

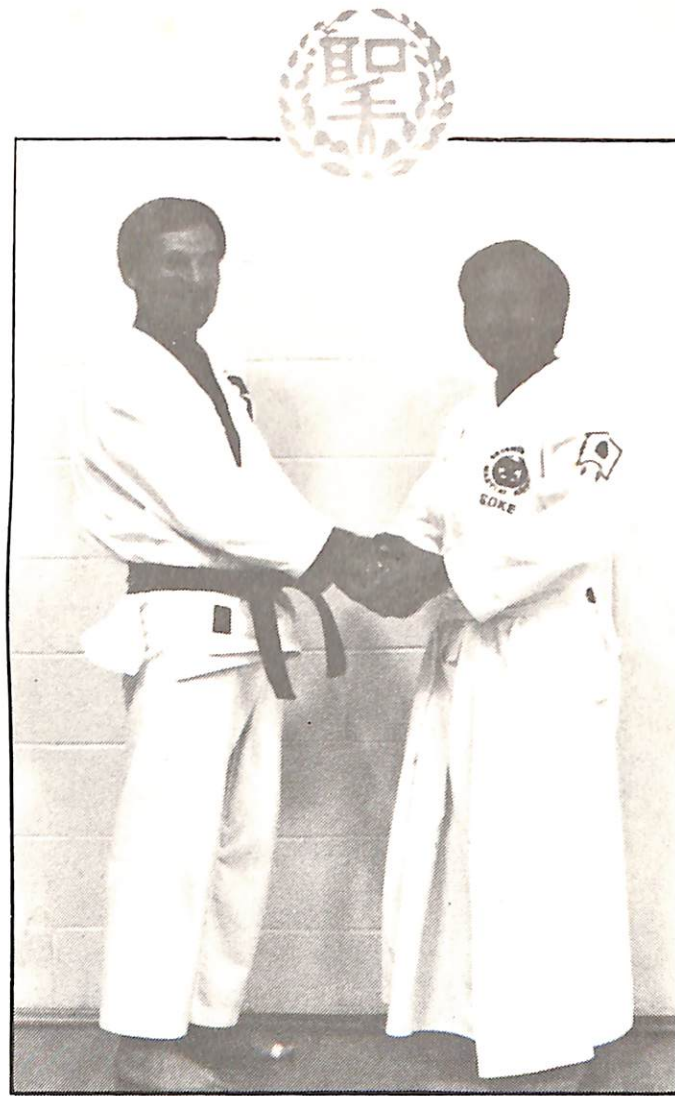
INSTRUCTORS GUIDE



MOTTO: *"To master the Negative as well as the Postive"*



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NKJU Staff Officers 1985



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BY-LAWS OF THE NATIONAL KARATE JIU JITSU UNION



ARTICLE I., THE ASSOCIATION:

sec. 1- The name of this Organization is the National Karate and Jiu Jitsu Union (NKJU).

sec. 2- The Headquarters of the NKJU is located at the Director's place of business or elsewhere as the Director may indicate.

ARTICLE II., OBJECTIVES OF THE ASSOCIATION:

sec. 1.- this Union aims to promote and preserve authentic Japanese, Okinawan, and Korean Martial Arts as practiced in its schools in the United States and abroad.

sec. 2- this Union aims to insure high standards in these arts by providing systematic guidelines for their practice in member schools. It will also provide guidelines for the conduct of its members.

sec. 3:

Provide through strength and unity of the NKJU better recognition of the Martial Arts.

Enhance the image of the serious Martial Arts Instructor.

Exchange of knowledge and experience between the different arts and systems within the NKJU.

Improve the technical standards of NKJU members.

Set the standards for, and regulate the promotions of, NKJU members.

Award special Martial Arts titles and to commend the officials and members of the NKJU when warranted.

Adjudicate in any eventual conflicts between schools and/or members.

Organize projects such as clinics, summer camps, tournaments etc., to achieve the objectives of the NKJU.

The above objectives are to be pursued on a National and an International basis.

ARTICLE III., MEMBERSHIP:

sec. 1- Membership in the NKJU is open to all those who are actively engaged in the study of authentic Martial Arts regardless of style or past affiliation.

sec. 2- membership is extended to students through NKJU affiliated schools. Individual memberships are discouraged.

A school receives its charter in the NKJU when its Head Instructor satisfactorily completes an application and submits the appropriate credentials to the Director.

A school petitioning for membership must have at least 10 members. ALL students in the school must register in the NKJU.

Once accepted, a school and its members will be issued appropriate credentials.

sec. 3- All members must pay the fees set by the Director in order to secure NKJU credentials. These fees will be fully and clearly disclosed to prospective members before their application for membership.

sec. 4- Membership may be revoked at the discretion of the Director ONLY. Such termination of membership will be made only with proper cause, and will be issued in writing.

sec. 5- Proper cause for the termination of membership shall be:

A)- failure to comply with NKJU regulations as specified by these articles and other policy statements issued by the Director.

B)- Failure to meet standards of conduct expected of NKJU members.

sec. 6- Termination shall occur only after a member has had an opportunity to explain his case in a hearing before the Director of the NKJU.

sec. 7- No Officer or Representative of the NKJU has the authority to expel a member school without the express WRITTEN permission of the Director.

ARTICLE IV., ORGANIZATION AND OFFICERS OF NKJU:

sec. 1- The NKJU shall have a DIRECTOR, ASSISTANT DIRECTOR, JIU JITSU DIRECTOR, CHIEF TRAINING INSTRUCTOR, HIGH DAN BOARD, TECHNICAL ADVISORS, REGIONAL AND STATE REPRESENTATIVES, FOREIGN REPRESENTATIVES, and a RECORDER.

sec. 2- All offices in the NKJU must be filled from the membership at large. Such appointments shall be made exclusively by the DIRECTOR. While these appointments can be made by the Assistant Director, he must have the written approval of the Director in all instances.

A single individual may hold more than one office.

sec. 3- The position of the DIRECTOR is a life-time position. Reasons for vacancy of the position of DIRECTOR are, as follows:

1. Voluntary retirement.

2. Medical disability that incapacitates the Director to a point where he can no longer fulfill his duties to the NKJU.

3. Death of the Director.

In the event that the office of the Director should become vacant, the Assistant Director shall succeed to that position.

sec. 4- All Officials in the NKJU, from the Assistant Director down through the Chain of Command, hold their positions by the will and appointment of the Director only. Office holders can be removed from office by the Director only for any cause and at any time. Barring such, the office holder will serve until he is incapacitated or resigns.

sec. 5- Reasons for Dismissal of Officers:

1. Failure to comply with NKJU regulations.

2. Failure to abide by policy set by the Director.

3. Failure to perform to capacity the duties of the Office.

4. Insubordination to the Director or Assistant Director.

ARTICLE V., DUTIES OF OFFICERS:

sec. 1- All Officers of the NKJU will promote its ideals, carry out its policies, and conduct themselves to its credit. All will uphold its charter.

sec. 2- The DIRECTOR is the ultimate leader, arbiter, and representative of the NKJU. He is responsible for its administration, its policies and its officers. It is his task to see that the high standards of the NKJU are maintained. He is also the chief of public relations for the NKJU.

He will appoint the Assistant Director, Jiu Jitsu Director and Chief Training Instructor, and all other officers.

He can submit, for recommendation, names to the High Dan Board for various Officer's positions in the NKJU, BUT final decision rests with the Director on all appointments.

The Director has the right to delegate his duties.

sec. 3- The ASSISTANT DIRECTOR shall bear the additional title of SHIHAN DAI. His main task is to assist and support the Director, and especially to insure that all of the policies as set forth by the Director are performed by all members and officers of the NKJU.

The Assistant Director shall assume the duties of the Director in his absence or incapacity.

The Assistant Director will be President of the High Dan Board.

The Assistant shall investigate and verify the authenticity of all credentials submitted to the Director of NKJU from all prospective members.

The Assistant Director shall select the senior Renshi that he feels is most capable to fulfill the Office of Chief Training Instructor, and submit his or her

DUTIES OF OFFICERS, CONTINUED:

name to the Director for final approval. Once appointed, this Officer shall bear the title of DAI SEMPAL.

The Assistant Director has the right to delegate his duties.

sec. 4- The JIU JITSU DIRECTOR will be appointed by the Director.

The Jiu Jitsu Director will award all Renshi Sensei titles to members in the art of Jiu Jitsu, subject to the approval in writing of the Director.

The Jiu Jitsu Director is responsible for setting up the promotion requirements for his section.

He will decide in all technical details pertaining to his art.

He is responsible for the general improvement of his art of Jiu Jitsu.

He will monitor all promotions awarded by other instructors in his section to assure that the norm for grading levels within the art of Jiu Jitsu are up to NKJU standards.

The Jiu Jitsu Director has the right to delegate his duties.

sec. 5- The CHIEF TRAINING INSTRUCTOR shall bear the additional title of DAI SEMPAL.

He is selected by the Assistant Director, and appointed by the Director.

His main duty is to assist and support the Director and Assistant Director.

He shall assume the duties of Assistant Director in the event of his absence or incapacity, subject to the approval of the Director.

He is to monitor the standards of instruction in NKJU schools, review school curriculum, and council the Director and Assistant Director on improvements to the NKJU program.

He shall serve on the High Dan Board.

sec. 6- The HIGH DAN BOARD shall consist of members holding at least the rank of 4th degree Black Belt who are appointed to the board by the Director.

The Board shall have neither less than 4 nor more than 7 members.

The Board is the voting and advisory body of the NKJU. Its task is to decide major issues of policy for the final decision of the Director. It is also a tribunal for settling major internal disputes, and for adjudicating grievances.

Members of the Board are to support the schools in their region. They are to arrange Black Belt tests for their region as instructed by the Director. They are expected to be available to teach clinics, and to instruct at Summer Camp.

sec. 7- TECHNICAL ADVISORS shall be senior Black Belts appointed to their posts by the Director. They will have special knowledge of specific martial arts or styles. It is their task to create and supervise curriculum for those arts or styles subject to the approval of the Director. They are to assist member schools in their area of specialty. They are to work with the Chief Training Instructor to maintain high standards for all NKJU schools.

sec. 8- REGIONAL AND STATE REPRESENTATIVES shall be at least the rank of First Degree Black Belt, and be appointed by the Director. Their main task is to facilitate communication among member schools in their jurisdiction and between those schools and the higher officers of the NKJU. They are to assist the schools in their area in any way they can. They are to arrange clinics, workshops, and other activities that will strengthen Martial Arts instruction and other practices in schools in their region. They will act as NKJU public relations officers for their respective States. They will recruit schools for the NKJU. They will investigate schools applying for membership to the NKJU and if they consider them suitable, recommend them for membership to the Director of the NKJU.

ARTICLE VI., OBLIGATIONS OF MEMBERSHIP:

sec. 1- All members of the NKJU are expected to abide by its Charter and established policies.

sec. 2- All members are expected to participate in, and support, NKJU functions and activities.

sec. 3- All members are expected to uphold the high standards of training and conduct expected by the NKJU.

ARTICLE VII., PRIVILEGES OF MEMBERSHIP:

sec. 1- All members in good standing shall enjoy access to the full instructional resources and services of the NKJU.

sec. 2- The NKJU shall provide to its members a clear organization for instruction, advice, and redress of grievances.

sec. 3- The NKJU will provide full and proper credentials to its members who earn them. It will also provide clear uniform guidelines for the acquisition of such credentials.

sec. 4- The NKJU will provide qualified advisors and representatives to assist its member schools.

sec. 5- The NKJU will provide clinics, workshops, a summer camp, training films, pamphlets and books, and other services to its members.

sec. 6- All of the above credentials and services shall be provided at reasonable cost.

ARTICLE VII., MEETINGS:

sec. 1- The NKJU shall hold both general and High Dan Board meetings.

sec. 2- GENERAL MEETINGS: shall be held for the benefit for the general membership.

They shall be held locally or regionally by Regional or State Representatives. Meetings shall be held by request of the Representatives or by the general members.

These meetings shall be used to provide or receive information, to clarify issues, or to settle local disputes and difficulties.

Decisions made at general meetings are NOT BINDING on the NKJU at large. Such meetings have no authority to establish or alter NKJU policy. Such meetings may, however, reach decisions that they recommend to the Director or High Dan Board for consideration. Such recommendations must be made in WRITING, and all decisions are up to the Director only.

Minutes of general meetings will be kept. Copies will be sent to the Director, Assistant Director and Chief Training Instructor within 10 DAYS of the expiration of the meeting.

sec. 3- HIGH DAN BOARD MEETINGS: shall be held to deal with matters of NKJU policy or practice. They shall be held at a time and place determined by the Assistant Director, who is President of the Board. Any member of the Board, its President or the Director may request that the Board be convened. The Board shall meet at least once per year.

All matters to be considered by the Board must be submitted IN WRITING to all Board members at least 2 WEEKS prior to its meeting. The Board will consider no issue not submitted to it in writing 10 days before the Board meets.

No policy or practice of the NKJU may be recommended or altered except by a 2/3rds vote of a majority of the Board, and with the verbal or written agreement of the Director.

The Director retains veto power over all decisions and promotions made by the Board. He must approve verbally or in writing all decisions made by the Board; any issue that is to become NKJU POLICY must be approved ONLY in writing by the Director within 14 days after the conclusion of the Board meeting.

ARTICLE VIII., MEETINGS CONTINUED:

Meetings of the High Dan Board shall be governed by Robert's Rule of Order. A Recorder, appointed by the Director, shall be present at all meetings. Other persons may be allowed to be present at such meetings at the discretion of the Director.

Minutes of Board Meetings will be kept and submitted to members for review within 2 weeks of the meeting. These minutes are to be sent to the Director, who will include them in his BULLETIN to the general membership of NKJU.

ARTICLE IX., STANDARDS AND CREDENTIALS:

sec. 1- The NKJU shall provide all members with a clear statement of standards to be met in order to receive NKJU credentials. The officers shall see that those standards are met.

sec. 2- Each member school may retain its own identity, manner of training, ranking system, class schedules, etc., so long as they meet NKJU guidelines and do not controvert NKJU policies.

sec 3- All NKJU Officers shall possess a complete set of testing requirements for all of the Martial Arts practiced within the NKJU. Each member school shall send a set of his promotion requirements to NKJU Headquarters.

sec. 4- The Director shall establish a time and place for the testing of all members who aspire to a BLACK BELT grade within the NKJU. Such examinations shall be held at National, Regional or State Headquarters, or other selected sites as appointed by the Director. Black Belt grades will be awarded to those who pass such examinations.

At no time, such as at Summer Camp, Clinics, Workshops or other events where aspirants for Black Belt are to be tested, will such examinations be of a CLOSED NATURE; all tests for Black Belt will be conducted and are open to the general membership of the NKJU. This is to insure impartiality in all tests, and to allow the general membership to see what is required of them for Black Belt examinations. The Director, Assistant Director, and High Dan Board will provide for a clear cut set of requirements and testing procedures for all Black Belt tests to insure that all testing is standardized, and all tests are identical in nature.

The Director of NKJU shall establish clear rules for the wearing and awarding of Black Belt grades. All members must abide by those rules.

The NKJU shall maintain clear criteria for the awarding of traditional titles, such as Shihan, Renshi etc.

Black Belt grades of 4th Degree or Higher will only be conferred on those who have passed a special examination. If 2/3rds of the Board agrees, a recommendation for promotion will be forwarded to the Director. If he approves in WRITING, the rank shall be awarded.

sec. 5- The NKJU will provide a clear set of standards for the issue of Teaching Certificates and Licenses. These credentials shall not be tied automatically to the achievement of a certain rank. Skills for performance and teaching need not be identical. The Director and Assistant Director shall issue such Licenses, with final verification and approval being made by the Director only.

ARTICLE X., AMMENDMENTS AND SPECIAL POWERS:

sec. 1- Any article or section of these By-Laws may be ammended by a 2/3rds vote of the High Dan Board, and with the final approval of the Director.

sec.2- The Director retains the power to alter this charter without the approval of the NKJU Officers or Members. It is understood that except in exceptional circumstances, he will usually consult with the Assistant Director and High Dan Board before making such changes.

ARTICLE X., CONTINUED:

sec.3- The Director retains the power to initiate or alter any policies, rights, privileges, duties, offices, standards or procedures within the NKJU without the consent of its Officers or Members. It is again understood that he will usually consult his advisors before exercising this power.

sec. 4- The Director has three levels of advisors:

- A).- First Level- Assistant Director
- B).- Second Level- Jiu Jitsu Director and Chief Training Instructor
- C).- Third Level- High Dan Board.

ARTICLE XI, NOTES AND SPECIAL INFORMATION:

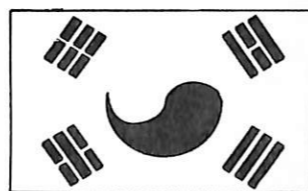
sec. 1- All Officers are responsible for all the material contained within the By-Laws, and are to insure that these rules and regulations are implemented.

sec. 2- All Officers, Head Instructors and Assistant Instructors who are to test for Black Belt ranks may, during the course of the examination, be asked any information contained within the pages of the Instructor's Handbook. Failure to be able to answer correctly the questions asked are cause for failure on the examination.

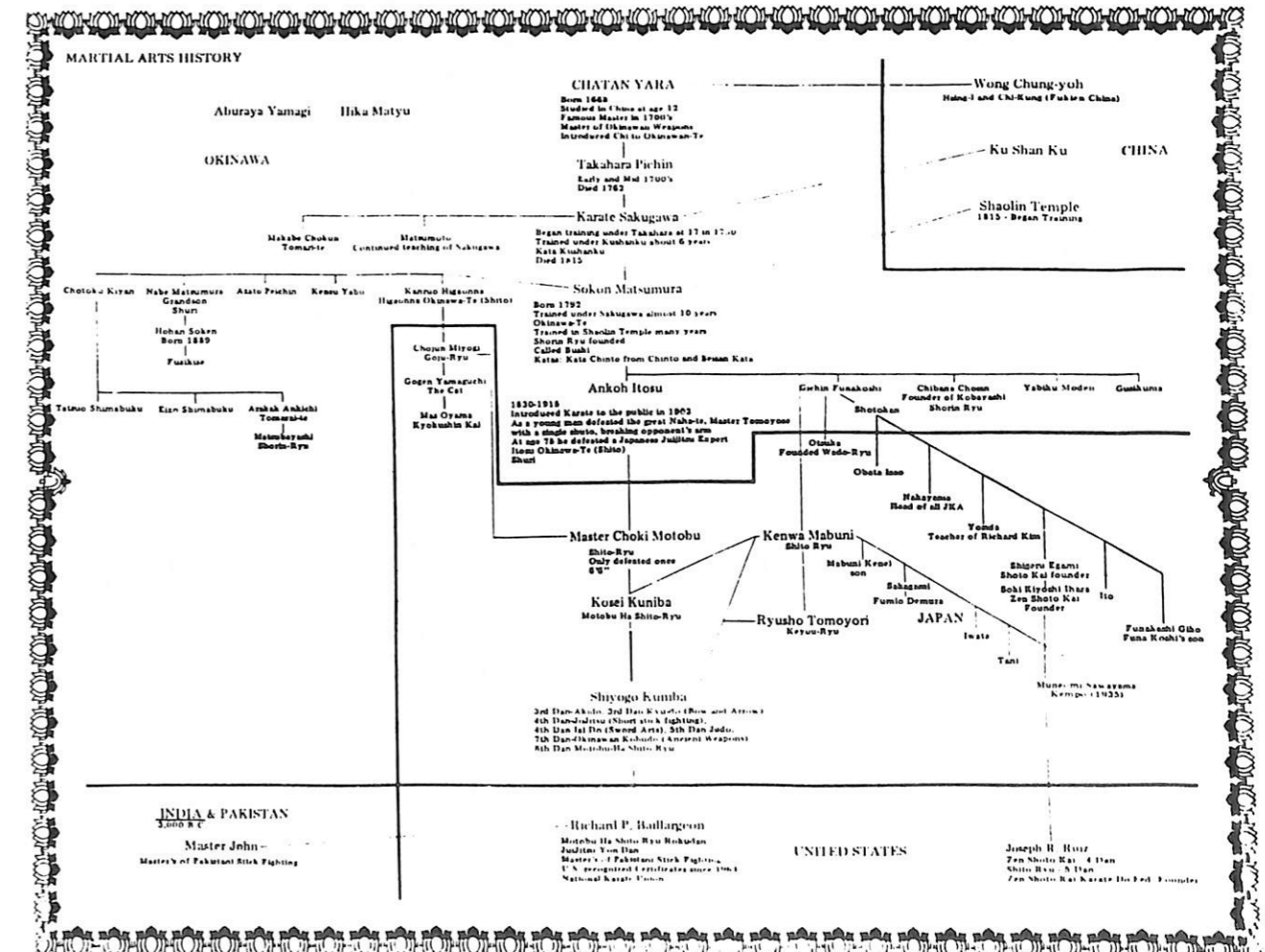
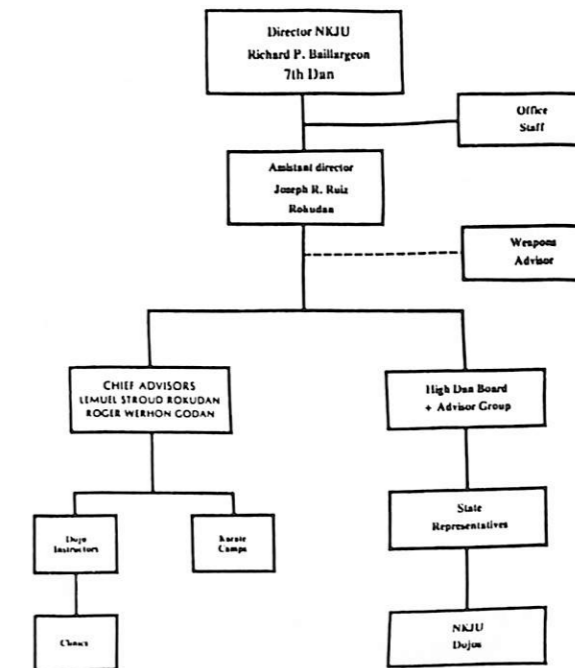
sec. 3- All candidates for the rank of 4th and 5th Degree Black Belt, and those candidates for the titles of Renshi Sensei/Sabom Nim and Renshi Shihan/Tae Sabom Nim will be able to discuss the History of their Martial Art, and to also be able to explain, in general, the development of the Martial Arts of either Karate, Taekwon-Do, and Jiu Jitsu depending on their area of discipline within the Martial Arts.

sec. 4- It is suggested that the Information on Tournament Rules and Regulations be implemented by NKJU members who conduct Tournaments in order to establish criteria for use at all NKJU sponsored events.

sec. 5- It is the obligation of all NKJU Instructors to attend workshops, clinics or training with advanced Black Belts in their area whenever possible in order that they increase their level of expertise and in order to advance the overall quality of NKJU. Promotions for ranks of Black Belts will be based upon not only the character of the applicants, but the skill of each as well.



NATIONAL KARATE AND JIU-JITSU UNION
ORGANIZATION STRUCTURE





HISTORY OF KARATE

空手

It is extremely difficult to accurately discern the origination of karate-like forms of combat. The tradition of oral transmission versus written has resulted in large intervals, spanning centuries, where no record exists. Accordingly, much of the early history of these fighting methods depend upon legend rather than factual account. However, documentation is scattered through the ancient Indian and Chinese cultures. This evidence places the existence of bare-handed combat methods in India and China approximately 1000 B.C. How organized or refined these systems were is impossible to determine. Popular legend credits India as the first country to systemize weaponless fighting but apparently similar forms evolved independently in China as well.

It is known that two Indian systems (NATA and VAJRAMUSHI) were taught to members of the warrior caste known as the KSHATRIYA. Since members of this class were also found among followers of the Buddha, this may explain the appearance of the NIO BODHI-SATTVAS statues in karate-like postures. The NIO deities are the guardians of the Buddhist faith. This is perhaps the first indication of positive ties between Buddhism and the weaponless forms of self-defense.

The first generally acknowledged figure in the development of hand-to-hand combat in China was the mysterious BODHIDHARMA (called Daruma Taishi in Japan). Not only was Bodhidharma a member of the Indian KSHATRIYA but was also the 28th patriarch of Zen Buddhism. He is credited with both introducing Zen and a systemized method of bare handed fighting into China. The actual date of his arrival in China from India is unknown but was certainly between ca. 470 and 520 A.D. Legend asserts he incorporated a series of 18 physical exercises into the monk's training at the SHAOLIN monastery in Honan Province. These exercises, commonly believed to be the precursor of CH'UAN FA (FIST METHOD) were called " The Eighteen Hands of Lo-Han."

Between ca. 580-618 A.D., a Ch'uan-Fa master, CH'UEH YUAN SHANG-JEN increased Bodhidharma's eighteen exercises to 72 total. Later, Ch'ueh met with two other Ch'uan-fa masters, LI-SHAO and PAK YOOK FONG. These men increased the now 72 forms to 170. They also classified these exercises according to their animal-like movements. The more than 300 Ch'uan-fa (misnamed Kung-Fu) forms practiced today have evolved from this beginning.

Okinawa, the largest island in the Ryukyu archipelago, is the home of what we now know as Karate. This small kingdom lies astride the sea route linking Southeast Asia with northern China and Japan. Because of its central location, Okinawa was visited by many peoples of Asia early in its history. There is vague evidence of purposeful Chinese governmental investigation of the island group during the SUI DYNASTY ca. 580 to 618 A.D. This may have been the initial Okinawan contact with Ch'uan-fa, nevertheless it is believed Ch'uan-fa was introduced by at least ca. 900 A.D.

The next major impetus took place in the late 14th Century when the Okinawan King SATTO acknowledged the MING Emperor of China as his sovereign. During the next 200 years diplomatic and cultural missions were exchanged by each country. In the same period, Okinawa also established trade missions throughout much of Southeast Asia. This great exchange of ideas resulted in the formation of TODE, the innate fighting method of the Ryukyans.

In the early 17th Century, Okinawa was occupied by the SATSUMA clan of Southern Japan. A ban on weapons and all martial arts was proclaimed by the Japanese forcing the practitioners of TODE and CH'UAN-FA underground. This brought about a combining of the two forms into one, called TE. Though Okinawa was an occupied country, an agreement between China and Japan permitted Chinese access to the Ryukyus which allowed for further Ch'uan-fa influence. TE flourished in the three major populated areas of Okinawa. These three areas also served to distinguish the three technique philosophies of OKINAWA-TE: NAHA-TE, SHURI-TE AND TOMARI-TE.

Our research of Karate takes us back in Japanese and Okinawan history for an estimated 200 years, until the time of the great Okinawan Master, SOKAN MATSUMURA. Two of his leading students broke away from the main school and formed new, but directly related systems. ANHOU ITOSU developed his system of Itosu Okinawa-te and was responsible for breaking the cloak of secrecy surrounding the Okinawan art of Karate when he included Karate as part of the regular curriculum in the First Middle School of Okinawa in 1901. It was from this school that master GICHIN FUNAKOSHI acquired his Karate training.

The other student, KANRUO HIGAONNA also developed his concept of Okinawa-Te and later one of his students, CHOJUN MIYAGI, broke away and formed Goju-Ryu. During the same period, Master Itosu's Okinawa-Te system was subdivided into 2 similar systems by two of his senior students. Master KENWA MABUNI and Master CHOKU MOTOBU, both Japanese, developed different but related systems of SHITOH-RYU. It was Master Kenwa Mabuni who first used the words SHITO-RYU as the name of his system, being derived from two Japanese characters for the words ITOSU and HIGAONNA.

Another major figure in the development of Karate was, naturally enough, an Okinawan, GICHIN FUNAKOSHI. This humble, physically small man, is considered the father of modern day Karate. He was not only a leading Karate Master, but a professor at the Okinawan Teacher's School.

In 1922, Funakoshi traveled to Japan at the request of Crown Prince (now Emperor) HIROHITO, who had witnessed a Karate demonstration during a visit to Okinawa. Funakoshi toured much of Japan, demonstrating his art and participating in various tests of skill with masters of Japanese combat forms. He was never defeated. At the urging of the Japanese, Funakoshi remained in Japan teaching his form of Karate-Do called SHOTOKAN until his death in 1957.



HISTORY OF JIU JITSU

柔術

Due to the fact that Japan was in contact with China, elements of Kung-Fu along with the old Japanese Art of Sumo (23 B.C.) were blended to bring about Jiu Jitsu. The oldest Jiu Jitsu style is Takenouchi Ryu, founded by Takenouchi Hisameri in 1523 A.D. Other styles quickly developed until they were a total of 725 different styles of Jiu Jitsu over the past 350 years. Jiu Jitsu methods include kicking, striking, throwing, joint locking, tying an opponent and the reversal for dangerous techniques taught (KAPO, KATSU) and Shiatsu.

In Japan, the art of Jiu Jitsu was founded along with other Martial Arts such a TAI JITSU (a form of Jiu Jitsu), TO JITSU (fencing), SO JITSU (spear techniques), and BO JITSU (art of fighting with a staff).

Jiu Jitsu has been explained to some degree in KOJIKI (The Record of Ancient Matters) and also in NIHON SHOKI (Chronicle of Japan). When during the Edo period, from 1615 to 1868, many of the Masters founded schools devoted to the teaching of their own RYU or system which attracted great numbers of men.

The Island of Japan is not quite as large as the State of California. Many years ago, this Island was divided into a number of territories or prefectures called KUNI. Each Daimyo or Governor possessed his own castle and his own army. An army could number anywhere from 10 to 1000 warriors who were called Samurai.

At this time, the people of Japan were divided into 4 classes: The Warrior, called SHI; the Peasant, called NO; the Technician, called KO; and the Merchant, called SHO.



One of the most highly respected classes at this time was the WARRIOR. For in this class were specialists in the Martial Arts, who were much sought after by the various Daimyos, as instructors for their armies. At various times, these Daimyos warred against each other; therefore, an able instructor of Jiu Jitsu was a very important officer in the employ of his Daimyo. For once the army had taken to the field, the fighting techniques of the individual Samurai was that of his instructor; so in a way, it became a contest of various techniques as taught by these instructors. It is for this reason, that even today, these techniques are known as MARTIAL ARTS.

Approximately 150 years ago, warriors were still equipped with swords and like weapons. With the passing of the TOKUGAWA ERA and the selection of a single ruling Emperor, Japan became united and the EDO capitol was eventually located in TOKYO. With the coming of the MEIJI ERA, the status of the Samurai warrior was somewhat reduced to that of a common citizen and he was forbidden to carry swords. In place of this weapon, the men turned to Jiu Jitsu, a Martial Art which had been taught for use with swords, and through contests with empty hands. Thus, developed a method of combat as we see it today. Thus, the kumite and Tai-Jutsu, which were forms of combat which were taught to dispatch an enemy on the battlefield, became known as Jiu Jitsu. During 300 years of peaceful contests between various students of various Ryus or systems, the Art became widespread in Japan. These Martial Arts were taught and practiced in places called DOJO, which translated means "Place of Cultural Technique and Spritual Character." It was given this name due to the fact that the people of the time believed that it was only when a person could master the uniting between spirit and mind that he would become proficient in these arts. Just as the ancient Romans and Greeks gave honor to Mars, the god of war, the warriors of the Middle Ages in Japan believed that sanctification and purity of mind was the true way to the mastery of the Martial Arts.

The Oriental students of Martial Arts study with the idea of relaxation and sanctification of mind. Many students further their study by means of ZEN Buddhism, which teaches purification of mind and spirit. It is the belief that all power in man emanates from a point approximately below his navel in his abdomen, called HARA. It is believed that by a perfect meeting of spirit and body, this power can be released and used as desired. There is a state called "MIZU NO KOKORU" or translated, "A Mind Like Water," similar to that practiced in YOGA. When a man clears his mind of all unnecessary thought and enters a state of complete relaxation, he becomes mentally calm and his mind reflects a situation similar to a crystal clear, placid lake, with no ripples to mar its surface. All is perfect peace and tranquility. When in this state, the mind is brought to the area of the abdomen by means of thought, and at this time, when the body power and mind meet, all power is suddenly released and brought under control by the man himself. This enlarges his physical capacities and abilities many times over.

During this same period of time, one Professor JIGORO KANO, a member of the Japanese House of Peers and a College Professor, noted the lagging interest in the Martial Arts and began to modify Jiu Jitsu so as to permit its practice as a sport. All dangerous throws were removed, and a code of procedure was drawn up for contestants to adhere to. Some years later, he founded the KODOKAN, or Judo Center of the World, in Tokyo.

NOTE- Due to the many different definitions and interpretations of Jiu Jitsu techniques, how can anyone say it is pure Jiu Jitsu? Mr. Baillargeon has decided to use the name GOSHIN-BUDO, "Martial Art of Self Defense," as our style of Jiu Jitsu.

NOTE- There are many techniques in Jiu Jitsu called by different names. Continue using your own terminology for your own techniques.

The origins of the Korean Martial Art, called Taekwon-Do, are, like its Japanese and Okinawan counterparts in the Martial Arts systems of Karate-Do, very obscure for the simple reason that much of the details of the Korean Systems were not written down for posterity, or were destroyed in Wars or in Occupations by Foreign Armies.

Taekwon-Do, which can be translated to mean the Art of Kicking with the Feet and Punching with the Hands, is a GENERIC term for Korean Karate. It is therefore a term that describes Korean Martial Arts of Empty or Open Hand Fighting. From a purely clinical viewpoint, Taekwon-Do varies from most Chinese styles in that it is a HARD system of Martial Arts as opposed to the softer, flowing styles of Chinese WU SHU, or what we call Kung-Fu. It also varies from Japanese and Okinawan Karate in that Taekwon-Do emphasizes more use of the legs in kicking attacks in both offensive and defensive fashions, and it relies on more angular attacks as opposed to the linear or straight-line attacks of Karate-Do.

Written records on the Korean Martial Arts can be accurately traced back to the Silla Dynasty of the 6th Century A.D. Under various Generals, such as Kim Yoo Sin and Monarchs such as MOON MOO, an elite corps of officers was developed known as the HWARANG. This corps, similar to the Samurai of Japan, became very powerful as warriors and as a social class in later years. Many modern day Korean families can trace their lineage back to Hwarang Officials. The warlike society of Hwarang studied empty hand methods of Bak Soo Do and Tae Kyun, the forerunners of modern day Taekwon-Do, as well as the system of Jeki Chagi, similar to Japanese Jiu Jitsu. Also emphasized was training with the sword, spear, bow and arrow, halberd, and other weapons of Chinese extraction. The military class was very powerful in Korea until the late 1800's, when all Martial Arts training was discouraged by the Emperor of the YI DYNASTY; the end of all teaching of Bak Soo Do and Tae Kyun came with the Japanese Occupation of Korea from 1909 until 1945. Modern day Taekwon-Do actually started in 1946, but was not formally announced until 1955 with the formation of the International Taekwon-Do Federation; General Choi Hong Hi, its President, is the man who is given credit for the implementation of the name TAEKWON-DO.

As in Japan, Okinawa and China, there are many varied styles or methods of Taekwon-Do. Throughout Korea today, a prospective student will run across names such as Bak Soo Do, Hwarang Do, Hapkido, Song Moo Kwan, O Do Kwan, Chee Do Kwan, Chung Do Kwan, Moo Duk Kwan, and Tang Soo Do. Each of these systems "claims" to be the original founder of the Korean Martial Art of Taekwon-Do.

MOO DUK KWAN TANG SOO DO AND BAK SOO DO:

This is a major system in Korea and internationally as well. It is headed by Hwang Ki, 9th Degree Black Belt, who studied Japanese Shindokan Karate Do and White Crane Kung Fu. This system resembles Japanese SHOTOKAN Karate closely, and SHORIN RYU from Okinawa as well. Basic forms are called Kibon, and resemble Japanese Taikyoku Kata; also used are Japanese forms up to third degree black belt of the Heian Series, Tekki Series; after that, pure Korean Forms are taught. Practitioners of DAN rankings wear a Dark Navy Blue Belt instead of the Black Belt.



INTERNATIONAL TAEKWON-DO FEDERATION:

Founded by General Choi Hong Hi, and is known as the Chang Hung style of Taekwon-Do. Organized and announced in 1955, this is a very large International Organization. 24 Forms are taught that have historical significance and have no counterparts in Japanese or Okinawan Karate Do. I.T.F. is a member of the Korean A.A.U. and its Board of Directors are composed largely of Government Officials.

WORLD TAEKWON-DO FEDERATION:

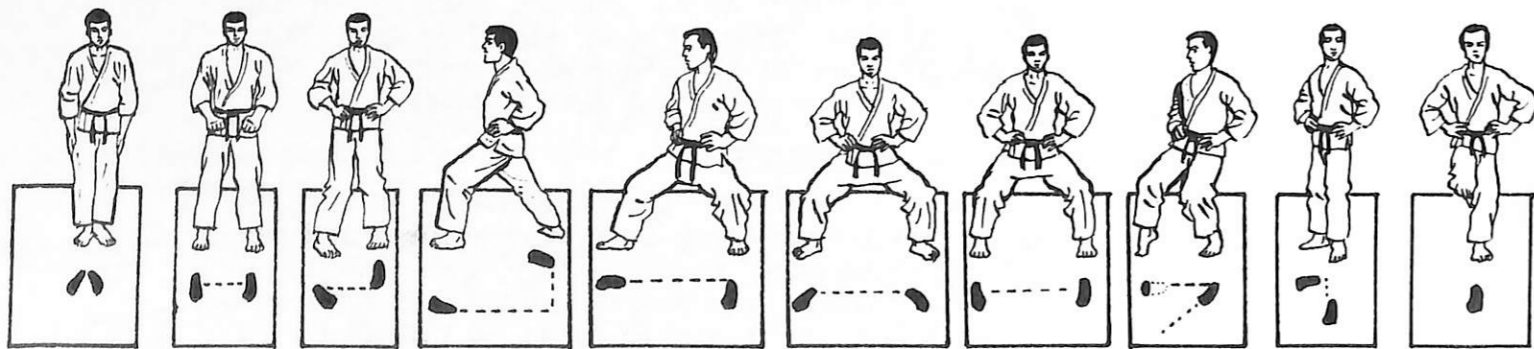
Headed by Kim Yun Yong, 9th Degree Black Belt, this International Organization is also known as the Korean Taekwon-Do Association. They utilize 8 Forms known as PALGUE, 7 Intermediate Black Belt Forms, and 8 new forms known as TAE GYUK. W.T.F. is also a member of the Korean A.A.U. and will be the first Korean Organization to have competition in the OLYMPIC GAMES. W.T.F. forms also have no counterparts in Japanese or Okinawan Karate.

Taekwon-Do has received a lot of bad publicity in the United States due to the fact that there are large numbers of High Ranking Koreans who have come here to milk Americans for dollars. Many of these Instructors have made it seem that a Black Belt is easily obtained merely by paying money for tests, and Black Belt diplomas a rolled out by the score. While this is a valid assessment in a lot of cases, there are many excellent, traditional Korean Instructors who value instruction of their students as their first priority; they do derive an income from instruction of the Arts, but do not take advantage of the ignorance of the general public by passing out diplomas for easy dollars.

The future of Taekwon-Do rests on the shoulders of the Korean cadre of Instructors in the U.S. and abroad as well. If the receipt of money takes priority over quality instruction, then the vast majority of students who seek serious instruction will seek other schools. Taekwon-Do will then be relegated to those few serious exponents who instruct as they should; the majority of flash-in-the-pan schools will die off, victims of an educated public and to attrition.

Taekwon-Do, then, is simply another method of Empty Hand Self Defense much like Karate, but called by a different name. In many ways, it is similar to its counterparts in Japan and Okinawa, but in many ways it is totally different. The most identifiable method of differentiation lies in philosophy; Karate-Do is a Way of Life, a Martial Art; Taekwon-Do, for the most part, has become an exciting and dynamic sport that also features self defense as part of its program. There lies the essential difference.

STANCES :



Musubi-Dachi Yoi-Dachi San-Chin-Dachi Zen-Kutsu-Dachi Kokutsu-Dachi Shiko-Dachi Kiba-Dachi Neko-Ashi-Dachi Teiji-Dachi Sagi-Ashi-Dachi

聖心会

Soke Shogo Kuniba, 9th Dan, Seishin Kai Karate, presents 7th Dan to R.P. Baillargeon and 6th Dan to Joseph Ruiz of N.K.J.U., October, 1980, Portsmouth, VA.



SOKE SHOGO KUNIBA- 9TH DEGREE BLACK BELT

Soke Shogo Kuniba, 9th Degree Black Belt, is the head of the Motobu Ha Shito Ryu, Seishin Kai Karate Union, that is headquartered in Osaka, Japan. Since the NKJU initially grew out of Seishin Kai, and since Soke Kuniba was the Instructor to Soke Richard P. Baillargeon, the Head of NKJU, it is important that we know something about him.

Shogo Kuniba was born at Fugi-Yoshida City, Yamanashi Prefecture, on February 5th, 1935. His father was Kosei Kuniba, who had studied Karate with Choki Motobu and others. In 1940, the older Kuniba opened a Karate Dojo in Osaka. It taught the Motobu Ha Karate Do and was later called the Seishin Kan Dojo. Shogo Kuniba began his Karate study in 1940 at his father's Dojo. The Dojo was joined by Kenwa Mabuni and Ryusei Tomoyori, who taught there for room and board. Sensei Mabuni was the founder of Shito Ryu Karate.

By 1947, after the hardships of W.W. II, Shogo Kuniba achieved his First Degree Black Belt, and was granted the rank by Kenwa Mabuni. After 3 more years of additional study, he was awarded the Second Degree, also by Masters Mabuni and Tomoyori; he was now the age of 15 years old. In 1952, he was promoted to 3rd degree by Master Mabuni, and began to diversify his studies. He went to Sakai City where he began to study the Mugai-Ryu Iaido with Soke Ishii Gogetsu.

In 1955, at the age of 20, Shogo Kuniba earned his 4th degree black belt from Master Mabuni. In that same year, he went to Naha City, Okinawa, where he began training at the Matsubayashi Shorin Ryu Dojo of Soshin Nagamine. While here on Okinawa, Kuniba Sensei undertook the serious study of Kobudo Weapons training. With Master Shojin Kosha, he studied the Bo and Nunchaku; With Master Junko Yamaguchi he studied the Tonfa. By 1958, Shogo Kuniba had achieved the rank of 5th degree black belt in Shito Ryu Karate, 4th degree black belt in Iaido, 6th degree black belt in Kobudo and had been awarded the position of first office manager for Nippon Karate



Do Rengokai. He was 23 years old.

Not all went well for Master Kuniba. On October 17th, 1959, his father Kosei Kuniba passed away. By succession, Shogo Kuniba then became Soke for Motobu Ha Shito Ryu; he still retains that position.

In 1962, Soke Kuniba was promoted to 6th degree black belt in the Nippon Karate Do Rengokai, 6th degree in Iaido, and 7th degree in Kobudo. In 1966, he became a 7th degree black belt in Shito Ryu Karate. In 1968, he relieved Shihan Teruo Hayashi as the head of Seishin Kai. By 1973, at the age of 38, Soke Shogo Kuniba had achieved 8th degree black belt in Karate, Iaido and Kobudo; he was then the youngest Japanese Master to have won such prestige.

His career has also included many other achievements, including the 1978 appearance in the documentary film, BUDO, a classic demonstration on the Japanese Martial Arts. He was presented with the 9th Degree Black Belt in 1984 by the Nippon Karate Do Rengokukai, and is one of the most highly esteemed Masters of the Martial Arts in the world.

In February of 1985, at the request of Soke Richard P. Baillargeon, Director of NKJU, Soke Shogo Kuniba accepted the position of Special Advisor to NKJU in the area of Motobu Ha Shito Ryu Karate. While the Seishin Kai Karate Do Organization of Master Kuniba and the NKJU remain separate and distinct entities, Master Kuniba will use his skills and talents to advise NKJU on matters of Shito Ryu Karate, his area of expertise.



HEAD INSTRUCTOR'S CREED

1. I WILL BE LOYAL TO THE NATIONAL KARATE JIU JITSU UNION.
2. My goal will be to perform my job well in the interests of NKJU.
3. I will avoid misrepresentation as dishonest and poor policy.
4. I will endeavor to give careful thought as to the needs of our Karate and Jiu Jitsu Union, and its members.
5. I will never promote a member to the next grade unless they have passed all of the requirements for advancement.
6. I will always strive to maintain a proper mental attitude, never allowing myself to think of Karate or Taekwon-Do in terms of monetary gain, but rather as a pleasure and a privilege.
7. I will not issue School Certificates without the inclusion of a National Karate Union/Jiu Jitsu Certificate as well.
8. I will strive to improve myself at all times and to become highly proficient in my art by maintaining an open mind.
9. I will not train my students only for competition.
10. I will train my students to be proficient in all areas of the Martial Arts where possible.
11. I will never degrade other Instructors or their Schools.

The National Karate and Jiu Jitsu Union was founded in 1974. Its founder is Soke Richard P. Baillargeon, 7th Degree Black Belt in Motobu Ha Shito Ryu Karate, and 5th Degree Black Belt in Goshin Budo Jiu Jitsu.

Mr. "B." has over thirty years experience in Karate and Jiu Jitsu. His study of the Martial Arts began when he was in the Marines. During his tour of Japan, he was able to further his study under Master Shugo Kuniba of Osaka and under Master Kishen Kayo of Iimagawa from 1960 to 1964. During his years of training in the Seishin Kai Karate Do Remmei, he eventually rose to the rank of Fifth Degree Black Belt, and Yondan in Jiu Jitsu. All of his formal training in the Martial Arts has been under Japanese instructors.

Master Baillargeon served as the United States Director for the Seishin Kai Karate Union of Osaka, Japan. Besides making history as one of the first Westerners to achieve the Master Rating in the Eastern Martial Arts, he has a couple of other outstanding credits. He made U.S. Karate history in 1965 when he held the first ALL JUNIOR KARATE TOURNAMENT. On the other side of the globe, he made Japanese Karate history by being the first American to be awarded a Black Belt by the Seishin Kai Karate Union.

In the summer of 1974, a controversy arose in Seishin Kai concerning its fees in the United States. Master Baillargeon could not, in good conscience, follow these new policies. It was also during this time that Master Baillargeon had been promoted to 6th Degree Black Belt by the Seishin Kai Organization. He felt loyalty to the organization, but simply could not abide by policies that he felt was unfair to members. He was asked to therefore resign his position. Shortly thereafter, he was asked by several other dissatisfied schools in Seishin Kai to establish his own organization, and he established the National Karate Jiu Jitsu Union to meet the needs of his fellow Karate practitioners.

Today, Mr. "B." is the director of a project which was born out of his many years of Martial Arts experience. The National Karate Jiu Jitsu Union, with headquarters in Valdosta, Georgia, is a non-profit organization, carefully formed as "...strong American Karate (Union) by and for Americans without any foreign control..."

The Karate Union is as American as apple pie, right down to its emblem. The NKJU emblem is made up of red, white, and blue. The design layout is four spearheads centering at one point, symbolizing the four directional attack points of Karate as demonstrated in all Karate training and forms.

Although Master Baillargeon ranks highly in one style, he is not interested in promoting only his own style of Karate and Jiu Jitsu. He is really interested in two things: Promoting all styles of Karate and Taekwon Do, and making sure that Americans have an opportunity to control their own Martial Arts Organizations.

It is important to remember that although there is an attempt to Americanize Karate in terms of control, it doesn't mean that Oriental customs are to be simply discarded. If an individual is basically a Korean stylist, he doesn't have to give up his own customs and style in order to become a member of NKJU.

Whether it is actually true or not, Master "B." is worried that too many " Foreign Nationals " (as he terms them) are " claiming numerous Tournament Championships and High Degrees of Black Belt ranks, and trying to take over Karate and Taekwon-Do in the United States."

Presumably, the Karate Union Mr. "B." would like for everyone to join is his own. " The basic objective of our Union has remained constant, that is, to provide through strength and unity, Karate/Taekwon-Do recognition and the enhancement of the image of the professional Karate and Taekwon-Do Head Instructor and to accept all styles of Karate and Taekwon-Do.

Mr. Baillargeon is plainly concerned with the attempt by Foreign Nationals who are trying to control Karate and Taekwon-Do in the United States by their claims of High rankings and false tournament victories, documents etc. As he writes in his Union's handbook, " In order to really stop the takeover of Karate and Taekwon-Do by these people, all Instructors should join a United States Organization headed by Americans... Let Americans control Karate and Taekwon-Do in the United States.

To date, the NKJU has over members in more than Schools throughout the United States and Europe. A rather unique feature of the NKJU is that it is not overloaded with High-Ranking Black Belts as many other Unions are. According to NKJU statistics, there is one 7th Degree Black Belt, Mr. Baillargeon, 2 Six Degrees Black Belts (Mr. Joseph R. Ruiz and Lemuel Stroud), and a small number of 5th and 4th Degree Black Belts. For every 50 Registered members, there is one Black Belt. At a time when self promotion seems to be a major concern among serious Martial Artists, it is not tolerated by the NKJU. A high degree of proficiency is required by each style in order to be tested for rankings, and for these rankings to be recognized by the NKJU.

The profit motive is certainly not part of the NKJU. As a non-profit organization, students do not have to worry that they are simply being taken for a ride by someone who just wants to make out for himself. The NKJU is run " by and for the members." My home School, says Mr. Baillargeon, is a club type organization and non-profit in nature. Monthly costs are prorated to the students, with dues never more than \$15.00 per month. I believe that a school should charge enough to pay expenses, and to make a living for the instructor, but I am not overly fond of excessive fees for students, especially contracts that take advantage of students.



THE MEN WHO RUN NKJU

Foremost among the instructors who left Seishin Kai was Joseph R. Ruiz. Mr. Ruiz, at that time, was a 4th Degree Black Belt in Zen Shoto Kai Karate Do. He had a knowledge of Karate, Kempo and Weapons far in excess of a normal man. Once Mr. Baillargeon learned of Mr. Ruiz's broad and deep knowledge, he appointed Mr. Ruiz Assistant Director of NKJU and awarded him the title of Shihan Dai. Soke Kuniba later promoted Shihan Ruiz to 5th Degree Black Belt.

Soke Baillargeon together set out to give scope and direction to their new Federation. It was to be open to all styles. It was to insist on high standards for certification of its new members. It was to emphasize traditional Martial values of courtesy, loyalty, respect, discipline, and sweat that both men had experienced in their training in Japan, and which both men had endured in their long tutelage under their own Japanese Instructors. It was also to be fair in its policies.

When NKJU was formed, most members were Seishin Kai members, Shito Ryu stylists. It became evident at a later date that other Martial Arts stylists wished to join the Union, an American Organization, and the two men decided to open NKJU to all styles of Karate and Taekwon-Do. Today, NKJU is made up of Goju Ryu, Kyokushin Kai, Uechi Ryu, Shito Ryu, Shorin Ryu, Shotokan, Kempo, many styles of Taekwon-Do among others as well as two distinct styles of CLASSICAL WEAPONS, Nitten Ryu and Koga Ryu Kobudo.

A third man of importance in the history of NKJU is Lemuel Stroud, then 4th Degree Black Belt in Hakko Ryu Jiu Jitsu. Mr. Stroud was crucial in helping the Jiu Jitsu program in the new Union. He and Soke Baillargeon have worked together to strengthen that program. Mr. Stroud was promoted to 5th Dan, SHIHAN

in 1977. He is now in charge of the Jiu Jitsu program for NKJU, and was promoted to 6th Degree Black Belt by the High Dan Board of the NKJU in July, 1983.

Two other men were important in helping the new Union to grow. Mr. Thomas Bentley was appointed Dai Sempai, Chief Training Instructor for the NKJU. Mr. William Knoblock was of special help in strengthening the kicking and fighting instruction for members of the NKJU.

Since its foundation, the NKJU has gradually taken its present form. A HIGH DAN BOARD was selected for promotions and appointments. State Representatives were appointed for Karate, Jiu Jitsu and Taekwon-Do, their function being to assist member schools and to advise new schools interested in membership. Special NKJU appointments were made. Schedules for clinics and Summer Camp were established. In October of 1980, Soke Baillargeon was promoted to 7th Degree Black Belt by Soke Shugo Kuniba of Osaka, Japan, and Shihan Ruiz was promoted to 6th Degree Black Belt, also by the appointment of Soke Kuniba. That same year, Mr. Bentley resigned as Dai Sempai. In the summer of 1981, Shihan Roger Werhon, 5th Degree Black Belt, was appointed as the new Dai Sempai for NKJU.

In its present form, the NKJU is a Federation of over 50 Martial Arts Schools embracing a broad spectrum of styles. Although it is strongest in the East and the South, it has schools as far away as Canada and Alaska. In 1983, it became an International Federation with the addition of a School in Sweden. Our's is a diverse Union that stands for quality and fairness.

NATIONAL PHILOSOPHY



Practitioners of many basic styles are members of this Union. Mr. Baillargeon is not concerned with promoting his particular style of Karate as he is with promoting and organizing Karate and Taekwon-Do as a whole. He hopes for harmonious relations and mutual respect among the various styles and organizations of Martial Artists in the U.S.A.

Mr. Baillargeon believes that a Martial Artist must work hard for his rank. He believes in physical conditioning and the hard knocks that are familiar to most Martial Artists. As Mr. Baillargeon received his training in the traditional difficult fashion, so does he advise others to receive their's. He firmly believes that all Martial Artists should learn about other styles, and not be stagnant and entrenched in one's own particular method.

The National Karate Union is chartered in perpetuity as a non-profit, democratic Karate/Taekwon-Do organization and is empowered to exercise its charter in any State in the United States and in Foreign Countries. Benefits and services are available to all Head Instructors of any Karate and Taekwon-Do style and other styles of Martial Arts. The NKJU enjoys a position of esteem and effectiveness in the Karate world. How did it get there? Certainly not by accident. A product of outstanding leadership, collective and individual initiative applied by enthusiastic joint management, the NKJU realizes the necessity in sustaining a continuous flow of benefits and services to NKJU members. The basic objective of our Union has remained constant; We (NKJU) are a democratic organization, and our members are "involved" in the communities in which they live and have established themselves as worthy citizens. While our goal has remained the same over the years, the structure of our Union has undergone constant change as we have adapted to the needs of our members.



MEMBERSHIP

The National Karate Union accepts Head Instructors of all major Karate, Taekwon-Do and Jiu Jitsu styles. Head Instructors may register their school by completing the copy of the Head Instructor's Application Blank, mail it to National Headquarters with a copy of their Karate, Taekwon-Do or Jiu Jitsu Certificate for approval or disapproval. The Head Instructor does NOT pay a registration fee.

A School Charter will be issued as soon as the Head Instructor has registered 10 students with the National Karate Union. A HEAD INSTRUCTOR must be at least the rank of First Degree Black Belt or higher to qualify.

Students will fill out a registration blank and the Head Instructor will mail it to National Headquarters with the Student's Registration Fee. Students registering as Brown/Red or Black Belts will send a copy of their certificate along with the application blank. Only registered students will be issued I.D. Cards, Certificates and Patches. Students will register yearly to continue as members.

DEACTIVATION

The Head Instructor may deactivate his own membership by stating so in a Registered Letter to National Headquarters. By his deactivation, his student's memberships shall be considered deactivated, unless they continue training in another National Registered School or satisfactory arrangements have been made to select another instructor from the same Class/School. Students may deactivate their membership by not paying their yearly registration fees.

The membership of a Head Instructor, or all of his students, may be deactivated by the order of the Director when it is in the best interest of the National Karate Jiu Jitsu Union. Serious infractions of NKJU policies are cause for immediate deactivation/suspension of Head Instructors and their schools.

Any Head Instructor who issues his own School Certificates WITHOUT also issuing an NKJU CERTIFICATE will be discharged immediately. This Headquarters will inform the Directors of other Organizations in the United States of the individual in question and their school in an attempt to prevent them from joining any other United States Karate Organization or Taekwon-Do Organization.

If the Head Instructors fail to comply with this publication, without the express written permission of the Director, his membership will be revoked.

BENEFITS

There are many benefits in joining the National Karate Jiu Jitsu Union. Among these are:

1. Membership Cards- these are issued to Head Instructors, Instructors and Students who have registered with the NKJU. When Head Instructors are promoted, a new membership card shall be furnished free of charge. When a student is ready for promotion, his Head Instructor must send the Student's I.D. Card Number and expiration date with the Diploma/Certificate fee, and mail them to U.S. Headquarters with a note stating the date of the student's promotion. U.S. Headquarters shall issue a new card with the change in grade

and mail it back with the diploma within 12 days, VIA 3rd Class Mail. For First Class Mail, ad \$2.00 for postage.

2. Clinics- clinics are offered in a number of areas on a variety of topics. Some are on a fee basis, and some are offered free of charge, depending upon the situation. ALL CLINICS offered at National Headquarters are offered free of charge. Head Instructors are encouraged to come to National Headquarters for additional training.

3. Summer Camp- an intensive week long of instruction is offered at Chowan College in Murfreesboro, North Carolina. Camp is on a fee basis, and interested Head Instructors should contact National Headquarters for current rates. Included in the instruction are all meals and lodging for the week in air conditioned rooms.

4. Classical Weapons Training- offered in clinics or a camp. Interested Head Instructors can contact National Headquarters for referral to the National Weapons Union for Instructors and Students who wish to train for Under Black Belt or Black Belt Rankings. Styles offered in Kobudo are Nitten-Ryu and Koga Ryu Kobudo.

5. Video Tapes- these are available to all Head Instructors for Kata or Hyungs from Karate or Taekwon-Do. Contact National Headquarters for appropriate fees.

6. Martial Arts Supplies- available from National Headquarters. All current supplies are available unless in areas where some items are prohibited by law. SAFE-T gear, uniforms and other equipment is available at substantial savings to Head Instructors.

7. Tournaments- NKJU offers Open and Closed Tournaments in a number of areas around the United States. All Head Instructors who plan a Tournament should contact NKJU at least 30 days prior to the Tournament for publicity purposes. National Officers are available for Tournaments on a fee basis.

8. NKJU Newsletter- NKJU sends out bulletins and newsletters to Head Instructors on a frequent basis. NKJU solicits information from all instructors for use in these bulletins.

9. National Yearbook- published yearly, a summary of NKJU activities for the year. School photos are included, as are photos of students from White Belt to Black Belt. Information is always welcome for inclusion in the Yearbook. Ask the Director for information.

10. Instructor's License:
NKJU awards several types of Instructor's Licenses to its instructors.

A). Third Class- been a member of NKJU for 1 full year, BLACK BELT status.
B). Second Class- has attended 8 hours of clinics and workshops conducted by NKJU Officers.

C). First Class- hold a 2nd Class license. Attended 8 hours of instructor's seminars or completed the NKJU Instructor's Course at Summer Camp.

D). Technical License- specialized in weapons, Aikido, Kicking, Open Hand Katas/Forms or other types of qualified Martial Arts skills. Must hold a 3rd Degree BLACK BELT or higher. Must pass an examination given by the High Dan Board.

11. Promotions- all Head Instructors and students who receive certification from NKJU receive Certificates that are recognized Internationally.

KARATE GROUPS

Martial Arts Instructors can be classified into FIVE- distinct groups.

1. Die-hard Traditionalists- these are Instructors who teach one basic style with no contact with other Martial Artists or styles. They condemn all other styles but their own, and refuse to adapt to the changing world around them.
2. " The Bookworm"- this is the fellow who learns all of his Martial Arts knowledge out of a book. He is well versed in the language of the Martial Arts, but cannot perform at all except with his mouth. He takes advantage of unsuspecting students, who pay him for nothing, and all of his credentials are false.
3. " The Promoter"- this is the instructor who charges exorbitant fees on a contract basis. He may have received training in some form of Martial Arts, and usually has credentials pasted to his wall, but to him, money is the sole object in instruction of the arts. Students may learn from this instructor, but at a very expensive price.
4. The Foreign National Bank of Southeast Asia- this is the instructor who was a third degree in his own country, but who hitched a ride to the land of milk and honey (the U.S.A.) with the grandiose title of 7th or 8th degree black belt. They were usually champions of every foreign tournament ever held, and were also "chief" instructors for every army group in the entire world. These people teach for money, and money only. They impress their students with the 200 stripes on their belts, and charge \$200.00 for black belt certificates. They do not like the idea of Americans who want to control their own destiny.
5. The Ideal NKJU Instructor- he is the most frustrated of the group. He is concerned about good Karate and Taekwon-Do, and while he charges fees for his services, they are based upon fairness and equality. He is not getting rich teaching the Martial Arts. He is concerned about quality in instruction, not dollars or how many trophies his students acquire. It is to serve his students and their interests that this man joins NKJU.

AN INSTRUCTOR



In Japan, an Instructor of the Martial Arts is called " SENSEI;" In Korea, the same term is called " SABOM NIM." For every ten thousand students that join a Martial Arts class, half will drop out the first month. Of that 5,000, half will remain through the second month. Of those remaining students, 1,000 will complete six months of training and then quit. 500 will study for a year, but only 100 will see their second anniversary. 3 will make 1st Degree Black Belt, but only 1 shall go on to teach others what he has learned. For Karate or Taekwon-Do is now a part of his life, and he shall go on to share this life with others. Think about it! An INSTRUCTOR is one in Ten Thousand!!!

INSTRUCTION OF CHILDREN

Head Instructors may use their own policies of belt/diploma grading for children. Children who are members must purchase and be awarded a National Karate Union Diploma for each promotion received.

National Headquarters recommends that Head Instructors use the same guidelines for Children that they use for their Adult students. TIME-IN-GRADE for Children must be the same as for the Adult Students.

Children MUST BE 16 years of age before being tested for Black Belt in the National Karate Union. Prior to age 16, the rank given to a Junior who is ready for Black Belt status but who cannot be tested due to age requirements, will be as follows:

SENIOR BROWN BELT- this is a belt that is either brown and black, or red and black depending upon what Martial Arts Style of which the student is a member (e.g., Karate or Taekwon-Do.).

When a Child has reached the age of 16, he will be graded as an Adult. Holders of the SENIOR BROWN OR SENIOR RED BELT will be tested for Black Belt as soon as they reach the age of 16.

Head Instructors who become registered with the National Karate Union who have Children who are Junior Black Belts must transfer these Belts into the SENIOR BROWN BELT/SENIOR RED BELT CATEGORIES.

INSTRUCTION OF HANDICAPPED

NKJU accepts memberships of Head Instructors who are Handicapped, or will allow FREE FEES, FREE CERTIFICATES and other benefits to Head Instructors who are Handicapped Students.

Head Instructors who are teaching Handicapped Students will not charge them for Yearly Membership Fees or for Promotion Certificates. Head Instructors, in sending their YEARLY MEMBERSHIP ROSTERS to NKJU Headquarters will merely indicate the Handicapped Student's Name and the fact that they are Handicapped and receiving the Free Benefits.

ANY Head Instructor who violates this program by charging Handicapped Students Yearly Membership Fees or Fees for Certificates will be immediately deactivated from NKJU.

INSTRUCTION OF SENIOR CITIZENS

NKJU allows for lower rates in the instruction of Senior Citizens. It is recommended that a reduction of 20% be allowed for Yearly Membership Fees and Promotional Certificates.

A Senior Citizen Discount is allowed after age 55.



WHAT DOES AN NKJU RANK CERTIFICATE MEAN?

Like the NKJU emblem, the NKJU rank certificate has a symbolic meaning.

The pattern of our certificate is derived from the standard rank certificate issued in Japan.

The central image on our certificate is the NKJU emblem itself. The full symbolic meaning of that has been explained in a separate article. That it has the central place on our certificate reminds us of that meaning. But, there are other important symbols on our certificate.

Its lower border is embellished with leaf clusters interwoven with flowers. The groups of three leaves symbolize the three roots of karatedo—the body, the mind and the spirit. It is in the kata that we strive to weld these three into a single unit. That is the point of sanchin. It is by the level of performance of these kata that one's "grade" in karate is determined.

The three leaves also represent the three primary levels of karate achievement. Those levels are symbolized by the three traditional colors of the karate obi—white, brown and black.

The second major symbol on our certificate is found at its top and along its side borders. It is the image of a bird with an elaborate tail. That bird is the unique Phoenix. According to legend, the Phoenix is about the size of an eagle. It is said to be red and gold, the colors of fire. It lives about five hundred years. Only one Phoenix exists at a time. At the end of that time, the legend goes, the Phoenix consumes itself in fire and burns itself to ashes. From the ashes a worm grows. From that worm a new, radiant Phoenix is born.

In Chinese legend, the Phoenix is called FENG-HUANG. It is one of the four animals presiding over the national destiny. According to the Chinese, Feng-Huang is born in the halo of the sun and is made of fire. Its forepart is like a goose, its neck is like a snake, its forehead is like a fowl. Certain Mandarins had this fabulous creature embroidered on their silken robes. Further, Feng-Huang is the mythical counterpart of the Chinese Dragon. The Dragon symbolizes water; the Phoenix symbolizes fire. The Dragon is sometimes destructive; the Phoenix is always a symbol of some momentous event.

The Phoenix is a sign of death and resurrection, of the rising sun, and of immortality. It represents light, wisdom, new life and hope. These meanings relate directly to the spirit of martial arts as taught by the NKJU.

Our goals in budo is perfection of character. That task requires that we must overcome many obstacles. The feathers of the Phoenix represent the trials that must be endured on the way from kyu to dan. The child in us must perish if we are to reach our ultimate goal. The budoka, like the Phoenix, must be reborn from the ashes of immaturity, inadequate skills and ignorance. Each new kyu or dan grade achieved is a signpost that an old self has been surpassed, that a new or better self has been born from its ashes. The NKJU certificate symbolizes the knowledge and hope that comes from such an achievement.

Like the NKJU emblem, The NKJU rank certificate stands for more than the obvious. Its leaves remind us that to grow in skill is to conquer ourselves and to bring our body, mind and spirit into unison. Its Phoenix teaches us that we must be strengthened through our hardships and take hope in a rebirth from the ashes of our disappointments. Like the Phoenix, the way is endless. Like the Phoenix, we must be reborn through its hazards. The NKJU rank certificates marks the phases in that struggle.



PROMOTIONS

STUDENTS:

The NKJU sets a minimum time-in-grade for the promotion of students. Head Instructors do not have to promote students merely because they have achieved the minimum time-in-grade required for promotion. Time-in-grade for students begins on the date of their registration blank approval, or on the date of their promotion. Time-in-grade is only in effect while the student is attending instruction on a REGULAR basis. If there is a break in training, there is a break in time-in-grade. Head Instructors may recognize the certified grade of new students from other organizations. Time-in-grade for these students shall begin on the acceptance date of their registration blanks.

BLACK BELTS:

All Black Belt Head Instructors who apply to this Union for membership and who are subsequently accepted for membership can be eligible for promotion, provided that they (1) Have the Time-In-Grade for the rank of Black Belt that they are eligible to receive, and (2) be a member in good standing of NKJU for 2 years duration.

Belt Belts who join NKJU from other organizations who wish to receive NKJU certificates of rank must be registered with NKJU for 1 YEAR prior to reception of any certificates.

Testing for Black Belt ratings is, as follows:

1. The DIRECTOR of the NKJU may promote up to and including his own grade.
2. The ASSISTANT DIRECTOR and DIRECTOR OF JIU JITSU may promote up to ONE GRADE below their own rank.
3. THE HIGH DAN BOARD may promote individually up to one grade below their own rank, but no higher than 4th degree Black Belt.
4. INSTRUCTORS 3rd Degree or Higher who are NOT members of the High Dan Board may promote up to 2nd Degree Black Belt after receiving WRITTEN approval from the DIRECTOR OR ASSISTANT DIRECTOR of NKJU.
5. 1st or 2nd Degree Black Belt Instructors may promote up to the grade of first Brown/Red Belt only.

Third Degree and Fourth Degree Black Belts must test before the National Director, The Assistant Director/President of the High Dan Board, and members of the High Dan Board.

Fifth Degree Black Belts must test either at Summer Camp before the entire High Dan Board as a collective group, OR by special arrangement of the NKJU Director ONLY. In order to be considered for testing, an Instructor's name must be submitted by the National Director, the Assistant Director, or a Member of the High Dan Board.

*** NOTE- in the case where a High Dan Board Member is not of sufficiently high grade to promote to 4th Degree Black Belt, the Director or Assistant Director of the NKJU have the right to personally substitute themselves or a designated NKJU member of sufficient rank to test the aspirant for the degree.

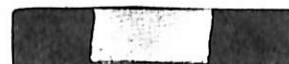
PROMOTIONS, CONTINUED:

In the case where a High Dan Board member is not available to conduct a promotional examination, the Director or the Assistant Director ONLY have the right to substitute personally for the test, or to appoint a suitable substitute for the examination.

A list of persons who wish to be tested for Black Belt grades shall be sent to the Director of NKJU ONLY for his approval not less than 30 days before the proposed examination. The list shall contain the NAME, PRESENT RANK, and TIME IN GRADE of the aspirant for the degree. The Director of the NKJU will give his reply in writing as to the eligibility of the aspirant no less than 14 days before the proposed testing date.

Testing for all Black Belt Ratings are available only in January or June, or at Summer Camp in July by Special Arrangement. Special Arrangements for other Black Belt Testing can be made by contacting National Headquarters and the DIRECTOR only for approval.

RENSHI BELT TITLES



Within the ranks of members of Karate and Taekwon-Do organizations, special recognition is often proffered to members of the 4th and 5th degree Black Belt ratings. This recognition, awarded by Certificate, is called the Renshi Sensei/Sabom Nim for 4th Degree and 5th Degree Black Belts; Renshi Shihan/Tae Sabom Nim is awarded to 5th Degree and 6th Degree Black Belts by Special Charter.

THE RENSHI SENSEI/SABOM NIM TITLE:

All Rensei Sensei/Sabom Nim titles will be awarded by the Assistant Director of the NKJU SUBJECT TO the written approval of the Director of the Union.

All Renshi Sensei titles for Jiu Jitsu will be awarded by the Director of Jiu Jitsu, SUBJECT TO the written approval of the Director of the Union.

All aspirants for the Titular Recognition must be:

1. Be over 30 years of age.
2. Must have the rank of 4th or 5th degree Black Belt
3. Must have 2 years MINIMUM time in that grade.
4. Be of exceptionally good character.
5. Have exceptional abilities in his/her Martial Art.
6. Be of proven teaching ability.
7. Must be a member of NKJU for 1 year's duration.

THE RENSHI SHIHAN/TAE SABOM NIM TITLE:

All Renshi Shihan/Tae Sabom Nim titles will be awarded by the NKJU Director ONLY. Promotion to the rank of 5th or 6th degree Black Belt does NOT automatically make the belt holder a Shihan/Tae Sabom; this title is AWARDED. However, a holder of Renshi Sensei/Sabom Nim KEEPS that title and merely changes his belt and rank.

All aspirants for the titular recognition must be:

1. Be over 35 years of age.
2. Have the rank of 5th or 6th degree Black Belt.
3. 2 years minimum time in that grade.
4. Be a holder of a Renshi Belt (4th Degree)
5. 5 Years as a member in good standing of NKJU



KARATE AND TAEKWON DO TIME-IN-GRADE

All styles of Karate and Taekwon-Do have their own individual required grades for Colored Belts up to the rank of First Degree Black Belt. Also, all styles of Karate and Taekwon-Do have their own Color System to correspond to their grades in the under-Black Belt grades. Head Instructors MUST notify National Headquarters of how many grades to Black Belt they are using, and what COLOR of belt corresponds to each grade.

The following guidelines are for 8th Grade and Below:

<u>GRADE:</u>	<u>MINIMUM TIME REQUIRED:</u>
11th, 10th, 9th grade	Time-in-grade up to Instructor
8th to 7th Grade	3 months
7th to 6th Grade	3 months
6th to 5th Grade	3 months
5th to 4th Grade	3 months
4th to 3rd Grade	4 months
3rd to 2nd Grade	6 months
2nd to 1st Grade	9 months
1st Grade to 1st Black Belt	1 Year Minimum Required

NOTE- Outstanding students may bypass 1 grade up to and including 4th Grade. All other time-in-grade must be achieved at each grade level prior to testing.

1st Black to 2nd Black Belt	2 Years
2nd Black to 3rd Black Belt	3 Years
3rd Black to 4th Black Belt	40 Months
4th Black to 5th Black Belt	40 Months

NOTE- Persons with Black Belt Grades issued by other organizations, which have been approved and accepted by the NKJU, will be eligible for testing to the next Black Belt Grade after 2 YEARS ACTIVE membership, provided that they have a time-in-grade which EXCEEDS the NKJU minimum time-in-grade requirement.



3 DAN

JIU JITSU PROMOTIONAL GUIDELINES

Time-in-grade requirements are the same as the requirements for Karate and Taekwon-Do.

Instructors will use their own instructional/promotional guidelines. A copy of requirements must be sent to National Headquarters for approval.

YEARLY REGISTRATION FEES

ADULTS: KARATE /TAEKWON-DO OR JIU JITSU \$6.00 per year

ADULTS: KARATE/TAEKWON-DO AND JIU JITSU \$9.00 per year

CHILDREN UNDER 16:

KARATE/TAEKWON-DO OR JIU JITSU \$5.00 per year

KARATE/TAEKWON-DO AND JIU JITSU \$7.00 per year



HANDICAPPED STUDENTS NO CHARGE

SENIOR CITIZENS 20% DISCOUNT ALLOWED

ADULT KARATE, TAEKWON-DO AND JIU JITSU:

CERTIFICATE PRICES

<u>GRADE</u>	<u>PRICE</u>
11-10-9-8th Grades	\$5.00
7th Grade	\$6.00
6th Grade	\$6.00
5th Grade	\$6.00
4th Grade	\$7.00
3rd Grade	\$9.00
2nd Grade	\$9.00
1st Grade	\$9.00
1st Black Belt	\$15.00
2nd Black Belt	\$17.00
3rd Black Belt	\$19.00
4th Black Belt	\$21.00
5th Black Belt	\$25.00

***NOTE- all children's certificates, under age 16, \$5.00 each

***NOTE- NO CHARGE for certificates to Handicapped students or Instructors

***NOTE- 20% discount allowed to all Senior Citizens above age 55 years.

All HEAD INSTRUCTORS must award an NKJU CERTIFICATE to students who are promoted. NO Instructor may hand out SCHOOL CERTIFICATES with the inclusion of an NKJU Certificate as well.

Violation of this policy is cause for immediate deactivation from NKJU.

MARTIAL ARTS SUPPLIES

Head Instructors are invited to contact NKJU Headquarters for a full listing of available supplies. Discounts are available on most items.

PATCHES, NKJU:- \$2.50 each or 10 for \$24.00

DECALS, NKJU:- \$.75 each or 10 for \$6.00

FLAGS, NKJU:- \$16.00 per flag



UNIFORM POLICY

Students and Instructors who are members of NKJU are representatives of this Union at all times. The following policies should be practiced at all times while wearing a Karate/Taekwon-Do Uniform.

Full Uniforms only are allowed at all NKJU Sponsored Tournaments. These may be all White, all Black or a combination of the two. Uniforms are to be clean and well pressed at all times.

NKJU does not allow tank tops or "mod" type of mixtures in Karate or Taekwon-Do uniforms. Students and Instructors are allowed to have their name ONLY on the back of their Uniform Tops.

No Karate/Taekwon-Do Uniform is allowed with large decals/iron-on transfers on the back of Uniform tops, or Uniforms with camouflage pants or outlandish types of material. Our's is a traditional Karate/Taekwon-Do Union.

PATCHES: Two patches ONLY are allowed per uniform. The NKJU Patch is to be worn on the left breast only, with a School patch allowed on either sleeve. No other patches are allowed.

Karate/Taekwon-Do and Jiu Jitsu Belts can have either English or Oriental Characters (e.g. Korean, Chinese, Japanese) embroidered on the belts.

INCENTIVE PROGRAMS

SOKE AWARD- this award is handed out each year to the NKJU member who has contributed his time and effort to make the NKJU the best Martial Arts Organization in the U.S.A.

SHIHAN AWARD- awarded by Shihan Dai Ruiz to the outstanding Black Belt who has assisted NKJU throughout the year.

INSTRUCTOR OF THE YEAR- awarded to the best NKJU Instructor.

SCHOOL OF THE YEAR- awarded to the best NKJU school by points gathered in tournament competitions, clinic attendance and participations.

STUDENT OF THE YEAR- awarded to the most outstanding Under Black Belt student in NKJU.

SUMMER CAMP AWARDS:

A). "Broken Foot"- awarded to the student who manages to do the most injury to themselves while at Summer Camp!!

CAMP AWARDS, CONTINUED:

- B). Camp Student of the Year
- C). Most Improved Student
- D). Outstanding Camp Black Belt
- E). Outstanding Camp Female
- F). Outstanding Camp Colored Belt
- G). Team Championship Awards

REPRESENTATIVES

High ranking Black Belts shall be selected as Representatives for this Union. Representatives will act as Special Assistants to the Director. They shall hold their office for the time that they can act in the best interest of this Union. State and regional representatives are available to aid any registered instructor.


TRANSFERS

Any NKJU member is permitted to transfer from one Registered School to another.

REVISIONS

Revisions to this publication may be revised by the Director without notice, whenever it is in the best interest of NKJU.

NKJU BLACK BELT COLORS

- 
- First Degree- Solid Black Belt with one stripe on right side tip only
 - Second Degree- Solid Black Belt with two stripes on right side tip only
 - Third Degree- Solid Black Belt with three stripes on right side tip only
 - Fourth Degree- Solid Black Belt with four stripes on right side tip only
 - Fifth Degree- Solid Black Belt with five stripes on right side tip only

RENSHI BELT- a certificate must be issued by the High Dan Board in order to wear a Renshi Belt.

- Fourth Degree- White over Red Belt
- Fifth Degree- Red over White Belt

- Sixth Degree- Red and White Checkered Belt
- Seventh Degree- Black Belt with $\frac{1}{2}$ " Red Stripe the length of the belt

- Eight Degree- Red Belt with $\frac{1}{2}$ " Black Stripe the length of the belt
- Ninth Degree- Solid Red Belt

- Tenth Degree- Solid Red Belt

THE KARATE BELT



The Karate belt is called an OBI in Japanese, and serves to hold the Karate Uniform or GI closed. To anyone who is familiar with the Martial Arts, however, the significance of the Obi is greater than that of a clasp. It has, like the Gi itself, a symbolic meaning.

The first way in which the symbolic meaning of the Obi is manifested is in its color. There were originally only three Obi colors: White, Brown and Black. When one began his study of Karate, he was given a White Obi. After several years of rigorous practice, that belt would brown from use. As one studied further, it would gradually turn black. Thus, the "Black Belt" meant that one had been training diligently at Karate for many years period. As a Karateka devoted his life to Karate-Doh, his Obi would continue to darken, but it would also begin to fray. It would begin to show spots of white again. It would also have become stained with blood from the many ordeals that Karate forces on its students; it would begin to show red as well as white. After several decades of Karate-Doh, the Obi of a true master would have become white with red stains, or perhaps entirely red. The "simple" system of Obi colors is still practiced by several styles of Karate.

The idea of different Obi colors for each specific KYU or DAN grade is a relatively new one. Master HISITAKA writes in his SCIENTIFIC KARATE-DOH that the present system of special colors of Obi for different "ranks" is derived from the practice of Buddhist monks. In some sects, these monks wear colored Obi to reflect their level of spiritual attainment. This spiritual origin of the OBI colors is important. It means that they show not nearly the level of one's technical skill, but the degree of one's mental and emotional development as well. As a way of further understanding the sense in which the Obi colors are meant to reflect growth in character as much as growth in technique, let us consider one possible way of interpreting the symbolism of the Obi colors by using the colors of Obi most used in the United States. These are, White, Gold, Orange, Green, Blue, Brown and Black.

White is the color of innocence. It indicates one whose mind and spirit are "blank," one who is naive about the spiritual aspects of Karate-Doh. It also shows that one knows little of Karate technique. It is the color of the beginner.

Gold is the color of the Sun, the color of light, the color of new found riches. The gold or yellow Obi indicates one for whom the light of a new day has begun to shine. It is the color for one whose spirit, understanding and skill is dawning.

Orange too is the color of the Sun, but the sun as its day begins to set. The orange Obi indicates one for whom the first flash of day has begun to mellow, one whose skill and understanding has begun to grow toward new horizons.

Green is the color of growth, the color of the grass and the forests. The green Obi reflects one who has begun to absorb the light, one whose skill and spirit has started to blossom and bear fruit.

Blue the color of the sky and the ocean. The blue Obi shows one whose aspirations have begun to expand to the horizon, one whose spirit is beginning to have the depth of the sea, but yet resists his resolve to explore that depth.

Brown is the color of the earth, the color of solidity. The brown Obi expresses one whose technique has become competent, whose mind is fertile, and whose spirit is firm.

Black is the fusion of all colors. It indicates one who has gained all of the traits of character and skill necessary to surpass the obstacles encountered in the first years of Karate-Doh. But, Black is not the color of victory; it is the color of night. It shows that the first "day" that began with the gold Obi is over, that a new day is coming. It shows not that the Karateka's journey had ended, but that it is only about to begin.

The higher Dan Grades, then the Renshi and Kyoshi grades, also have their colored Obi. At Ni Dan, one may begin to wear "red" lettering on the OBI. At SANDAN, the Obi is Black and White. For YONDAN and GODAN, the Obi is red and white. These colors follow the symbolism already discussed in the teachings of the NKJU about the traditional Japanese Obi colors. The red symbolizes that purity of spirit and absence of egotism that is the ultimate goal of Karate-Doh.

The color of the Obi is not its only symbolic importance. An aspect of the Obi that is too frequently forgotten is the significance of how it is worn.

The obi encircles its wearer. In Buddhism, the "circle" symbolizes the "center" and totality of the Universe. The properly worn Obi encircles the HARA or tanden, the center or navel of a person. The HARA, a point about three inches below the navel, is thought by the Orientals to be the center of the self. Symbolically, it is also the center of the cosmos, the source of KI. The knot of the OBI usually touches the Hara. The Obi then is a symbolic reminder of our own Ki, the source of life itself, and hence the source of all spiritual or technical power. The importance of the Hara is commonly reflected in IBUKI and in the importance given to the hips and lower abdomen in all true Karate movements.

What, then, is the Karate Obi? At its least important level, it is a sign of mere technical competence. More importantly, it is also an indicator of a Karateka's spiritual character. Further, the knot of the Obi reminds a Karateka of his personal center and of its connection to the center of the Universe, the source of Ki, of power. The circularity of the Obi embodies the long cycle of the "WAY" itself, the labor from white to black to white again, the lifelong task of decades. Like the gi, the Obi is the outward expression of the Karateka's inner level of skill and wisdom. It is the symbolic expression of Karate-Doh itself.



THE TAEKWON-DO BELT

The colors for Taekwon-Do belts have not been arbitrarily chosen; they are, in fact, steeped in tradition. The colors of Black, Red, and Blue denoted various levels of hierarchy during the SILLA Dynasty.

MEANINGS OF BELT COLORS:

WHITE	signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.
YELLOW	signifies Earth, from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.
GREEN	signifies the plant's growth as the Taekwon-Do skill begins to develop.
BLUE	signifies the Heaven towards which the plant matures

into a towering tree as training in Taekwon-Do progresses.

RED	signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
BLACK	opposite of White, therefore, signifying the maturity and proficiency in Taekwon-Do. Also indicates the wearer's imperviousness to darkness and fear.

SIGNIFICANCE OF DEGREE

FIRST DEGREE- EXPERT OR NOVICE ?

One of the greatest misconceptions within the Martial Arts is a notion that all Black Belts are experts. It is understandable that those unacquainted with the Martial Arts might make this equation; however, students should certainly recognize that this is not always the case. Too often, novice Black Belts advertise themselves as experts, and eventually even convince themselves.

The First Degree Black Belt has usually learned enough technique to adequately defend himself against a single opponent. He can be compared to a fledgling who has acquired enough feathers to leave the nest and fend for himself. The First Degree is a starting point. The student has merely built a foundation- the job of building the house lies ahead.

The novice Black Belt will now really begin to learn technique.

Now that he has mastered the alphabet, he can begin to read. Years of hard work and study await him before he can even begin to consider himself an instructor and expert. A perceptive student will, at this stage, suddenly realize how very little he knows. The Black Belt also enters a new era of responsibility. Though a freshman, he has entered an honorable fraternity of more 300,000 Black Belts. His actions inside and outside the Training Hall will be carefully scrutinized. His conduct will reflect on all Black Belts and he must constantly strive to set an example for all grade holders. Some will certainly advance into the expert stages; however, far too many will believe the misconception and will always remain a novice, mentally and physically.

FORMS- AN EXPLANATION

The ancient Law in the Orient was similar to the Law of Hamurabi, "an eye for an eye, a tooth for a tooth," and was rigorously enforced even if death was caused accidentally.

In this type of environment, and since the present system of free sparring had not yet been developed, it was impossible for a student of the Martial Arts to practice or test his individual skill of attack and defense against actual moving opponents.

Individual advancement was certainly hindered until an imaginative practitioner created the first FORMS.

Forms are various fundamental movements, most of which represent either attack or defense techniques, set to a fixed and logical sequence.

The student systematically deals with several imaginary opponents under various situations using every available attacking and blocking tools from different directions. Thus, pattern practice enables the student to go through many fundamental movements in series, to develop sparring techniques, improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rhythmic

movements.

It also enables a student to acquire certain special techniques which cannot be obtained from either fundamental exercises or sparring. In short, Forms can be compared with a unit, tactic, or a word if fundamental movement is an individual's soldier's training or alphabet. Accordingly Forms, the ledger of every movement, is a series of sparring, power test, feats and characteristic beauty.

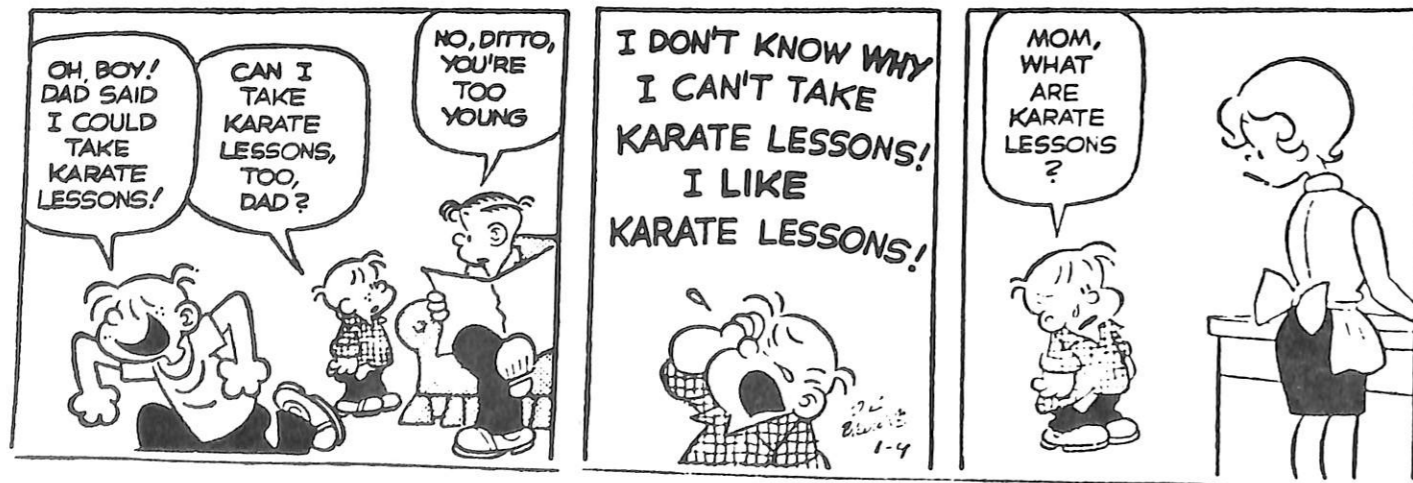
Though sparring may merely indicate that an opponent is more or less advanced, Forms are a more critical barometer in evaluating an individual's technique.

FORM REQUIREMENTS FOR STYLES WITHIN NKJU

Kata for Goju-Ryu Karate



10th Kyu	No Kata required
9th Kyu	No Kata required
8th Kyu	Gekisai Dai Ichi
7th Kyu	Gekisai Dai Ni
6th Kyu	No Kata required
5th Kyu	Saifa
4th Kyu	Sanchin
3rd Kyu	Seyunchin
2nd Kyu	Review All Kata
1st Kyu	Shisochin
Shodan	Test on all six Kata
Nidan	Sanseru
Sandan	Seipei and Tensho
Yondan	Kururunfa
Godan	Seisan
Above Godan	Suparenpei



FORM REQUIREMENTS FOR STYLES IN NKJU

UECHI RYU KARATE-DO



7th Kyu	No Kata required
6th Kyu	Sanchin
5th Kyu	Kanshiwa
4th Kyu	Konchu
3rd Kyu	Seichin
2nd Kyu	Review all Katas
1st Kyu	Review all Katas
Shodan	Seisan
Nidan	Seirui
Sandan	Konchin
Yondan	Sanseirui plus all other Kata
Godan	Sanchin, Seisan & Sanseirui Kata

MATSUBAYASHI SHORIN RYU KARATE DO



10th Kyu	No Kata required
9th Kyu	Fugyugata Shodan
8th Kyu	Fugyugata Nidan
7th Kyu	Pinan Shodan
6th Kyu	Pinan Nidan
5th Kyu	Pinan Sandan
4th Kyu	Pinan Yondan, Naihanchi Shodan
3rd Kyu	Pinan Godan, Naihanchi Nidan
2nd Kyu	Naihanchi Sandan
1st Kyu	Wankan and Ananku
Shodan	Rohai and Wanshu
Nidan	Passai
Sandan	Gojushiho
Yondan	Chinto
Godan	Kushanku

MATSUMURA ORTHODOX SHORIN RYU KARATE DO



10th Kyu	No Kata Required
9th Kyu	No Kata Required
8th Kyu	No Kata Required
7th Kyu	Pinan Shodan
6th Kyu	Wansu
5th Kyu	Pinan Nidan, Naihanchi Shodan
4th Kyu	Pinan Sandan, Naihanchi Nidan
3rd Kyu	Ananku
2nd Kyu	Naihanchi Sandan
1st Kyu	Pinan Yondan, Seisan
Shodan	Passai Sho
Nidan	Passai Dai, Pinan Godan

MATSUMURA ORTHODOX CONTINUED:

Sandan	Chinto
Yondan	Gujushiho
Godan	Kushanku
Above Godan	Rohai

WORLD TAEKWON-DO FEDERATION FORMS



10th Kup	No Form required
9th Kup	No form required
8th Kup	Palgue 1 or Taeguk 1
7th Kup	Palgue 2 or Taeguk 2
6th Kup	Palgue 3 or Taeguk 3
5th Kup	Palgue 4 or Taeguk 4
4th Kup	Palgue 5 or Taeguk 5
3rd Kup	Palgue 6 or Taeguk 6
2nd Kup	Palgue 7 or Taeguk 7
1st Kup	Palgue 8 or Taeguk 8

Shodan	Koryo
I Dan	Kum Gang
Sam Dan	Tae Baek
Sa Dan	Pyong Won
O Dan	Ship Jin

** NOTE- most WTF Schools now require both the Palgue and Taeguk forms. The Palgue Forms may well be dropped at some time in the future. Taeguk Forms are required for Olympic and International Competition.

INTERNATIONAL TAEKWON-DO FEDERATION FORMS



10 Kup	No Form Required
9th Kup	Chon Ji
8th Kup	Tan Gun
7th Kup	To San
6th Kup	Won Hyo
5th Kup	Yul Kok
4th Kup	Choong Gun
3rd Kup	Toi Gye
2nd Kup	Hwa Rang
1st Kup	Choong Moo

Shodan	Kwang Gae, Po Eun and Ge-Baek
I Dan	Eui-Am, Choong Jang and Ko Dang
Sam Dan	Sam-Il, Yoo Sin and Choi Yong
Sa Dan	Yong Gae, Ul Ji and Moon Moo
O Dan	So San, Se Jong

MOO DUK KWAN TAEKWON-DO FORMS



10th Kup	Kibon One
9th Kup	Kibon 2 and Kibon 3
8th Kup	Keicho
7th Kup	Pyongahn 1
6th Kup	Pyongahn 2
5th Kup	Pyongahn 3
4th Kup	Pyongahn 4, Naihanchin 1
3rd Kup	Pyongahn 5, Naihanchin 2
2nd Kup	Naihanchin 3
1st Kup	Rohai, Palsek
Shodan	Shipsu and Chinte
I Dan	Kongsangkoon
Sam Dan	Jion and Enbi
Sa Dan	Hanmyon
O Dan	Sabonkwan

MOTOBU HA SHITO RYU KARATE DO



10th Kyu	Taikyoku 1 and 2
9th Kyu	Taikyoku 3 and 4
8th Kyu	Taikyoku 5 and 6
7th Kyu	Taikyoku 7 and 8
6th Kyu	Heian 1 and 2
5th Kyu	Heian 3 and 4
4th Kyu	Heian 5 and Chino
3rd Kyu	Tekki 1, Jutte and Matsukaze
2nd Kyu	Seiuchin, Tekki 2 and Jeen
1st Kyu	Tekki 3, Jion and Bassai Dai
Shodan	Kushanku, Seisan, and Tomari Bassai
Nidan	Rohai, Empi, Shihokosoken
Sandan	Bassai Sho and Gojushiho
Yondan	Wansu and Seipei
Godan	Kensei

**NOTE- not all Motobu Ha schools use the 10 Kyu system. Those schools not using the 10 Kyu system will teach at least 4 of the Taikyoku Forms.

JAPAN KARATE ASSOCIATION SHOTOKAN KATA



11th Kyu	Ten-no Kata
10th Kyu	Taikyoku 1
9th Kyu	Taikyoku 2
8th Kyu	Heian 1
7th Kyu	Heian 2
6th Kyu	Heian 3
5th Kyu	Heian 4, Tekki 1
4th Kyu	Heian 5, Tekki 2
3rd Kyu	Tekki 3
2nd Kyu	Bassai Dai
1st Kyu	Jutte

SHODAN BASSAI JION
 NIDAN EMPI KANKU-DAI
 SANDAN GANKAKU (Chinto) JUTTE
 YONDAN GOJUSHIHO-SHO GOJUSHIHO-DAI
 GODAN WANKAN SOCHIN



FREE KATAS: UNSO CHINTEI BASSAI-SHO HANGETSU MEIKO KANKU-SHO


KYOKUSHINKAI KAN KARATE DO



10th Kyu	No Kata required
9th Kyu	Taikyoku Sono Ichi, Taikyoku Sono Ni
8th Kyu	Taikyoku Sono San
7th Kyu	Pinan Sono Ichi
6th Kyu	Pinan Sono Ni
5th Kyu	Pinan Sono San
4th Kyu	Sanchin No Kata
3rd Kyu	Pinan Sono Yon
2nd Kyu	Pinan Sono Go, Geksai Dai
1st Kyu	Yantsu, Tsuki No Kata
Shodan	Tensho, Saifa
Nidan	Kanku Dai, Geksai Sho
Sandan	Seinchin, Sushi Ho
Yondan	Garyu, Seipei
Godan	Kanku Sho

NOTE ON FORMS FOR NKJU

The listed forms requirements are for current styles of Karate and Taekwon-Do as are currently registered with National Karate. In the future, as we acquire more and varied styles within our ranks, we will offer supplements that will be added as loose-leaf to the Instructor's Handbook.

 All Head Instructors are required to announce their main style of Karate or Taekwon-Do to National Headquarters upon their acceptance into the National Karate Jiu Jitsu Union. At this time, they must provide a list of the Forms that they are practicing up to their current belt rank (e.g. First Degree Black Belt practicing Shotokan Karate). If their style is to be maintained when joining NKJU, then they must refer to these Form Listings for those required forms that they will need to learn for promotion to additional Black Belt rankings.

NKJU Headquarters will advise Head Instructors on the procedures to follow in learning new Forms for promotion.

TRANSLATION OF JAPANESE FORMS



JAPANESE	ENGLISH
TAIKYOKU	FIRST CAUSE
TEN NO	KUMITE KATA
HEIAN	PEACEFUL MIND
ONAKU	SMALL BIRD
SEIUCHIN	SAINT
TEKKI	IRON HORSE
JUTTE	TEN HANDS
MATSUKAZE	WIND IN THE PINE TREES
ONUNCUE	KATA OF SHORINJI KENPO ERA
SEISAN	PURE SPIRIT
SAIHA	TIME WAVE
SOCHIN	OLD FOUNDER
TENSHO	KATA OF THE UNIVERSE
JION	BUDDHIST TEMPLE BELLS
SANCHIN	DYNAMIC
BASSAI	TO PENETRATE A FORTRESS
EMPI HA	GROUP OF SWALLOWS
EMPI	FLYING SWALLOW
ROHAI	CRANE STANDING ON A ROCK
SEIOSOCHIN	BIRTH OF A FOUNDER
KUSHANKU	TO LOOK AT THE SKY
CHUNG JANG	THE INCOMPLETE KATA
GUNKU	OBSERVATION OF THE SKY
GUNKU NIDAN	OBSERVATION OF THE SKY (2)
ROHAI NIDAN	CRANE STANDING ON A ROCK (2)
GOPEI SHO	STRONG DRAGON
HANGETSU	HALF MOON
BASSAI SHO	PENETRATE A SMALL FORTRESS
BASSAI NI	PENETRATE A LARGE FORTRESS
BASSAI SAN	PENETRATE A MOUNTAIN FORTRESS
YANTSU	EIGHT
SUANSU	PROTECTOR OF THE DARK
SHIROHAKU	WHITE SWAN
SANSERU	TO CONTROL
NINJUOKI	26 POSITIONS
NIJU SHI HO	24 POSITIONS
KITAKAZE	NORTH WIND
CHINTO	NIGHT CRANE
SANSU	CALCULATION
JURO	PASSAGE
KENSEI	FIST WAY
KUMOTE	SPIDER HANDS
NAGARI BOSHI	SHOOTING STAR
UNSO	CLOUD HANDS
GARYU	ONE'S OWN WAY
WANKAN	KING'S CROWN
DENKO	LIGHTNING
GOJUSHIHO	54 STEPS
SHINTARO	PURE MIND
KAZEKOZU	WIND GOD
KUSAN SHO	INFINITY
KUSAN DAI	INFINITY (2)
JUNI	PURITY
NINJUKU	BLOOD VESSEL
SHIHONO	FOUR DIRECTIONAL
CHINO	ABILITY
KRUMPHA	KATA FROM "SHO" DYNASTY
JEEN	TEMPLE
TOMARAI BASSAI	THUNDER IN A FORTRESS
SOSHIHO	UNITY
NINJUHO	TO ENDURE PAIN
JIYU NO KATA	FREEDOM
SEIPAI	SPIRIT OF A DRAGON
YOSHIHO NO KATA	NAMED AFTER MASTER SOKI KIYOSHI IHARA (FOUNDER OF ZEN SHOTO KAI)

LITERAL TRANSLATIONS OF TAEKWON-DO FORMS



INTERNATIONAL TAEKWON-DO FEDERATION:

1. Chon Ji- Means Heaven and Earth
2. Tan Gun- named after Tan Gun, legendary founder of Korea 2333 B.C.
3. To San- pseudonym of Patriot Ahn Ch-ang Ho.
4. Won Hyo- monk who introduced Buddhism in 686 A.D.
5. Yul Kok- pseudonym of Philosopher Yi I (1536-1584 A.D.).
6. Joong Gun- Patriot An Joong-Gun.
7. Toi-Gye: penname of Scholar Yi Hwang (16th Century A.D.).
8. Hwa Rang- named after Hwa Rang group around 1350 years ago.
9. Choong Moo- given name of Admiral Yi Sun-Shin.
10. Kwang Gae- 19th King of Kogyuro, Gwang Gae T'o Wang.
11. Po-Eun: pseudonym of Chong Mong Chu, famous poet.
12. Ge Baek- General of Baek Je Dynasty (660 A.D.).
13. Eui Am- pseudonym of Patriot Son Byong Hi.
14. Choong Jang- pseudonym of General Kim Duk Ryang, 15th Cent. A.D.
15. Ko Dang- pseudonym of patriot Cho Man Sik.
16. Sam Il- historical date of Independence Movement in Korea, 1919.
17. Yoo Sin- General Kim Yoo Sin, 668 A.D., unification of Korea.
18. Choi Yong- general of 14th Cent. *Kogyuro Armies*.
19. Yong Ge- General Yon Ggae Somun, 649 A.D.
20. Ul Ji- General Ul-ji Mun Duk, 612 A.D.
21. Moon Moo- 30th King of Silla Dynasty, 661 A.D.
22. So San- pseudonym of Monk Choi Hyung Ung, 1520-1604 A.D.
23. Se Jong- King of Korea, invented alphabet in 1443 A.D.
24. Tong Il- for resolution of unification of Korea.

WORLD TAE KWON DO FEDERATION:

1. Koryo- named for the Koryo Dynasty
2. Kum Gang- Diamond
3. Tae Baek- Purity
4. Pyong Hwon- Plateau
5. Ship Jin- 10 Progressions
6. Ji Tae- Sea Level

MOO DUK KWAN TAE KWON DO:

1. Pyongahn- Peaceful Mind
2. Naihanchin- Iron Horse
3. Palsek- To storm the fortress
4. Rohai- Crane on a Rock
5. Jintae- Small Hands
6. Embi- Flight of Swallows
7. Ji Hon- Temple Bell
8. Han Myon- Hourglass
9. Kongsangkoon- named after Chinese Emissary
10. Shipsu- Ten Hands
11. Sabonkwan- Four position fist

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
Junnan Matsogi
Goman
Poomse, Tul, Hyung
Najunde
Kaunde
Nopunde
Hana
Dool
Set
Net
Ta Solt
Ya Solt
Il Gulp
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
Kyocha Sogi
(Not Used)

PUNCHES:

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

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

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

BLOCKS:

Rising Block
Lower Forearm Block

Jodan Age Uke
Gedan Barai

Chookyo Maki
Najunde Maki

BY LAWS FOR KARATE/TAEKWON-DO STUDENTS

1. If, at any time, a student is involved in an accident that takes place with trouble or violence, the Head Instructor will be notified as soon as possible.
2. Anyone who is found guilty of unreasonable conduct, whether inside or outside of the School, of "showing off," or of intimidation to others by acts of superiority or of unauthorized teaching or any abuse of the Martial Arts, shall meet with the Head Instructor and Seniors in the School for a hearing.
3. No one will leave the School at any time without notifying the Head Instructor or the Senior in charge.
4. When guests are present, they are to be introduced to the Instructor.
5. When you make mistakes, this is not a cause for laughter; rather, this is a reminder to try harder. A careless attitude could result in injury.
6. Listen carefully to the Instructor at all times. When in doubt, ask questions immediately. Stand in a relaxed manner, called the YOI DACHI or CHUN BI SOGI, while being addressed by the Instructor. Do not slouch or stand with the hands on hips. Show respect to your Instructor and Seniors and they will respect you.
7. Promotions are generally considered as follows: 20% conduct, 60% Karate/Taekwon-Do technique, and 20% character. Learn these arts and their respective philosophies well.
8. Train hard with proficiency as your ultimate goal. Once you have attained this goal, you will have become a person strong, yet gentle; stern and yet full of compassion for others. You can be "rugged" when the need arises, but also forgiving in nature.

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

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

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

KICKS:

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

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

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

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

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

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

The following excerpts are from various Karate or Taekwon-Do schools that explain the purpose and philosophy of training. We include these in order for Head Instructors to have information to draw upon to be able to explain the reasons for training to their Karate/Taekwon-Do students.

Shorin Ryu Karate, Okinawa: Ethics of the Dojo:

1. First, purify your mind.
2. Cultivate the power of perseverance by strengthening you body and overcoming the difficulties that arise during training.
3. The DOJO is a place where courage is fastened and superior human nature is bred through the ectasy of sweating in hard work. It is the place where the human spirit is polished as the Samurai Sword is polished by the warrior.

Thoughts for Training:

1. He, Sensei, is human and so am I.
2. I cannot develop my own potentialities when in the trap of self-limitation.
3. I must discard this limitation; if Sensei paractices 3 times, I must practice 6 times.
4. DO NOT DEPEND ON OTHERS FOR YOUR SELF IMPROVEMENT.

A TAPING FOR SPRAINED THUMB

Circulation must not be restricted.



5. Earnestly cultivate your mind as well as your body and believe in yourself.
6. Karate-Do may be referred to as the conflict within yourself and a lifelong marathon which can be won only through self discipline, hard training and your own creative efforts.

Attitudes for Training:

1. Karate Do begins and ends with courtesy.
2. We must sweep from our minds all egocentric and preoccupying thoughts during practice, concentrating on all movements with maximum vigor.
3. Karate requires a harmony between breath and action.
4. Karate requires a perfect finish at the finish of each Kata performance.
5. Karate practice must be finished by observing the essential idea of courtesy, therefore we end each practice by bowing with decorum.

Tenets of Taekwon-Do:



Taekwon-Do aims to achieve:

1. Courtesy
2. Integrity
3. Perseverance
4. Self Control
5. Indomitable spirit.

Taekwon-Do Student Oath:

1. I shall observe the tenets of Taekwon-Do.
2. I shall respect the Instructor and Seniors
3. I shall never misuse Taekwon-Do.
4. I shall be a champion of freedom and justice.
5. I shall build a more peaceful world.

Thoughts for Training:

1. An Instructor should be eager for his students to surpass him. A student should never be held back.
2. Students should be taught inside, as well as outside, of the Training Hall.
3. Never betray a trust.
4. Always strive hard to achieve positive results from training. Use all of your body force when training, never hold back.
5. Maintain courtesy and discipline at all times in the Training Hall. Be respectful to Seniors at all times.
6. Taekwon-Do is the lifelong pursuit to achieve harmony within one's self. By exercising the body fully, this inner harmony can be developed.
7. Never limit yourself, and never be satisfied until each technique you have learned is mastered to its fullest. Never be satisfied that what you have learned is "good enough."



NATIONAL KARATE AND JIU-JITSU UNION STANDARD 15 BASIC EXERCISES

UKE WAZA (blocking techniques)



1. JODAN AGE UKE
(High block)



2. CHUDAN UCHI UKE
(Inside to outside middle block)



3. CHUDAN SOTO UKE
(Outside to inside middle block)

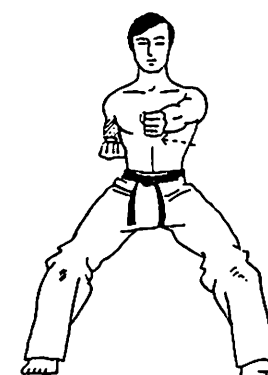


4. GEDAN BARAI
(Downward sweep)



5. CHUGE UKE
(Middle-downward block)

II. TSUKI WAZA (striking techniques)



1. TATE ZUKI
(Vertical fist punch)



2. CHUDAN SEIKEN TSUKI
(Forefist punch)



3. URAKEN
(Backfist)



4. JODAN AGE UCHI
(Uppercut punch)



5. FURI UCHI
(Flail punch)

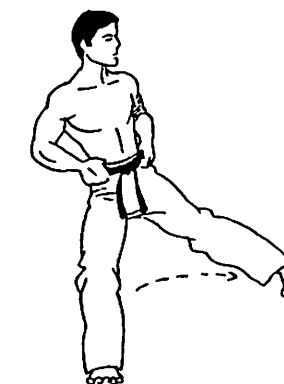
III. GERI WAZA (kicking techniques)



1. HIZZA GERI
(Knee kick)



2. KIN GERI
(Instep kick to the groin)



3. KANSETSU GERI
(Side joint kick)



4. USIHIRO GERI
(Back kick)



5. MAE GERI
(Front kick w/ ball of the foot)

NKJU Illustrations By Dong Tran

Emergency consent form helps Karate students get medical care

John Bright Cage
Texas City, Texas
Richard P. Baillargeon
Valdosta, Georgia

In times of emergency or serious injury, the Karate Instructor is faced with many decisions which can increase or decrease the opportunity of providing prompt medical care for the injured Karate student.

One of our most important functions is to safely get the injured Karate student to the nearest medical facilities which can provide the needed care. However, in most, if not all situations, once the Karate student is admitted to the emergency room, treatment cannot be initiated without the approval of the parents or guardian.

In The National Karate Union we have found a way to alleviate this complication. Before a new student under eighteen (18) can participate in our program, he or she must return our school's medical consent form with the appropriate signatures and information. This form is then added with the new student's application form and carried to all Karate Tournaments. In the event that an injury dictates the need for medical attention at other facilities, this form is carried along by the Karate Instructor.

Hospitals can proceed with necessary treatment

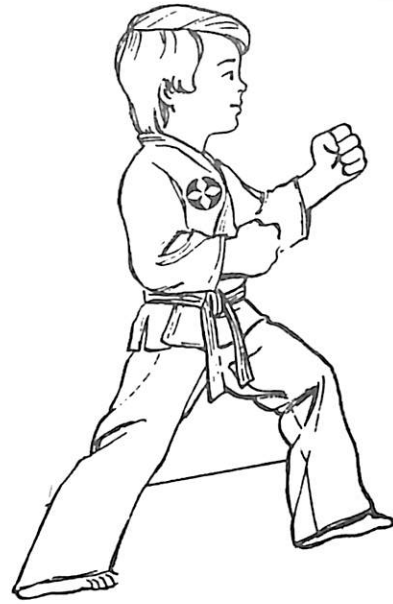
In every case when this form has been needed, no problems have arisen from its use—either by the parents or the hospital personnel. In most instances the hospital will make a copy of the form and proceed with the necessary treatment.

In designing this form we felt that there were four critical items that should be included:

- The wording should be designed so that the attending physician and not necessarily the team or family physician be given the permission to provide medical care. In some instances the family physician may not be able to provide the expertise needed to evaluate and care for a particular injury (an example might be neurological or internal complications).
- The phone numbers of both parents at work, as well as the home phone number had to be included. We also added the space for a close friend or relative's name. This provides us with the greatest chance of finding the Karate student's parents or another rela-

tive in case they are not at the Karate Tournament.

- In situations where there is more than one general practitioner, it is important for the Karate Instructor to know which doctor to locate in case the Karate student is unconscious. We always try to locate the family physician because of his knowledge of the Karate student's previous medical history.
- The signature of the parent or guardian is of utmost importance. This is the cornerstone of the whole form. Lawyers may debate its validity since it is not notarized but, nevertheless, we have never had treatment delayed once this form has been presented.



In most instances the parents are fairly easy to find but, in those times when you cannot locate them, this form can make a crucial difference. This past spring we had to use this medical consent form twice.

The parents have gone along with our using this form 100%. It gives them a greater peace of mind knowing that their child will receive prompt medical attention in case they cannot be located at the time of the injury.

NATIONAL KARATE UNION MEDICAL CONSENT FORM



NAME: _____

Permission is hereby granted to the attending physician to proceed with any medical or minor surgical treatment, X-ray examinations and immunizations for the above named student. In the event of serious illness, the need for major surgery, or significant accidental injury, I understand that an attempt will be made by the attending physician to contact me in the most expeditious way possible. If said physician is not able to communicate with me, the treatment necessary for the best interest of the above named student may be given.

In the event that an emergency arises during a practice session, an effort will be made to contact the parents or guardians as soon as possible. Permission is also granted to the EMT (Emergency Medical Technician) to provide the needed emergency treatment to the Karate student prior to his admission to the medical facilities.

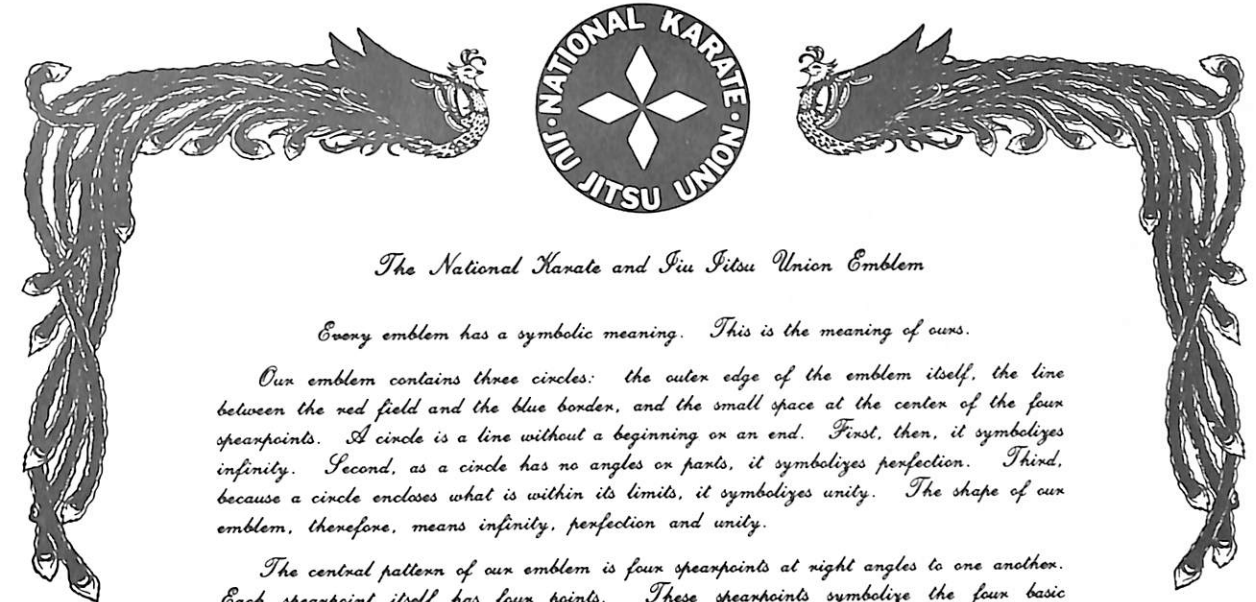
Signature of Parent or Guardian _____ Date _____

Phone numbers where parents can be reached:

Office _____ Name of Family Physician _____

Home _____

Other _____ Phone Number _____



The National Karate and Jiu Jitsu Union Emblem

Every emblem has a symbolic meaning. This is the meaning of ours.

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 spearpoints. A circle is a line without a beginning or an end. First, then, it symbolizes infinity. Second, as a circle has no angles or points, it symbolizes perfection. Third, because a circle encloses what is within its limits, it symbolizes unity. The shape of our emblem, therefore, means infinity, perfection and unity.

The central pattern of our emblem is four spearpoints at right angles to one another. Each spearpoint itself has four points. These spearpoints symbolize the four basic directions: north, south, east and west. These are the fundamental directions of kata. They also symbolize the "weapons" of karate-do. It is in kata that we forge such weapons. Pichan Dai Ruiy has taught us that kata is the essence of karate and hence the essence of self-defense. It is this that the spears convey. Further, the number four is central to Len. Buddha taught Four Noble Truths and the Eightfold Path. The Four Noble Truths are that suffering is universal, that all suffering comes from selfishness, that the means to conquer suffering is thus to conquer oneself and that the way to conquer oneself is to follow the Eightfold Path. The points of the spears, 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. Soko Baillargeon teaches that the "dot" at the center of the spears is the "self." The spears radiate outward, but they also point inward. They symbolize in that way how karate protects us from what is outside of us and how it also allows our self to flow to new discoveries. Lastly, the spears mark the route of ki as it flows from us, into us and through us. Ki is at both our center and the center of the universe.

In addition to the shape and pattern of the emblem, we must also consider its colors. These are our national colors. Ours is an American union. But these colors have a symbolic meaning agreed on by our Continental Congress in 1782. The red symbolizes hardiness and courage; the white symbolizes purity and innocence; the blue symbolizes vigilance, perseverance and justice.

Karate-do is not merely a martial art. It is a way of life. It demands going beyond punching a makivana or doing Taikyoku kata 429 times. All of the discipline, sweat, pain and frustration of karate can lead us to better self-defense, but at its best it alters our character and gives us a new view of the cosmos. It is this higher ideal that our emblem symbolizes. The circularity of our emblem reminds us that our union is a unity, that our goal is perfection in both technique and character, that the way we tread 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 Len can lead us to look outward with confidence and to inwardly discover that Ki that animates us and binds us to the universe. In that is our most profound "self-defense." The colors of our emblem remind us that ours is a national union that stands for courage, purity of spirit, knowledge, hard work, and fairness. What does our emblem mean? It means the way of the empty hand - karate-do.

Richard J. Campbell

RETURN POSTAGE GUARANTEED

BOOK RATE

