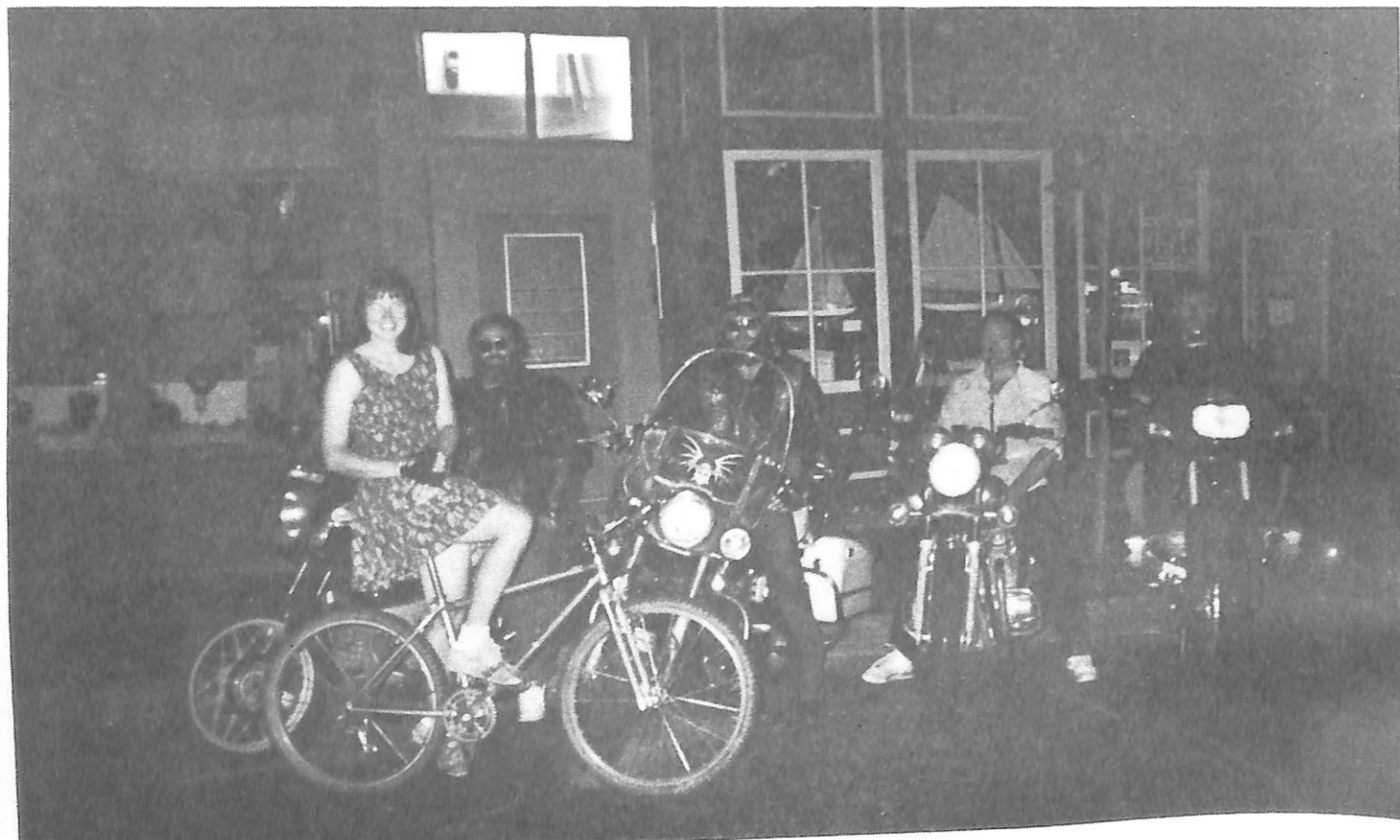
T. J. Dennis



Claire Popkin



Brandon Sewall



WU HSING SHAN BIKERS

UNDERSTANDING CHI
by Al Gardner, 6th Dan
Director: Empty Hand Division



As martial arts instructors we often refer to the oriental concept of chi. The more we understand about chi, the more effective will be our instruction as well as our own training. There is probably no more difficult concept for Westerners to understand. In China and Japan it is an essential part of not only traditional medicine but of daily life.

Chi is often referred to as "intrinsic energy" or "primordial energy" but these phrases fall far short of capturing the concept. All things contain and are effected and shaped by chi. The functions of chi are the key to understanding it.

The function most obviously important to martial artists is that chi is the source of all movement. This is not only the obvious motion of the limbs but the movement of growth and even thought. The stronger the chi, the better and more efficient the movement.

There are four more functions of chi. 1. Warmth - chi is responsible for maintaining the correct body temperature. 2. Protection - chi protects the body from disease. 3. Transformation - chi transforms food into blood and other fluids and substances used by the body. 4. Retention - chi keeps everything in line, blood flows correctly and fluids are regulated.

There are three sources of chi. 1. Original or Prenatal chi - the chi inherited from our parents. 2. Grain chi - the food we get from the foods we eat. 3. Air chi - the chi we get from respiration. The last source of chi is the one most affected by the practice of martial arts. The great Tai Chi master, William C. C. Chen, says that affecting the chi is like making tea. Besides the tea there are two necessary ingredients, heat and time. Heat is the effort we put out during our practice and only after much effort and much repetition (time) do we achieve our objectives. We work hard causing deep respiration and the strengthening of our bodies and spirts.

There are two other concepts of traditional Chinese medicine that we need to understand, Jing and Shen. Jing is the source of change in the body. The body develops, teeth come in, hair grows, and the body gets stronger in our early years. We get older and our bodies change until at the end our hair thins, our teeth begin to fall out, and our strength wains. Jing makes this possible.

Shen can be thought of as the spark of life. The ability to think quickly and the mental motivation to take action. Shen can be seen in a person's lust for life and the light behind their eyes.

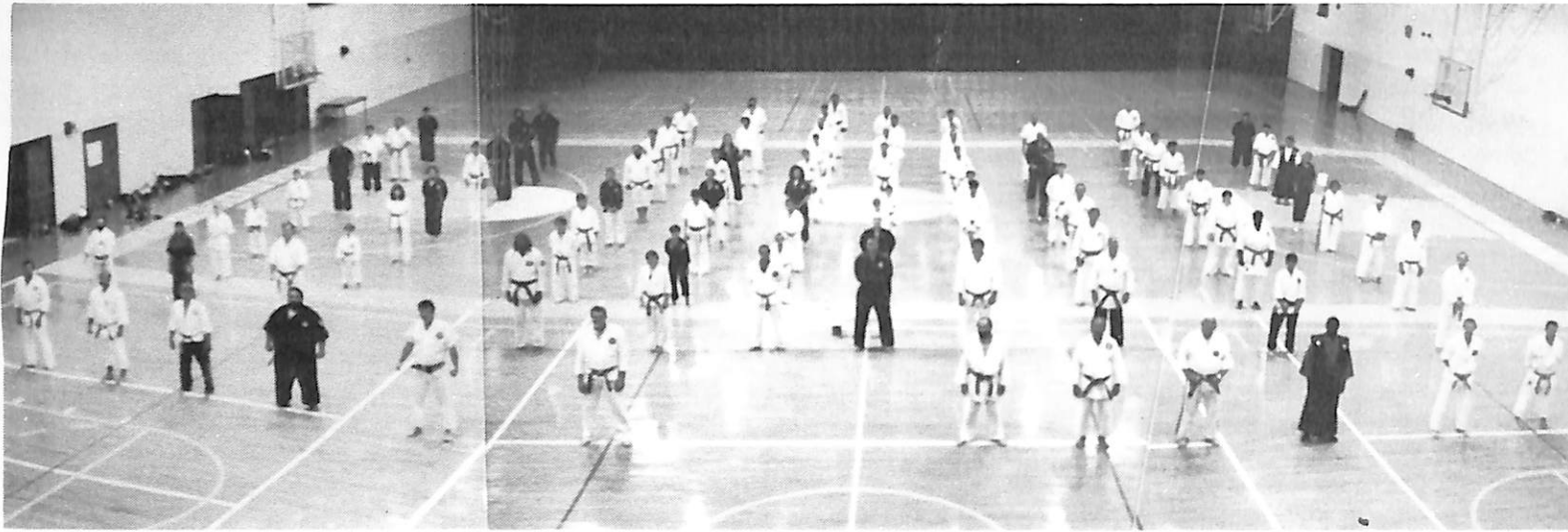
These three concepts are most important in their interaction. Chi comes from jing and both affect the shen. If the shen is weak, then it will be difficult to strengthen the chi. If the chi is weak, the functions of transformation, movement, etc. will affect the jing. If the jing is weak, then the shen will be diminished. All must be kept in balance.

"MAKE ME AN OFFER I CAN'T REFUSE???????" (Otherwise known as the grand art of groveling)



SUMMER CAMP July '93

Summer Camp '93 Line-Up



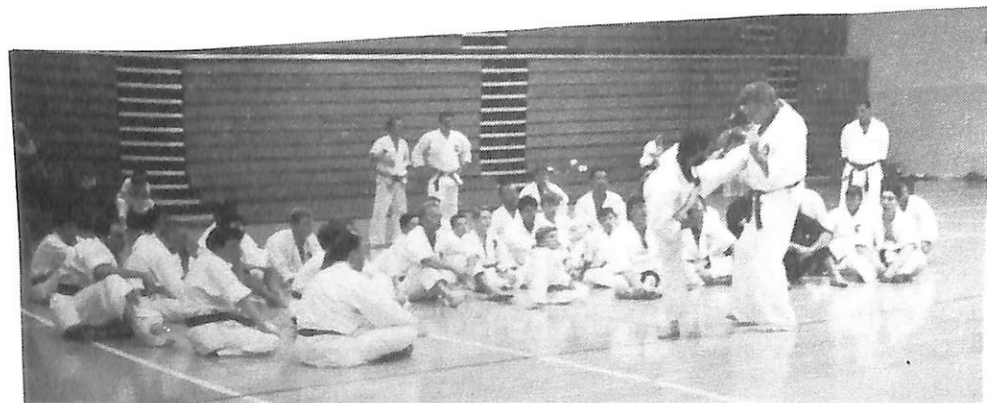
Summer Camp this year was attended by an **ENTHUSIASTIC** group of martial artists who, under the guidance of Shihan Bill Knoblock, studied.....



Punching.....



Kicking.....



and Fighting!

SUMMER CAMP July '93

Shihan Knoblock was constantly encouraging students to do their best.



This is probably why students at camp selected Shihan Knoblock as **OUTSTANDING CAMP INSTRUCTOR.**



Shito Ryu practitioners studied kata taught by Dai Shihan Tola Lewis. Classes in Goju and Tae Kwon Do kata were also available.

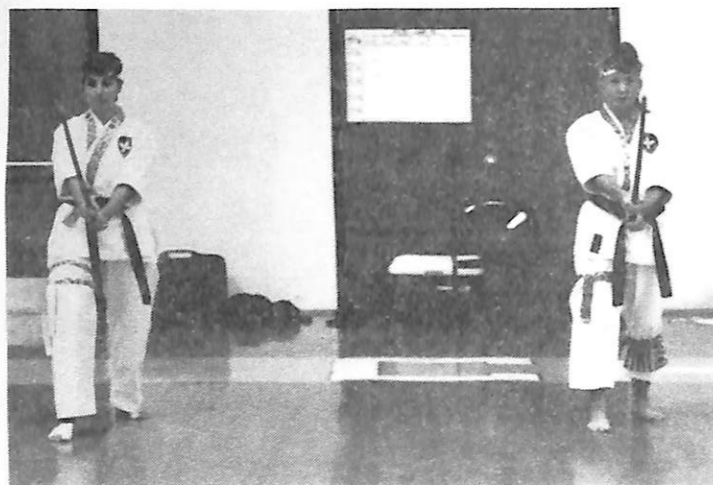


A new instructor at camp this year was Sensei Charles Da Vis who taught Aikijutsu and Kenjutsu. Sensei Davis also had the opportunity to experience Hakkoryu JuJitsu courtesy of Shihan Clayton Tucker.



SUMMER CAMP July '93

Sensei Donna Stabile and Gwen Van Dуйn work to sharpen their newly learned Kenjutsu skills.



Shihan Al Gardner (center) worked hard trying to keep Sensei Ken Durand (left) & Shihan Sergio DeCasien in line (right).



Somehow, Shihan Gardner still found time to teach Tai Chi to interested campers who were in **SERIOUS** need of some good, relaxed, techniques about this time.



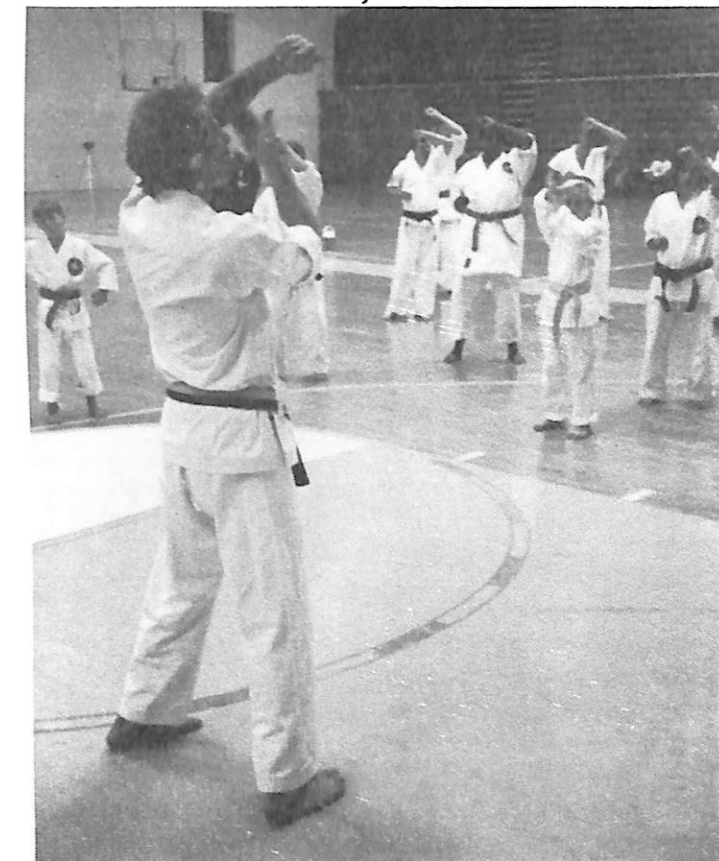
Meanwhile, as soon as Shihan Gardner's back was turned, Shihan DeCasien & Sensei Durand were back to their old tricks (or is that flips?) down in the mat room.

SUMMER CAMP July '93

Renshi Kevin Gurganus was available to instruct those interested in Kubudo, beginning with the bo staff.



While black belt students were receiving special classes from the Shihans, kyu grades were instructed by Renshi Jim Gregory (pictured), Sensei Donna Stabile, & Marshall Cradock.

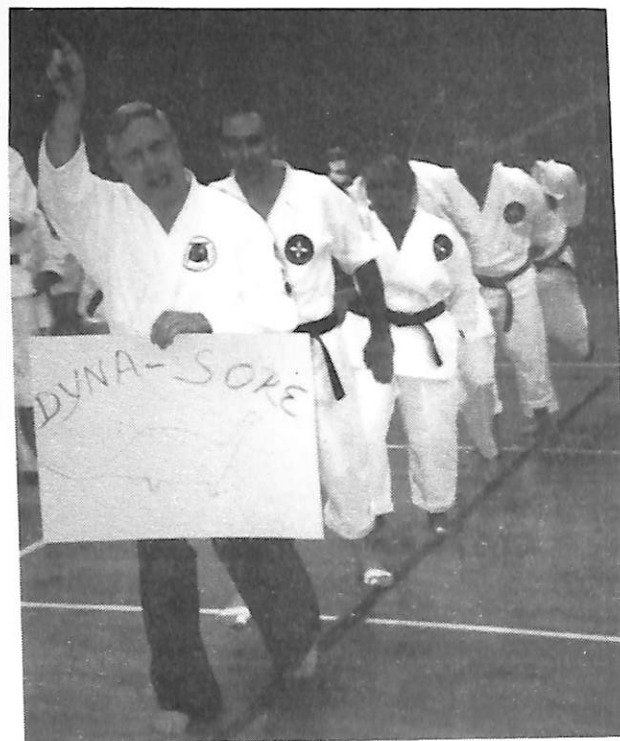


To keep things moving smoothly, team leaders met each morning with Dai Shihan for a daily briefing.

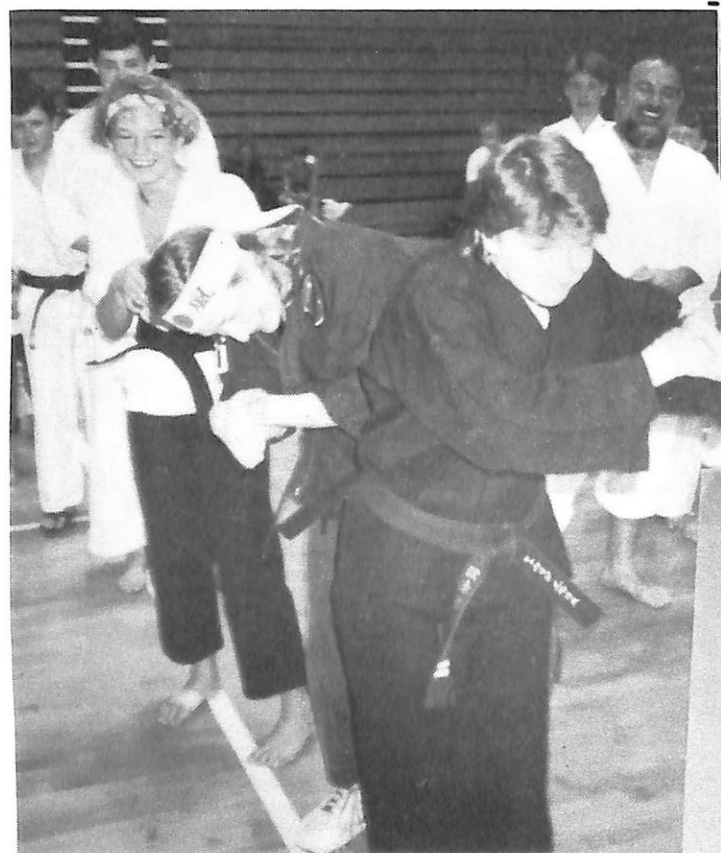
SUMMER CAMP July '93

OF COURSE the individual teams did all they could to maintain a proper martial arts ATTITUDE!
To name a few.....

The Dyna-Sores refused to die.



Not to be outdone were Tarzan (alias Patrick) & the Seven Janes. (Everyone kept asking Patrick how it happened that he was the only guy on that team? Patrick said he was just standing there, minding his own business, when suddenly.....).



The Land Sharks kept everyone on their toes.

MOO DOES HIS BASICS BY THE MOONLIGHT.



MOO KNOWS HIS KATA

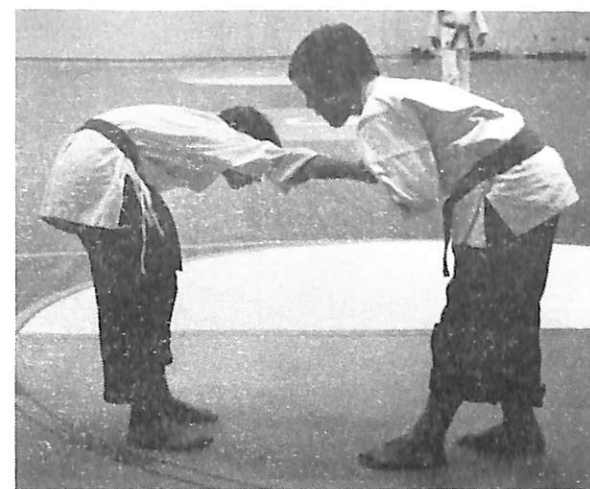
IN THE MOOOOD FOR SOME BASICS?

The White Cows were a slow starter but everyone agreed they finished strong.

SUMMER CAMP July '93



The Whoopee Cranes always exhibited correct form.

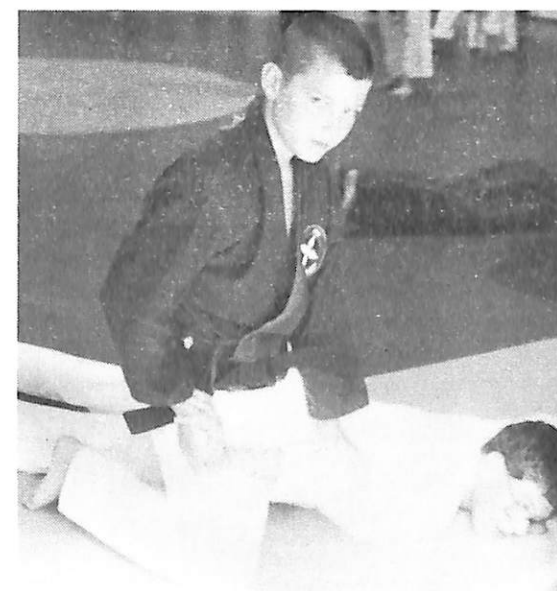


Courtesy was stressed at all times.



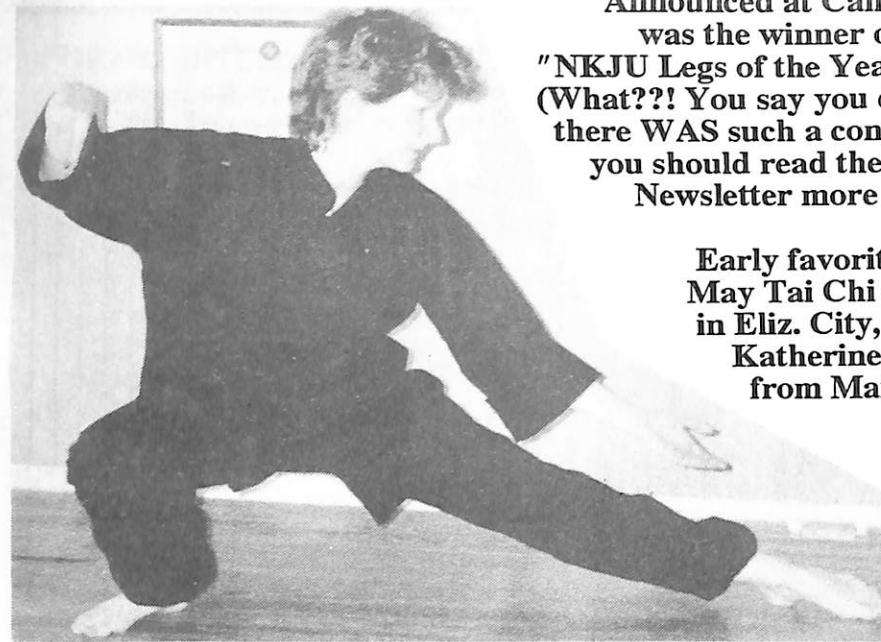
Over the spillway & thru the woods to the cafeteria - you can never have too much ice.

Working with a good uke always makes the training more enjoyable.



"Count these judo holds" plus a "nuggie"

SUMMER CAMP July '93



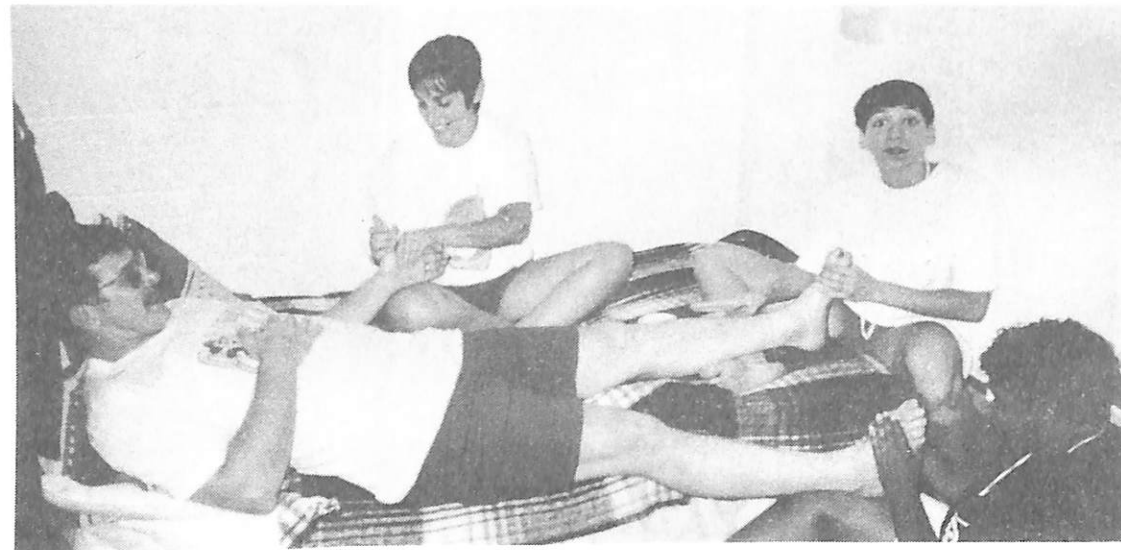
Announced at Camp '93 was the winner of the "NKJU Legs of the Year" Contest. (What??! You say you didn't know there WAS such a contest? Well, you should read the NKJU-I Newsletter more often.)

Early favorite at the May Tai Chi Seminar in Eliz. City, NC was Katherine Ellis from Maine.



However, by camp time, her own Sensei was actively endorsing the competition.

Dai Shihan was even caught bare-footed using professional help to ready him for the competition.



In his Fashionable "Rolled Leg" Gi, Patrick outflashed all competitors. Quotes Patrick, "I got my inspiration from Renshi Gurganus."

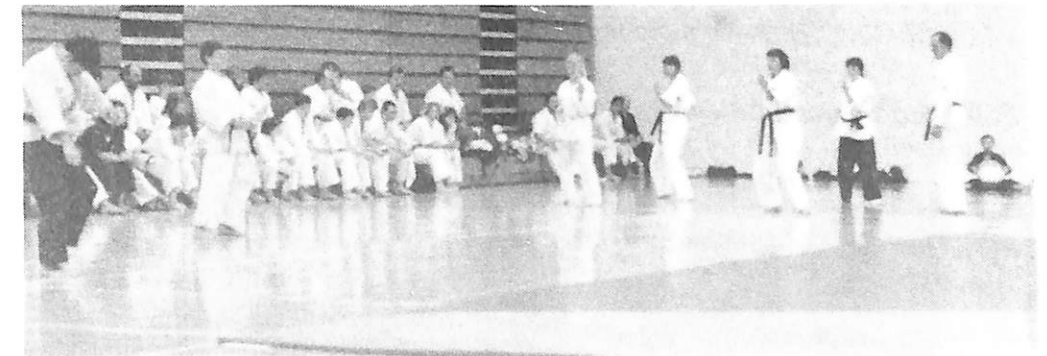
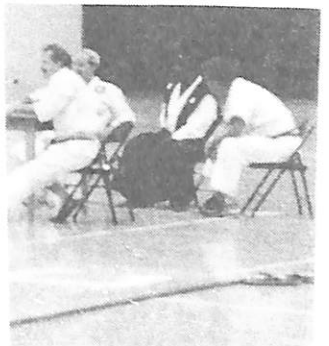


By mid-week it seemed everyone was trying out!



SUMMER CAMP July '93

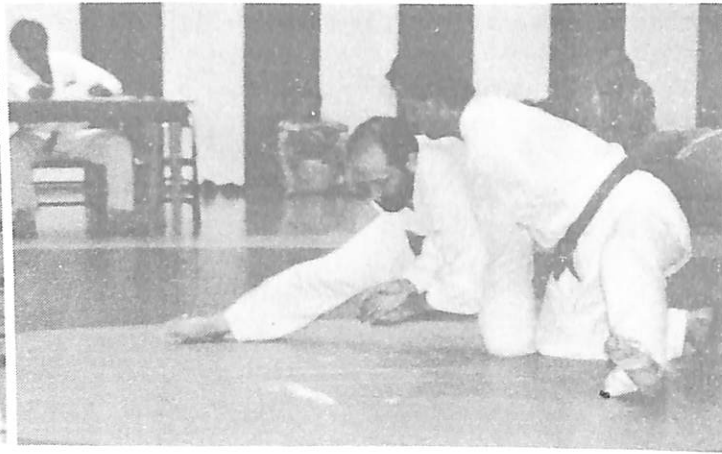
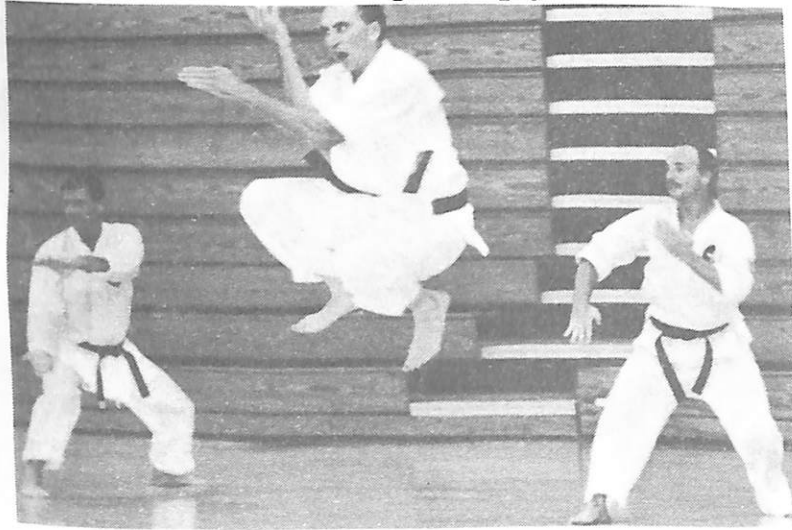
The final day of training Friday closed out with morning review followed by the team competition in the afternoon.



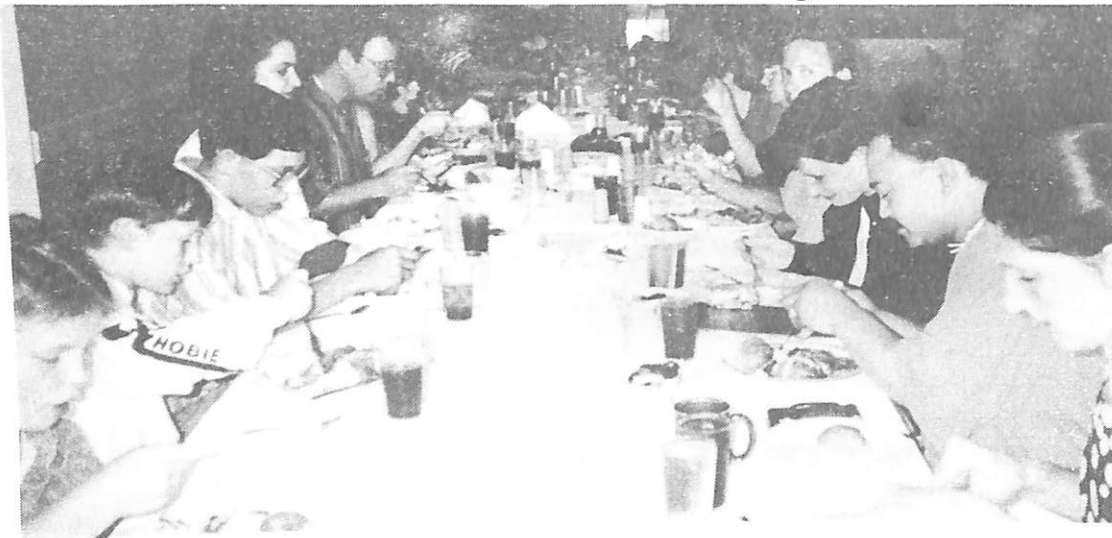
SUMMER CAMP July '93

WELL! All in all it was a very busy NKJU week.....
There was dan testing in empty hand.

Followed later in the week by Marshall
Cradock's judo test.



By the time Friday night rolled around, we were all ready for some good food.....



Followed by good fellowship. We were treated to a ditty entitled "The 12 Hours of Karate Camp" composed and sung by Abe Cerezo & Andrew Wright to the tune of "The 12 Days of Christmas"

On the _____ 1st/th hour of Karate Camp, the Shihans gave to me...

- 12 unidentifiable entres
 - Yondans being beaten
 - 10 teams competing
 - 9 ukes dying
 - Knoblock's shifting hips
 - Shihan Gardner's laughter
 - 6 sore muscles
 - tape for my feet
 - 4 aching bruises
 - 3 broken bones
 - 2 skinless feet
- And a nifty key to hang around my neck!

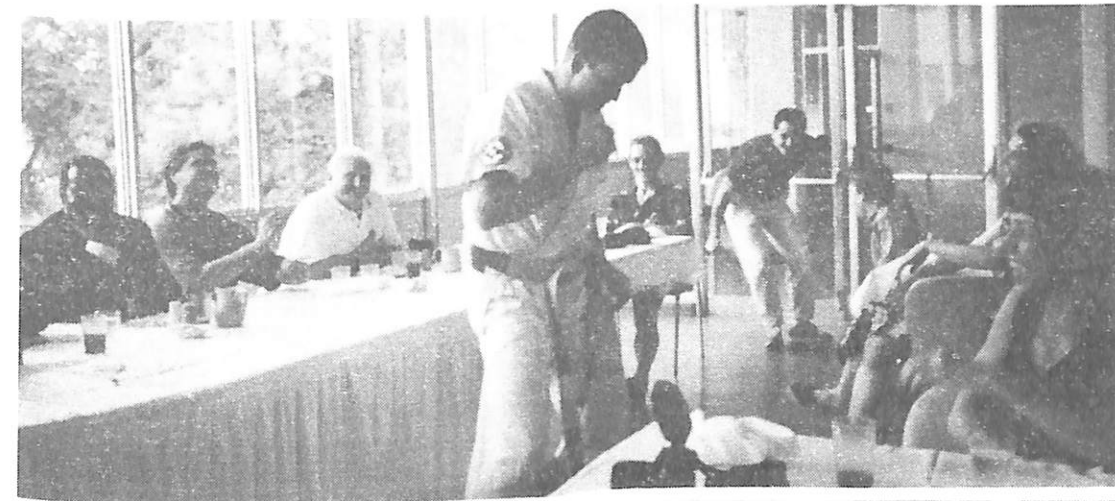


SUMMER CAMP July '93



After everyone had eaten their fill and had settled comfortably into their chairs for the evening's festivities, Shihan Knoblock suddenly appeared in full gi and began to warm up in front of the speaker's table. *Oh No!....Not ANOTHER SNEAK ATTACK!*

BUT WAIT.....
there's Shihan Knoblock sitting at the speakers table.



WHEW!!! It's was only a **KNOBLOCK IMPERSONATOR!** (alias Eric Johnson from the Southwest Academy of Karate in Palos Hills, Ill)

Rounding out the evening's entertainment was the incomparable team of Gardner & Durand

Followed by **CAMP AWARDS!**



SUMMER CAMP '93

Camp Awards



BROKEN FOOT AWARD
Rick Holbrook, Maine



New 7th Dans - Shihans Bill Knoblock, Sergio DeCasien, and Tola Lewis



OUTSTANDING JR MALE
Jason Hardison, NC



MOST IMPROVED
Chris Helton, GA



BEST TEAM -- Tarzan & the 7 Janes



OUTSTANDING KYU FEMALE
Laura Dorsey, ME

SUMMER CAMP '93

Camp Awards



MOST HELPFUL
Bill Goodrich & Doug Watson, ME



OUTSTANDING BLACK BELT MALE
Art Webster, SC



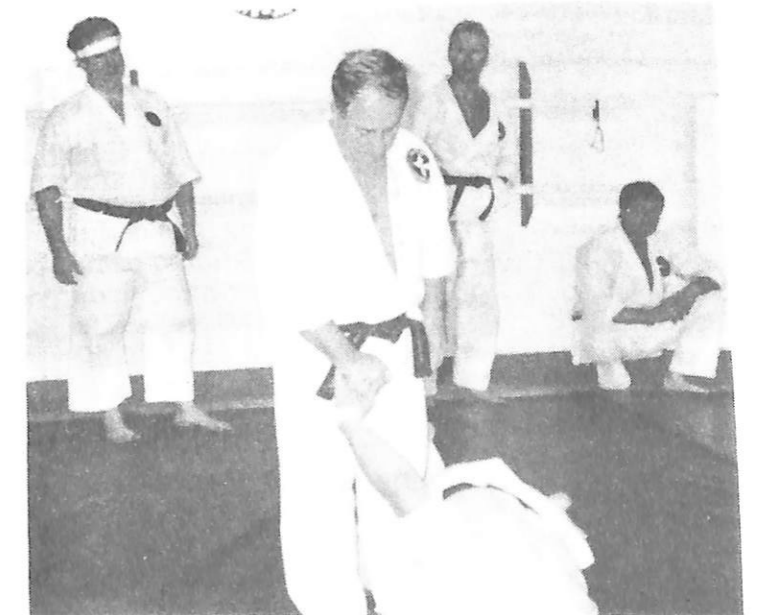
OUTSTANDING CAMP STUDENT
Kevin Cauley, NC



OUTSTANDING JR FEMALE
Jo Claire Whitfield, VA



OUTSTANDING BLACK BELT FEMALE
Shannon Sealey, NC



NEW 8th DAN -- Kyoshi Lemuel Stroud
Assistant Director, NKJU-I

CAMPER'S CORNER

Camp'93 by Sandra Flower, Shodan Mainland Dojo, Shihan DeCasien

Summer Camp, 1993, is over and now a memory to add to others. I never thought it could be better than last year's, but, it was! I made more new friends and renewed acquaintances with those from last year. It's amazing but the same people keep coming back, and bringing new people with them.

I just want to make sure that everyone knows that my Sensei, **Shihan Sergio DeCasien**, was awarded the rank of **Shi Chi Dan** as was Shihan William Knoblock. Kyoshi Stroud was presented with his Hachi Dan.

I am so proud of my Sensei and all the work he puts into instruction and other work for NKJU-I. All of these men are a credit to NKJU-I, making the education of the rest of us a much higher caliber.

I got a chance to be included in DaVis Sensei's Sword classes. Sensei is quite extraordinary and I am looking forward to learning more. His Uke Desche, "M"- Eve Damrose, is very skilled and a very patient teacher. I know that I will value her friendship for a long time to come.

I thank Dai Shihan for the "Nutritional Coffee", necessary to jump start my heart and also the pleasant morning conversations. What a nice way to start the day. I Know I will be back again next year. Thank you all for a great camp!

Hello From Owensboro, KY!
by The Reynolds: David, Pat, Kristi, and Allen.

I can honestly say I don't know how 5 days can pass so fast. I think we get so involved that we lose track of time.

We did have some problems trying to get to sleep when the floor above us wanted to party all night. But, nothing to serious.

We came away with many new friends, lots of good instruction, and a renewed desire to further our education in the Martial Arts. looking forward to joining you again in 1994.

July 27, 1993

Dearest Dai Shihan Lewis,

..... regarding Summer Camp, I would like to say that I had a wonderful time. The warmth I felt (in more ways than one) and the camaraderie made my stay very worth while. In addition to this I would like to thank you for your hospitality. I understand that you had a lot of things to get done that day.ideas that might help in the future..... fans might help in future camps.... a nice item to produce would be "NKJU towels" to wipe all the sweat off. I felt that testing was done at a good time during camp.classes were well instructed. I enjoyed my time there and will remember it the rest of my life.

As for testing, I hope to be ready in the near future. Just tell me and I'll be ready! Please give my regards to Martha and the kids. God has rewarded you well! May God bless you and your family.

Konki, Abraham J. Cerezo

Dear Sir,

Thank you for a great experience! I really enjoyed Summer Camp '93. I met some wonderful people and it wouldn't be possible for me to name everyone who made a positive impression. I do want to tell you of one person who is an answer to the prayer for a quality female martial artist. In the past, I have felt isolated being the only woman in my dojo and have wished that I knew another female, dedicated and committed to the higher ideals of martial arts and conducted themselves accordingly.

My Sensei, Charles DaVis has been a sterling role model for me. as I evolved through my

martial arts training I also started to look for feedback and a model for the application of this learning for the benefit of my feminine self. A good woman role model is very difficult to find. I humbly and gratefully direct these comments to you because I found out that Gwen is your student. She is a credit to herself and also a credit to you.....

.....In closing, let me say it once again. I thoroughly enjoyed my experience at Summer Camp'93 and I look forward to returning next year

Respectfully,
Eve Damrose

Summer Camp '93 by Daniele Guariglia, Ikkyu of Karate Do Academy, Ventnor, NJ



What does it mean to be a member of NKJU-I? It means that you are part of a very special family. A family that is ever-growing both in heart and in numbers. This was never so evident to me as it was at SUMMER CAMP '93. Not only did morale seem sky-high, but the turn-out was the most I've seen in the past four years that I've attended.

Signing in on Sunday afternoon was like going to a "family reunion". You get to see all of your brothers and sisters that have been on their own journey for the past year. In no time at all you catch up on the year's gossip, achievements and just general "how are you doings" then its time to find your room, unload the car and get settled, and ready for the week ahead.

Although every year is a learning experience, SUMMER CAMP '93 was the best for me, even though the lessons I learned took a month to let themselves be known. Camp taught me that it is O.K. to make mistakes. Instead of holding these mistakes against you or criticizing you for them, you are guided with care on how to correct them and make them better. Only a family that cares would be able to accomplish this.

What makes NKJU-I such a close family is that the caring starts at the very top and runs full force through to the newest member with nothing being lost along the way. If ever you have a question or concern, you have any number of people to ask for help and should that person not have the answer, they will help you find the answer you need.

Camp '93 helped me to grow up this year and accomplish a personal goal. My goal as simple as it may seem was to make it through a belt test without shedding a tear. I have been training in the martial arts for seven years and with every test I've taken, the tears have made themselves known, but not this year. I also learned to accept constructive criticism without getting a MAJOR attitude about what was said. Even though I'm far from being perfect, I've taken a big step towards self-improvement and I don't feel that I could have done this without the help and support both physically and emotionally, from my family at NKJU-I. Thank-you guys I Luv Ya Lots.

CAMPER'S CORNER

Resume'
Charles E. DaVis, Guest Camp'93 Instructor

The Bushido Kai is directed by Mr. Charles E. DaVis, Chief instructor and owner. Mr. DaVis began his martial arts training in 1959. As a police officer with the Eatontown, NJ, Police Department since 1973, he became an instructor at the Monmouth County Police Academy in 1979.

As he was a professional law enforcement officer with a background in the martial arts, he was awarded national certification as a Police Defensive Tactics Instructor in 1978 through the National Criminal Justice Association. He also attended and graduated from the New Jersey State Police Instructor's school at Sea Girt in 1980. he was thereby granted instructor's certification through the Police Training Commission of New Jersey. Mr. DaVis gained acceptance as a member of the British JuJitsu Association in 1989 and appointed as the first United States Representative to the World JuJutsu Federation.

In addition to his professional accomplishments, Mr. DaVis has received the following ranks in traditional Martial Arts:

4th Degree Black Belt, in Goshin Kempo JuJutsu
3rd Degree Black Belt in Seidokan Karate
3rd Degree Black Belt in Chi Ling Kempo
2nd Degree Black Belt in Daito Ryu Aiki Jutsu
1st Degree Black belt in Mitosie Kempo
1st Degree Black Belt in Karate Jutsu
Sempei (Deshi 7 year student) of Kenjutsu



REFLECTIONS ON SUMMER CAMP'93

by NKJU-I's Religious Director, L.E. Schafer
Centralia Martial Arts, Centralia, IL

Summer Camp'93 was the martial arts equivalent of a church revival. It was a time of conviction and repentance, discipline and re-dedication, training and growth.

Conviction and repentance came swiftly. Everyone's basics and kata were not what they need to be. If one were to write the **gospel of Knoblock**, it would most certainly read, "...For all haven't practiced the basics and kata enough and have fallen short of the standards of NKJU-I." Almost universally, silent prayers were made. "Forgive me, Shihan, for it's been _____ weeks since I practiced my basics (or kata)." With this conviction and repentance came the discipline and re-dedication.

The discipline was the correction, the hard truth that everyone needed to hear...reality check-time. Shape up or ship out! The future of NKJU-I's quality as an organization, our styles and arts, perhaps even some student's lives are at stake. The stakes are too high for anyone to play games. Everyone is responsible for the future and for the students. The instructors owe it to both be and teach the best they can.

The re-dedication was the renewed commitment to excellence that everyone made, from the High Dan Board to the newest white belt. Instructors and students alike vowed to work the basics and kata until they have them right. They dedicated themselves to ensuring the continued quality of the NKJU-I and their styles. They committed themselves to ensuring that everyone who trains under them would be prepared for the dangers of the real world. No one will be misled into thinking that sport karate is enough to save your life. Following this discipline and re-dedication, the training and growth began.

The instructors broke down the mechanics of the techniques. They showed everyone how to do them right, why they work, and how to apply them. Then everyone worked them over and over-both as individual techniques and in combinations and

katas. Everyone drilled until their minds were overflowing with instructions, their bodies and feet were sore and bruised, and their gis runneth over with sweat. then they caught their breath and worked some more. They trained. With training came the growth. Everyone's basics and kata got better. They did improve. Steps were taken towards ensuring the future quality of NKJU-I and everyone's respective arts. Progress was made towards ensuring that NKJU-I members would be prepared for the real world encounters-not life inside a 20' X 20' ring surrounded by judges. Everyone climbed a few more steps towards the top of the proverbial mountain.

If anyone ever does write the **gospel of Knoblock**, he ought to include these commandments which were impressed upon everyone at camp:

"Thou shalt practice thy basics and kata daily"

"Thou shalt use thy hips effectively."

"Thou shalt not waste thy energy with excess motion."

"Thou shalt stay loose."

"Thou shalt stay focused."

"Thou shalt lead with thy weapon first."

"Thou shalt reload thy weapon quickly."

"Thou shalt train for the real world and thou shalt not have any rings or trophies before it."

"Thou shalt honor thy lower belts, for theirs is the future of karate."

"Thou shalt not say I can't."

This promise should also be included, "If any student will do these things, then they shall be a true karateka, a martial artist in whom the High Dan Board and his Sensei can be proud, and the NKJU-I shall promote him and give him rank."

Summer Camp'93 was a tremendous time of learning and growth. May its lessons not be forgotten or unheeded. The future depends on it.

"By nature, men are nearly alike;

by practice, they get wide apart."

Confucius

MONDAY 7/12/93 A Gathering Together

Heavenly Father, we come to you in thanksgiving for your blessings of safe travel for Your NKJU-I family.

Bless our day and our whole week of learning and family reunion.

Father, help us learn and improve in our respective arts and grow as Your People through the fellowship and the leadership of our teachers.

Lord, we ask You for a safe week and pray for Your Divine Protection.

We pray these things in Your Holy Name, Father, Amen.

WEDNESDAY 7/14/93

Heavenly Father, we thank You for helping us make it to the top of the hill. We trust Your Holy Word that promises us to trust in You and You will hold us up.

"But those who wait on the Lord
Shall renew their strength;
The shall mount up with wings like
eagles,

They shall run and not be weary,
They shall walk and not faint."

Isa. 40:31

Father, we claim these Holy Verses and thank You for the strength and courage we get from Your Precious Word. Amen.

FRIDAY 7/16/93

Lord, we are thankful for the many challenges that this week has brought forth. You have provided us with excellent teachers who have shared their knowledge and experiences with us. Now Lord, we ask You to help us show them that their efforts are not wasted. Give us a true spirit of competition as they, and we, test our growth and knowledge. We pray these things in Your Precious name. Amen.

And last but not least, a big **THANKS** to all the instructors of Cp '93.



SUMMER CAMP '93 PRAYERS

TUESDAY 7/13/93

Father, we are grateful for the many chances a new day brings to improve ourselves and our arts. We ask You to help clear our minds and soothe our sore, aching bodies. Lord, please help us to understand, apply, and remember the knowledge our teachers will bestow on us today. We also ask you for a safe, injury-free day full of growth, sportsmanship, and camaraderie. Thank You, Lord, for hearing our prayers this morning. AMEN.

THURSDAY 7/15/93

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;" Phill. 4:6 Lord, we are learning so much...new katas, drills, and updated techniques that it, at times, seems overwhelming. Please give us the Peace and thanksgiving that Your Word promises so our minds will stay clear and focused. Help us take full advantage of this day and evening. We pray these things in the Name of the Father. Amen.

SportsNutrition
SportsMedicineSystems, Inc.
Nancy Clark, MS, RD

SPORTS NUTRITION TIPS

Without a doubt, what you eat and when you eat affects your athletic performance. A wisely selected sports diet helps you feel stronger, train harder and compete better. The following sports tips can help you eat to win.

FUEL: The best muscle fuels are carbohydrates--either simple sugars (such as the naturally occurring sugars in fruits and juices) or *complex carbohydrates* (the starches in whole wheat bread, brown rice, bran cereal, oatmeal and other grains). These carbohydrates provide not only energy but also important vitamins and minerals. *Refined sugars* (i.e. soft drinks, candy) also fuel muscles but they lack the "spark plugs" that help your engine run smoothly.

You store only carbohydrates - not protein or fats - in your muscles in the form of sugar called glycogen. During hard exercise, you burn this glycogen for energy. When you deplete your glycogen stores, as can happen during repeated days of training and a low carbohydrate diet, you feel overwhelmingly exhausted. Eating high carbohydrate foods (cereal, pancakes, bread, fruit vegetables, potato, pasta) on a daily basis can help you train harder and compete better.

QUICK ENERGY: Eating lots of sweets and sugary foods for "quick energy" before you exercise may hurt your performance. Here's why: after you eat any kind of concentrated sugar (i.e. dried fruit, juices, soft drinks, jelly beans, etc.) your body secretes insulin, a hormone that carries sugar from your blood into the muscles. Exercise, like insulin, also helps carry sugar into the muscles. The combined effect of insulin with exercise can cause your blood sugar to drop abnormally low. You may experience hypoglycemia (low blood sugar) and feel light-headed, shaky, tired and uncoordinated.

If you are hungry, droopy and craving a quick energy boost prior to exercise, you don't have to eat sugar for energy. A simple snack of crackers, fruit or bread can perk you up without risking negative hypoglycemic effects. Better yet, prevent the need for an energy boost! Simply eat a hearty breakfast and/or lunch that fuels you up earlier in the day so that you won't be running on fumes in the afternoon. These meals will be digested in plenty of time for the afternoon or evening workout. You'll be ready for action, rather than hungry and tired.

FLUIDS: Whereas lack of carbohydrates can hurt your performance, lack of fluids can endanger both performance and health. To prevent yourself from becoming dehydrated, drink plenty of fluids before, during and after strenuous exercise. Water is always safe before exercise; water and/or sports drinks during exercise; water, sports drinks or juices afterwards. To tell if you've had adequate fluids, simply monitor your urine. It should be clear-colored and voluminous, not dark and concentrated.

PRE-COMPETITION MEALS: Whenever possible, you should eat carbohydrate-rich meals the day before competition. This allows you plenty of time to digest the carbohydrates and store the energy in your muscles as glycogen. Before a strenuous morning event (such as competing in a 9 AM road-race) you should also eat a light breakfast or small snack 1-3 hours prior to competing. This will boost your blood sugar and enhance stamina and endurance. Before and afternoon or evening competition, eat a breakfast (cereal, pancakes, waffles, bagels), a lighter lunch (soup, sandwich) and a dinner or snack as tolerated. Since each athlete has different tolerances to pre-exercise food, you need to experiment during training to determine the quantity and type of food that works best for you.

Although many athletes believe they should exercise on an empty stomach, current research suggest that a pre-exercise snack actually enhances stamina and endurance. Some popular choices include cereal with low-fat milk, 1-2 slices of toast or some plain crackers. Avoid large, fatty meals (the traditional steak-and-eggs breakfast) that tends to set heavily in the stomach.

RECOVERY FOODS: You should eat carbohydrate-rich fluids and foods as soon as tolerable (at least within one to two hours after hard exercise) to replace the glycogen that you burned off. Muscles are most receptive to refueling at this time. A simple post-exercise refueler might be fruit juice - a rich source of not only fluids and carbohydrates but also potassium and vitamins.

Remember that *only* carbohydrates quickly refuel your muscles and prepare you for tomorrow's workout. Hence, resist the greasy burger with french fries for your recovery feast; choose instead carbohydrate-rich thick-crust pizza with single cheese and veggie toppings, or a dinner that focuses on potato, bread, vegetables, juices and other carbohydrates.

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PROPER STANCE AND FOCUS

By William Knoblock, 7th Dan
Chief Training Officer, NKJU-I

This particular subject, dealing with proper stance and focus, is a great concern to most martial artists and it seems to be misunderstood by most martial artists.

Stances start with the proper positioning of one's feet. Three quarters of your weight should be on the balls of both feet, while gripping with your toes so that you have stability and the ability to move. This is a little like getting down in a starter's block preparing for a sprint race.

The next important position is to maintain your knees bent and relaxed while keeping your body in a low position. This gives you the ability to be mobile and capable of a very fast spring in any direction. This also puts your legs in such a position as to prevent anyone from breaking your knees because you are being too stiff-legged.

The next thing to concentrate on is to have one's hips rolled up so as to help keep your back straight. There should be no arch in your lower back, so that you can generate a power driving motion without your lower back being damaged.

As you start your technique, you must remember not to start to tighten up too early because this will prevent your technique from flowing freely towards the target and penetrating the target properly.

Moving towards your target, your weapon should move first. When striking with your hands, your fist starts the motion. Your hip does not start to drive towards the target until the elbow passes the hip line. With the foot it depends where the foot is in relation to the target. If it is from the rear leg, the weapon must pass the hip line before the hip drives the weapon into the target. If the weapon is in front of the hip line, the hip starts to drive the weapon as soon as the weapon begins to move.

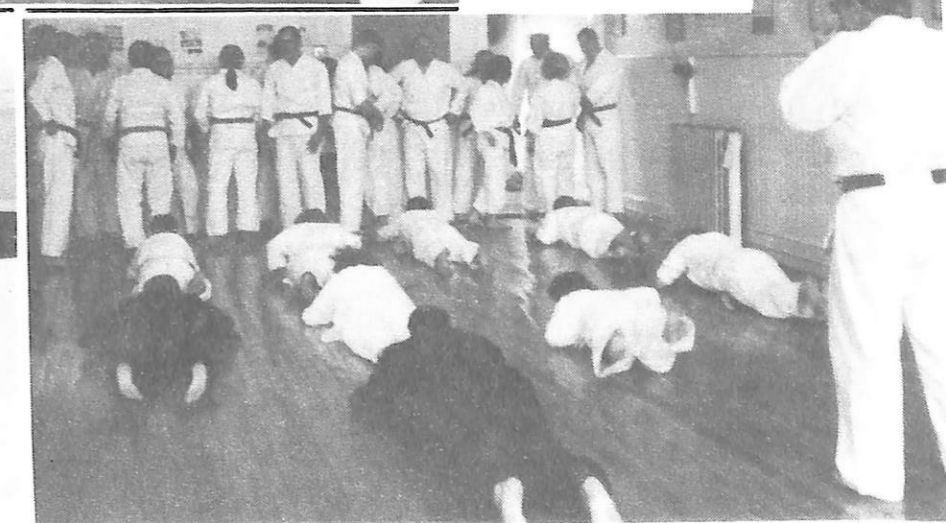
This hip motion is not circular as was once believed. The hip drives toward the target and locks in, thereby driving the weapon at the penetration point. The best way to check this on students is to watch the knee drive of the support leg(s). The knee motion should be towards the target, not side to side (Which usually happens when trying to rotate the hip in a circular manner).

The weapon should not start to rotate until it makes actual contact with the target - then the hip, body and weapon start to all drive into the target at the same time.



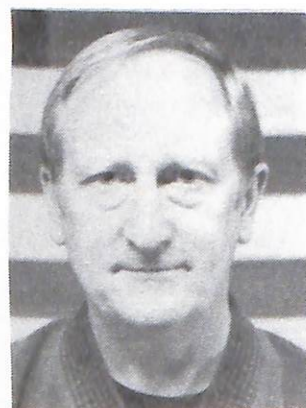
Bath, ME
March NKJU-I Seminar
Training courtesy of
Dai Shihan;
"Storm of the Century"
courtesy
of Shihan Al Gardner.

A hardy Maine group turned out to train despite the weather.





JOLIS SCHOOL OF AMERICAN COMBAT SELF-DEFENSE
Presque Isle, Maine -- Instructor: Jerald Joles, Jr., 2nd Dan



Jerald Joles



Ginny Joles



Joleen Joles



Patricia Desjardins



Pamela Dubois



Stacey Dubois



Sheila MacDougall



Randy LaPointe



Tony Gravitt



Roy Esperancilla



Jennifer Louten



Angel York



Justin Gould



Mike Kelley



Mark Kelley



Rachel Rand



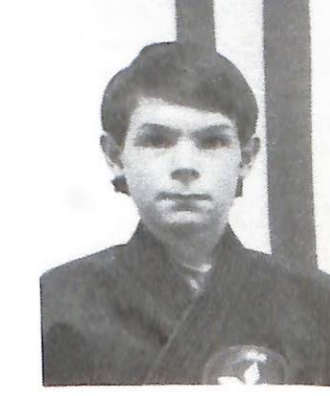
Amanda Orr



Chris Willett



Mac McGee



Josh McGee



Chad McBey



Dwayne Gagnon



Nick Martin



Chad Wilcox



Jessica Nelson



Erik Nelson



Toni Morrison



Jeffery St. Peter
& Mascot Lucky



Brooks Mazerolle



Daniel Patterson



Lucien Longlais



Leah Drew



Sebastian Engels



Justinian Engels



Bub York



Guthrey York



Shane Bajracharya



Jonas Bard



Ashley Bard



Brenda Stubbs



I Love Karate
by Stacey Dubois AGE 7 1/2
of JOLES SCHOOL OF AMERICAN COMBAT SELF-DEFENSE

I probaly will stay in KARATE for ever. I like KARATE because it teaches me new things and it's fun. I learn more then just how to defend my self. I learn jappeness and I learn about the past. And I learned to say the names of the belts. The names of the belts are in order wite, yellow, oreng, blue, green, three dугrees of brown, and black, I learn how to do standsis, kicks, blocks, and punchis. I like ternumints because they are fun and I like cinpeting. KARATE teaches me kata. My favorite kata is haon godan. In Karate I meet a lot of frinds. Before every class we all have to do strechis. Every time we go in or out of the dojo we have to bow to show respect for the class. a dojo is a room that we only do karate in. In jappeness we call our instruckter Sensei. In english Sensei means teacher. Before you go to class you have to leave your trubbels, weres, and ego at your house. You should never say you are tired in class or Sensei refreshis you with poshups. You should never ask when you are going to get prmoteed to a different belt or you wait how long you alredy waited. Gechenfenacoshi is the faoundr of Shotokan KARATE. Shoto is Gechenfenacoshi's pen name.

Shoto means pine waves.

The way he got his pen name when he walked through the forest the wind bolwing through the pine trees relaxst hem. We wanted a pen name because he wrote Poetry.

Karate is for defense only. It you have an argyoumint with someone karate is the last thing to use. The first thing to do is walk away and egnore. If they atack you run but if they follw you if you have to use karate. Thar is no such thing as a bad student. Thar is only such thing as a bad teacher. When the teacher says something the student does what the teacher says.

I am lucky because I have a great Sensei. In class we also do rolls and falls. We learn how to do falls because if somebody throws you you have to know how to land right. In class the uniform we wear is called a gea. Somtimes in class we work with wepens.

Every time our report cards come out Sensei Looks at them and rewords us with tesherts if we did good. I feel good when I get a teshert. This year I got a free gea because I did good all year.

Kata is the formle excersize of Karate. you always can do kata a little bit beder because nobody does kata perfikt. You can take moovs out of kata and use it in a fight. When you make mastacs you learn from you're mastacs. When I am a black belt I might be a karate teacher.

I love being in karate and I will treasher it forever.

The End

Editor's note: Due to the totally natural and refreshing nature of this article, it has been preserved as closely as possible in its original form. Thanks Stacey, for a "soup herb" article and we truly apologize if we have misspelled or misrepresented any of your essay. Please let us know when you test for black belt as I, for one, will be there for the event.



**FRONTIER FITNESS
KARATE CLUB**
Ely, Nevada
Instructor: Robert Kelsey
2nd Dan

The Dilemma of Finding Budo

by Charles E. DaVis, Shujin Menkyo Sensei

It has been my observation that the study of martial arts can be a "Paradox". It doesn't matter whether a novice or a veteran disciple, a student can still find it confusing. There is no distinction, finding Budo is complex, whether a "Do" or Jutsu" art is studied. Yes, even after years of study, the most dedicated disciple can still be left confused. Why the dilemma?

One common cause of difficulty is the lack of qualified Teachers. Often you'll find schools being run by people with less than five years of training. Even worse, is the "franchise" type school where the only real objective is profit. There are other reasons beyond just the instructor as these can be as diverse as the individuals themselves.

For the beginner, learning is almost always focused on technical development. the instructor, also unaware of any other purpose, provides training with only the objective of technical proficiency. The student trains believing that to be the intention of martial arts. So, quite some time may pass with the student working very hard to accomplish the numerous techniques. Ultimately, the purpose for studying martial arts is vague. So why then does the essence of Budo remain unclear? Here in lies the paradox!

The essential focus of why we study is Budo! Budo is the way toward personal and spiritual growth. That is, training is not the only ingredient used to forge the spirit. So, what is the nature of the paradox? Techniques are a means to an end. Without the techniques, there would be no martial spirit. Without a martial spirit, there is no true motive to train. Here is Budo, hidden amongst the years of training, practice, and study of your martial arts.

Editor's Note: Mr. DaVis, Renshi Sensei, was a Guest instructor at this year's NKJU-I Summer Camp'93. He resides and instructs in Eatontown, NJ, and presented Aikijutsu and Kenjutsu to the students at Camp'93. He did good! He is seriously considering joining our "family". Pray he does!



KARATE DO ACADEMY
Ventnor, NJ
Instructor: Donna Stabile, 3rd Dan

Donna Stabile
Marshal Cradock



November
NKJU-I BROWN BELT /
BLACK BELT SEMINAR
-- Eliz. City, NC



NORTH CAROLINA NKJU-I Schools & Students



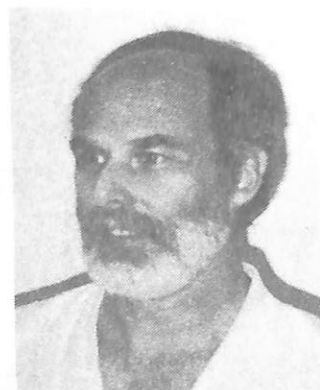
ELIZABETH CITY SCHOOL OF KARATE
Elizabeth City, NC



Tola E. Lewis, Jr.
7th Dan



Gwen Van Duyn



David Menaker



Toby Lewis



C. Andrew Lewis



Ruth O'Sullivan



Chiquie Gregory



Shane O'Sullivan



Lewis Dillon

NORTH CAROLINA NKJU-I Schools & Students

**Elizabeth City School
of Karate
(continued)**



David Riggs



Graham Staples



Laurie Kraniak



Jose Nieves



Austin Luton



Herbert Williams



Lance Liggett



R. J. Perry



Tony Nieves



Geoffrey Bridges



**Dan Testing
at Durham, NC
NKJU-I Seminar**

**Shannon Sealy
Roland Vaughn
Jean Pander**

June '93

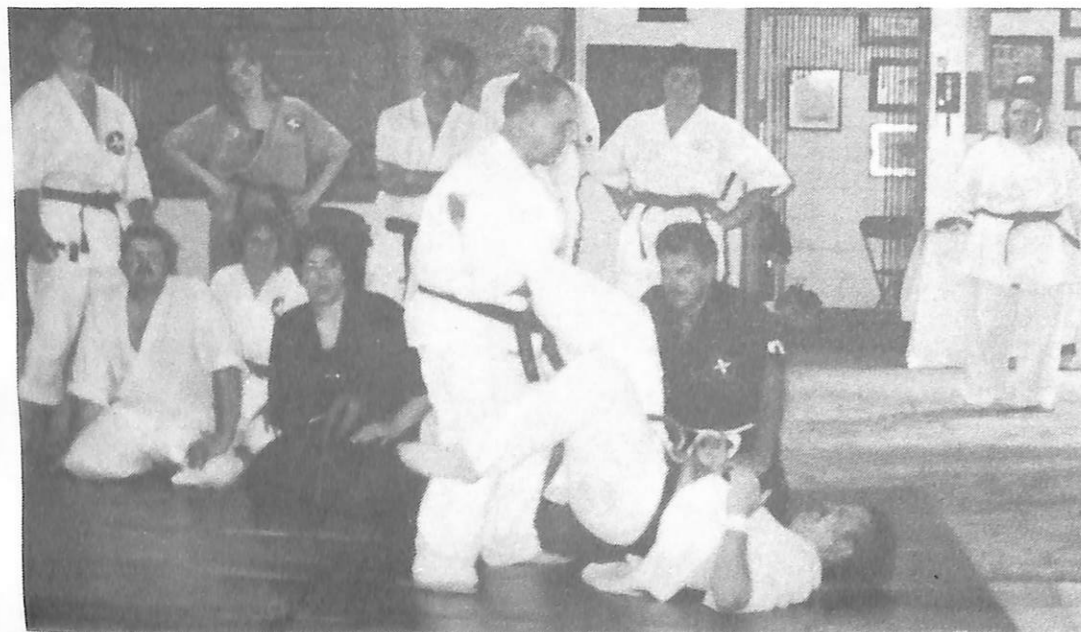
NORTH CAROLINA *NKJU-I Schools & Students*



STROUD'S SCHOOL OF MARTIAL ARTS
Adults Class
Kinston, NC
Instructor:
Kyoshi Lemuel Stroud, 8th Dan



STROUD'S SCHOOL OF MARTIAL ARTS
Juniors Class



Kyoshi Lemuel Stroud
8th Dan
Assistant Director, NKJU-I

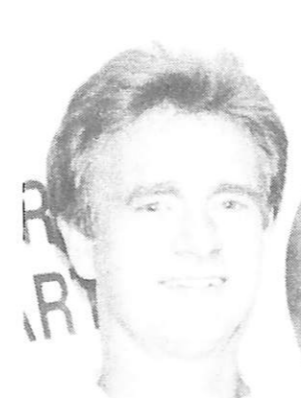
NKJU-I JuJitsu Seminar
June 5, 1993
Kinston, NC

Mr Stroud has been known to put a hurtin' on a body as Sensei Mark Moore is learning first hand.

PENNSYLVANIA *NKJU-I Schools & Students*



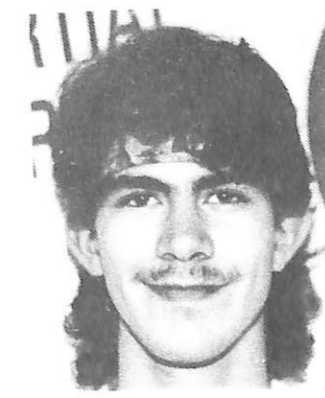
THE KARATE CLUB
North Waves, Pennsylvania -- Instructor: Nathan Spears
(missing from photo are Sean Conway & Jonathan Fletcher)



Nathan Spears



Christopher Corona



Dan Evans



Julia Kling

PENNSYLVANIA

NKJU-I Schools & Students



Jaime Fletcher



Scott Fletcher



Stella Spears

The Karate Club
(continued)

VIRGINIA

NKJU-I Schools & Students



FRANKLIN ZENWAY
KARATE SCHOOL
Franklin, Virginia
Instructor: Roland Jernigan, 2nd Dan



Roland Jernigan



Chris Conger



GUAM

NKJU-I Schools & Students



BEACH KARATE SCHOOL
Barrigada, Guam
Instructor: Tom Beach



SWEDEN

NKJU-I Schools & Students



WINTER CAMP '93 -- Goteborg, Sweden
Sponsored by Sandor Nagy, 5th Dan
European Representative, NKJU-I

SWEDEN Winter Camp '93



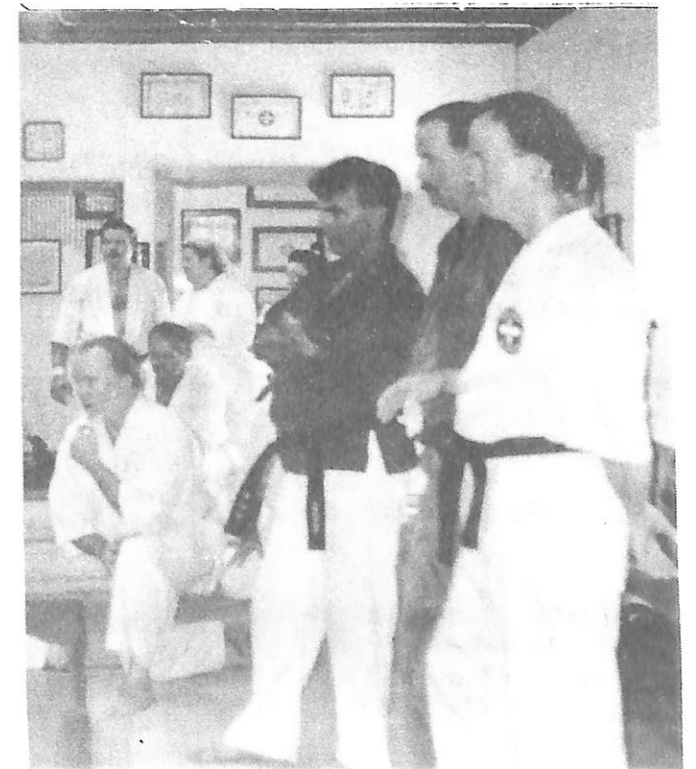
NKJU-I Seminars & Events



**DURHAM, NC
NKJU-I Weapons
& Empty Hand
Seminar
with
Dai Shihan Lewis
&
Renshi Kevin
Gurganus**

**(Right)
CENTRALIA, ILL
Empty Hand Seminar
with Dai Shihan Lewis**

**(Bottom)
KINSTON, NC
Hakkoryu JuJitsu Seminar
with Kyoshi Lemuel Stroud**



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502/264-1925 KY Rep

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Larain Ashby Martial Arts School
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Maceo, KY 42355 USA
502/264-1925 Instructor

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Shogun Karate Kai
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HUNGARY Instructor

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Religious Leader

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46 30 341998 Instructor

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919/286-3349 Weapons Assistant /
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Howai Cul-de-Sac, Hazel St.-
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Rep./Instr.

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Combat Self-Defense
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207/762-8461 Instructor

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Bob Fischer Karate School
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Sensei Art Webster, 4th dan
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James White, 1st dan
ECSK
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Leader

NOTES

