

JADE Buddha



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Grey Highlands Seminar



2012
Year of the Dragon

Come out to the "Mouth of the Wave" seminar June 9 and 10, in the beautiful Grey Highlands. Hosted by Mr. Nick Lagrasta and seminars by Sensei Dixon and Sensei Bassels



Funinars are Coming



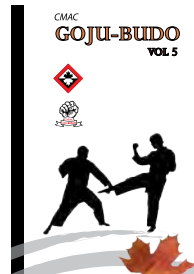
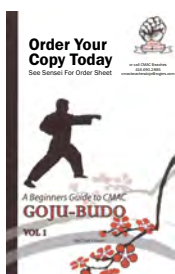
Just 2 Funinars this year and they are both June 16. Ages 6 - 10 will be Saturday afternoon from 3-6pm. and the older kids are in from 7-11. There will be fun and excitement, pizza and a new form to learn so make sure you're here for all the good times and craziness.



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Get the CMAC Book Series Book 6 Coming Soon



In Life you get what you give.

Beaches Newsletter

Sensei's Note

What is the secret to Life? Living it! You are training in Martial Arts, one of the coolest things to do there is, but most of you are only dipping your toes in the water, just coming to class once or twice a week, and you're not doing parades, demo's or camps.

My success in the training was do to the fact that I was part of everything that was going on. The Martial Arts has taken me all over the world to compete, demonstrate and train with the best there is. Not to brag but to give you an understanding that you can have a more interesting life if you commit and do stuff.

Some of you are not even reading books or the manual, you don't even take the time to read the newsletter that comes out every month. I spend a lot of time putting these things together for you guys for your benefit.

When you put yourself out there you learn things about yourself, you gain experience, you are part of something, you meet people, you interact, you're involved, you are not at home plug in to your Xbox wondering why life is such a drag.

Life is what you make it, so if you're not getting what you want, you have to understand that life isn't a spectator sport. Why watch a demo when you can be part of it, why read about a camp instead of being there, listening to stories of trips are better when you have something to add or your own.

Next Seminar is June 9 & 10 Grey Highlands, Kids funinars June 16, Beaches Summer camp July, Budapest Tournament October. Get involved!

Training Tip

This is so fantastic it totally made my day. One day during a class there were a couple sparring in the corner of the dojo, one was into it and the other wanted to talk about something unrelated to what they were doing. The one that was into it said, very straight up "You Talk Too Much!" then punched him in the ribs, Awesome, wow what a great day, I couldn't stop smiling, somebody gets it! It was the best thing that happened all week.

Stop talking! What are you doing talking anyway? What do you have to say that is so important? The only thing you should be saying is Kiai or ous meaning - good shot.

Talking is a waste of time and steals your energy, if you want to talk about the training keep it brief and to the point, if you want to talk about the weather, keep it brief, if you want to talk about your girlfriend Don't! Some conversations are just not for the dojo, go to Starbucks or someplace.

Beaches Grading Results

There was no grading in May sorry about that Ricky

Next Grading

June 16 2012 - 1:15pm.



They blame you for whatever you do. It is only the wise who are blameless for they are unconcerned.

BEACHES EVENTS

June

- 2 Ride for Heroes
- 9,10 Highland seminar
- 16 Kyu Belt Grading
- 16 Funinars
- 24 CMAC Black Belt Grading

July

- 2 Summer Schedule begins
- 2 Beaches Big Wave Kids Camp Begins for all July

August

- 24-31 Dojo close for summer break

Summer Hours

Last Summer we tried the summer schedule and it was a huge success!

When school ends the summer schedule starts, which means some of the classes will merge and there will be no weekend classes. Most of you like to hit the cottage on the weekend so your kids were missing a lot of training. In trying to accommodate you it freed up the weekends, how awesome.

4-9 year olds train on Tuesdays and Thursdays (days that start with "T" - T is for Training :) 10 and up are in Monday and Wednesday.

Adults have same schedule but no weekends. Enjoy!

Funinars are coming June 16 - Be there!

Alright Kids its time to rock and roll! We're having two different Funinars. The 6-10 class will be Saturday June 16 afternoon from 3- 6pm and the teens are at 7-11pm.

A Funinar is a good time, we do all kinds of crazy stuff that we don't normally do during the regular classes, it's mostly Martial Arts related with the emphases on FUN! Kicking and punching, games and of coarse pizza!

We always learn a new form and this time I was thinking Five Fists would be fun, its packed full of goodies and looks really cool when you light it up.

Each one will be \$30 and I pay for the Za, so make sure you get out these good times. Life is not a spectator sport and if you miss it you missed out.



The three poisons of man are greed anger and ignorance.

MOUTH OF THE WAVE SEMINAR

Kata and bunkai
KARATE

Stick training
ARNIS

Overnight event
at the Grey Highlands

SEE RECEPTION FOR DETAILS
JUNE 9 & 10 Saturday 4pm until Sunday 2pm

INSTRUCTION BY
SENSEI G DIXON
&
SENSEI J BASSELS

\$126
Includes seminar fees
All meals, snacks, drinks
Overnight camping facilities

Map to the event location showing the route from the main road to the event site, including landmarks like the school and the event site.

Mouth of the Wave Seminar

At last, the time has come for the seminar event of the summer! The Mouth of the Wave Seminar June 9 & 10 will be totally awesome. The training will include spear, sabre, straight sword, stick and knife for the weapons part and for the open hand we'll cover five fists, 8 gates, dragon bagwa, and shattering palm!

Sensei Bassels will be bringing the food from his caterer, which is always awesome. Nick and his buddies have the music covered and I'm on fire detail so you know that's going to be wicked!

There's lots of room for tents so bring what you have to sleep in, Miss Nathwani has a condo with a hot tub built it, so that's cool.

Food will be there but if you want to bring something up to cook over the open fire, do it, I hear there will be lots of fire wood.



Integrity is doing the right thing, even when no one is watching.

Beaches Big Wave Kids Camp

This Summer is Gonna Be Fun!

CMAC Beaches has Teamed up with the Big Wave Kids Camp this summer and it's going to be a blast!

There will be trips to the Beach, Medieval Times, The Science Centre, Rom, Albion Hills, Heart Lake But mostly lots of Beach time.

We are going to skate board, beach volley ball, archery, kite surf, swim, roller blade, mountain bike, ninja training ground, rock climbing, etc. etc.

Fun Friends Adventure

Have the Best Summer Ever at Big Wave Camp.

Get out there and do things that will make this the most memorable summer ever.

905 301 4760 info@bigwavecamp.ca bigwavecamp.ca



**BigWave
CAMP**

CMAC Shelburne Grand Opening

CMAC Grand Opening in Shelburne May 26th.

Mr. Nick Lagrasta had a great Grand Opening with lots of exciting Martial Arts demos from some of the other cmac dojos like; the Honbu, Beaches, Yume Dappo, Hosu, Kaze Hatsu, and of coarse Nick Lagrasta's dojo the Umaka dojo (Fire Horse).

Things got started with Sensei Bassels performing the Demon cuts to clear the room of any negative vibration that might there. There was a lot of support from Mr. Lagrasta's students and friends who all came out to demonstrate and be part of this big day for Nick and the Umaka dojo.

Sensei Platt was there to give an inspirational speech that was motivating as always. Then it was time for pizza and socializing with everyone who made the trek out to Shelburne.

The next big thing to happen for the Umaka Dojo will be the Mouth of the wave seminar happening June 9&10.



Your body is a temple, keep it clean - mind, body and spirit.

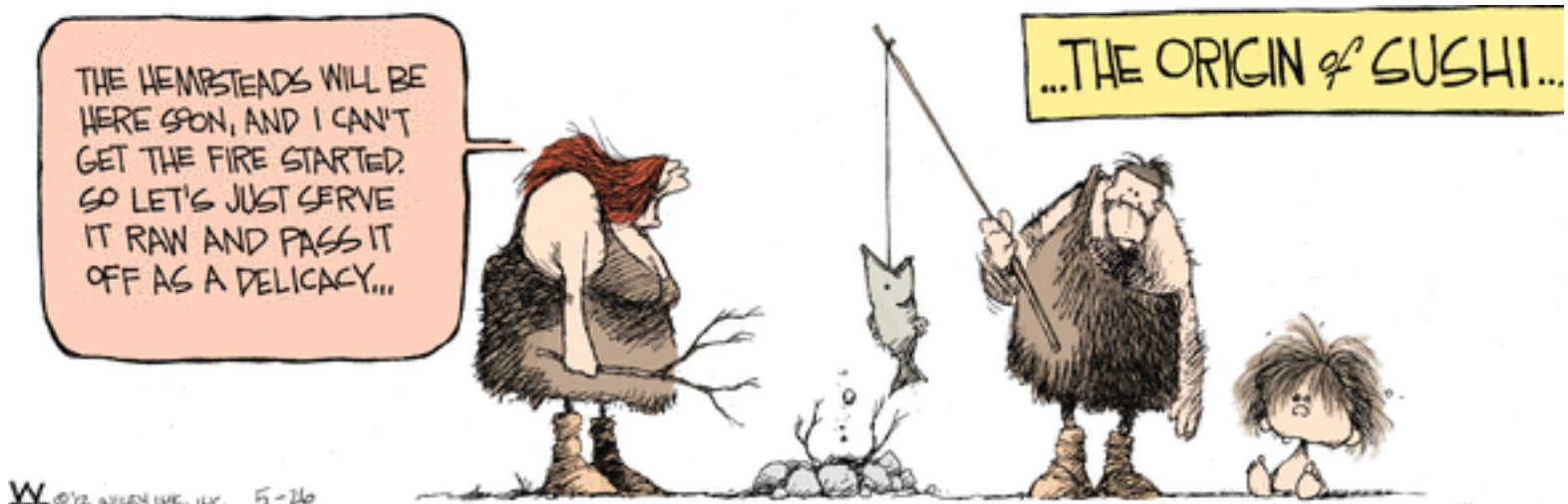
The health benefits of Sushi

Sushi comes in such a staggering variety that many menus offer a pictorial glossary to help you order. Because of this diversity, the nutritional value of one roll to the next can vary. In general, fish provides a lean source of low-calorie, high quality protein. It's also low in saturated fats and cholesterol, making it a heart-healthy food choice. Salmon is especially high in omega-3 fatty acids, which are linked to improved cholesterol levels, lowered blood pressure, and decreased risk of abnormal heart rhythms. Mackerel, lake trout, herring, and tuna also have omega oomph.

The thin sheets of seaweed, or nori, which are flattened, cut, and wrapped around maki and hand rolls, contain mighty minerals. Iodine, essential for proper hormone function, is abundant in this dried sea vegetable. You'll also get the benefit of magnesium, calcium, iron, and antioxidant phytonutrients and folic acid from eating rolls wrapped in nori

The health risks of sushi

Covert calories: Since sushi ingredients get rolled up into such tiny packages, it's easy to think you're eating a tiny amount of calories and fat. One plain tuna roll can have less than 200 calories, but add in embellishments like mayonnaise, fried tempura bits, or cream cheese, and you've got yourself one concentrated bundle of fat and calories. Eat one crunchy shrimp tempura roll, for instance, and you're gobbling over 500 calories and 20 g of fat! Both soy sauce and wasabi are low-calorie condiments, but soy sauce can send sodium levels soaring.



Vemma - All Natural Energy Drink - at the Dojo



How would you like to have all the vitamins and minerals from all these fruits and vegetables in just one two ounce shot of Vemma or Verve. One Vemma a day, you won't believe how much power you'll have.

Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom.

Kew Beach Demo

Thanks to everyone who made the effort to come out to the Kew Beach Demo, your school spirit is appreciated.

There was a good show of students to represent which is important in these kind of events. They are always fun to do and gives you guys some Martial Arts experience. I enjoy going out and talking to the ones who have come out in the past to support other events, it brings everyone closer together because we have more in common.

Things always happen at these events and they are fun to talk about later. If you never come out how can you be part of the conversations or the group.



CMAC WEST CAMP



If you are going anywhere this year go West to Waterton Alberta for the CMAC Camp August 24th - 26th. The training is fantastic and the scenery is breath taking.

Go West!!!

Summer in Waterton is the Best, look at those mountains and glacier lakes, they are even better in person.

Not only is the scenery amazing but so is the training. This time out we will be working 5 Fists, 8 Gates, Dragon Bagwa, Spear and Sabre, as well as a pile of Goju.

Sensei Suky's and Sensei Thankachen will be there with their students, who are all really good people and always ready to train live in the moment.

Confidence and encouragement will increase the numbers of any cause.

Pole Shift

Here is another thing to think about, "Pole Shift." Lately I've been hearing that magnetic north is heading toward Russia at an alarming pace. I know, sounds pretty out there, but apparently our planet does this every few hundred thousand years or so and the last time it happened was 750,000 years ago, so we are over due and of course there are no human records of an event like that, but some geologist have been researching old volcanos going back millions of years and have made some interesting finds that support this pole shift idea.

There is some other interesting finds that relate to this anomaly, in pottery oddly enough. Apparently when clay is being formed into something, it has little magnetic particles that align to the Earth's magnetic strength at that time when it is in the kiln, so by measuring the strength of these magnetic particles in ancient pottery they can determine how strong the magnetic north was at certain times in history. According to the charts it is getting weaker. This is a bit of a problem because the strength of the magnetic field around the Earth protects it from Solar activity and radiation, if it is getting weaker the Earth is vulnerable.

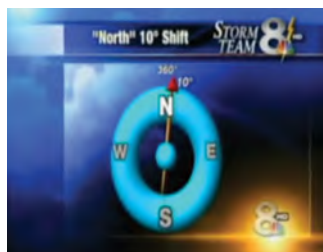
With the advancement of computers they have been able to see exactly how it happens. The core is made of molten ore that by its very movement keeps the strength of this magnetic power up by the consistent flow of the core. When a shift is about to happen the power declines and magnetic north starts to move. This is all happening right now.

What does it all mean to you and me? Well with the weakened magnetic shield around the earth cancer will rise do to the increase in solar radiation getting through. There will be some other interesting things happening to the surface of the planet that could make it uncomfortable, like powerful storms, weird temperatures for certain times of the year and quite possibly a complete change in temperature altogether, like we could end up having Florida weather all year round, that would be nice, so don't worry. Well the other could happen too, like we could get Alaska weather, which wouldn't be idle but I'm trying to be optimistic.

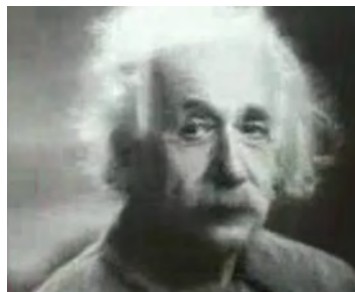
Personally I'm not going to worry about it, and I recommend you not worry about either. They could be wrong.



Weakend magnetic shield around the Earth.



Magnetic north is on the move.



Albert Einstein had a pole shift theory in 1954



Recently recorded earthquakes around the world, at an all time high.