

# JADE Buddha



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[www.cmacbeaches.com](http://www.cmacbeaches.com)

## CMAC West Camp

*Head West this summer for the CMAC West Camp  
Go to breath taking Waterton International Glacier Park  
August 24-26*



**2012  
Year of the Dragon**



### 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.*

## Get the CMAC Book Series Book 6 now available



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*In Life you get what you give.*

## Beaches Newsletter

### Sensei's Note

The book launch for the 6th issue of the CMAC GOJO-BUDO series was a total success. It seems that with each new additional book the interest grows.

I like to launch these books at the CMAC Black Belt gradings that we have 3 times a year. At the last grading book sales more than tripled from previous gradings. At the end of the grading Sensei Platt mentioned that Volume 6 was now available and the audience cheered and applauded, which kind of surprised Sensei and I a little, and I think added to the boost in sales.

I really enjoyed putting that one together with the help of Mr. Busbridge, Mr. Jones and the art work from Sensei Bassels was really a nice touch.

Also, I recently published the 108th issue of the Jade Buddha newsletter. Not trying to brag or anything like that, just saying. One of the things Sensei Kim would say is that the pen and the sword should be in accord, so I do this as a form discipline to keep on top of other aspects of the training.

You should read and write on a regular basis. Initially writing the newsletter was a bit of a drag, and I found myself putting it off and then having to rush at the end of the month to get it done. Then I started to do a bit everyday and gather info throughout the month, slap it all together and have it done in or around the first of the month.

The risk of putting yourself out there is that people will judge you, they always like to comment on my spelling mistakes, I could say "Stop checking the spelling and get the message." But I could care less. If they like you they are on your side if they don't, they aren't, so it lets me know who stands where.

Start a note book and try to write at least one thing that you got out of class each time. You will be surprised what you learn and forget again.

### Training Tip

August is here! How'd that happen? Wow time is flying by just unbelievable!

Before you know it the summer will be over and you never made it out west to train in the Rocky Mountains. The Canadian Rockies are awesome, the fresh air, the scenery, the wild life, just fantastic. If you are Canadian you should see this amazing country we live in. People come here from all over the world to see what we take for granted. Stop making excuses and get out there with me for some great training.

I have a great line up of training planned, spear, broadsword, five fist, bagwa, eight gates and a whack of goju.

## Beaches Grading Results

June 16 2012

### Yellow Belt

Sage Clarke  
Nicholas Stevenson

### Orange Belt

Jacob Fromer  
Nolan Warfield  
Ryan Dynes  
Andrew Waslen  
Oliver Fernandez

### Green Belt

Dave Walters

### Blue Belt

Anne Vos  
Ricky Reidstra

## Next Grading

September 15 2012





*Worry does not take away tomorrow's troubles, it takes away from today's peace.*

## BEACHES EVENTS

### August

18-31 Dojo close for summer break

### September

1-3 Labour day long weekend  
Dojo closed

4 Dojo open for the Full schedule

15 Kyu Belt Grading

### October

8 Thanksgiving long weekend

20 Kyu Belt Grading

28 CMAC Black Belt Grading

## Summer Hours

Last Summer break will start August 18 until we are back on September 4th to begin the Fall schedule.

We be back to out regular schedule as of September 4th.

4-7 yr. old Tuesday 5-5:45pm. and Saturday 9:45-10:30am.

8-11 yr. old Wednesday 5-5pm. and Saturday 10:45-11:45am.

Youths Monday and Thursday 5-6pm.

Adults Karate week nights 7:30-8:30pm and Saturday at noon.

## Big Wave Pics



Pics from the lizard show, archery and the big get together at Heart Lake.



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*All things are temporary. If going well, enjoy it, they will not last forever. If not going wrong, don't worry, they can't last either*

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# Kids Big Wave Camp Beaches

What a great place to run a kids camp! We were out side at the beach all day long doing volley ball, frisbee, capture the flag, skateboarding, swimming in the lake and the big pool, so much fun, I think I had just as much fun as the kids did.

In the past I have tried to do karate kids camps and it's just too much for the kids to do Martial Arts all day long, this concept of no Karate just fun was way better. These kids weren't even from the dojo except for a couple, so I was a little concerned how everyone would get along, and to my surprise and delight everyone got along just perfect.

Life is what you make it, and the more these kids got into it the more they had fun. Sometimes it's a little difficult to loosen up, to just jump in with both feet. I heard "I don't know how" a lot from these guys, so I would say "Just give it a try no one is judging you and no one will remember next week anyway." 9 X out 10 that would work, and if it didn't I would just say "Your loss." They would sit on the side lines for a while then think "Yeah, it is my loss." Then join in.

So the second day we decide to bring our wheels, bikes, roller blades, skate boards and scooters. I haven't been on a skate board in probably 35 years. Sam brought me a long board to use for the day. So with all things you should start easy and learn some skills before heading out into the world. We all headed over to the hockey arena to get use to the wheels we were going to be spending the day on, after an hour we were ready to conquer the world.

Later that day it rained big time so everyone wanted to stay in except three guys, Miss Merlini and I who headed out on an adventure, long boarding out to the peninsula (or the po-pinsipa as it became know) on the bike path. Half way there it started to rain and they got soaked to the bone, which was really the best part of the adventure. I went pricing long boards after that.

Wednesday was so hot we spent most of the day in the big pool, the kids were qualified for the high board so they were having a great time jumping off the two story high board. After lunch in the park some of them headed back to the pool and some wanted to long board some more, and I really want to break in my new long board :-)) after working up a good sweat we headed back to the pool, just a wicked day.

Thursday the kids jumped on a bus and went to Medieval Times to watch Mr. Delany work his magic as the head knight, his riding style is very aggressive and the two sworded sword fighting is totally awesome. After the show there was some time to work on some projects that the Medieval Times had set up for the kids and meet the knights for autographs, they all had a funtastic time.

Friday was the big get together at Heart Lake with all the other campers from the Big Wave Franchise, so there was a pile of campers running around playing soccer and man hunt. I went up to teach archery, none of the kids could pull my bow though, good thing there was a variety of other bows to chose from, all perfectly fine for the little guys to learn with. As all things they weren't any good when they started and would get frustrated, so I would find something good about their shot, like look how much closer you got with that shot, and then give them another tip on how to hold, aim and release. Then I would throw a few arrows into the target, they would say "WOW do you ever miss" I would say "No!" I've been doing archery for 40 years, it takes time to get good.

We didn't get to do everything I wanted to do this year, but I think for the first attempt the camp was a great success and I look forward to next year, we just may have to go for a 2 or 3 weeks maybe even a month.



*All things are difficult before they are easy.*

## Wicked Seminar

Wow, as far as seminars go the stick and spear seminar at the Beach (well Kew Park) was wicked! We totally caught a break with the weather, which held off right till we were finished then some crazy biblical rain storm happened.

We went for a solid 3 hours of spear, two groups working two different Wushu spear forms, those that haven't learned the first form (4th dan spear form) were on that one, and all the seniors were on the second one (6th dan).

Just as we were demonstrating our spear forms from each group to rap up the spear section of the seminar, Sensei Bassels made his grand entrance with his Ushi Deshi Miss Sampson. They put on a great stick seminar with lots of two person drills. We went over our intended time just enough to dodge the unbelievable rain storm, I actually saw two Kayaks and a canoe going down Queen Street.

Due to the success of that seminar we will do another one August 12, this one will be a spear review and a broadsword seminar.



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

# Bananas

The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber, Vitamin C, Potassium and Manganese, and a very good source of Vitamin B6.

The bad: A large portion of the calories in this food come from sugars.

Adding other foods with complementary amino acid profiles to this food may yield a more complete protein source and improve the quality of some types of restrictive diets.



## Potassium

What is potassium?

Potassium, sodium and chloride comprise the electrolyte family of minerals. Called electrolytes because they conduct electricity when dissolved in water, these minerals work together closely. About 95% of the potassium in the body is stored within cells, while sodium and chloride are predominantly located outside the cell.

Potassium is especially important in regulating the activity of muscles and nerves. The frequency and degree to which our muscles contract, and the degree to which our nerves become excitable, both depend heavily on the presence of potassium in the right amount.

Potassium plays an important role in muscle contraction and nerve transmission. Many of our muscle and nerve cells have specialized channels for moving potassium in and out of the cell. Sometimes potassium moves freely in and out, and sometimes a special energy-driven pump is required. When the movement of potassium is blocked, or when potassium is deficient in the diet, activity of both muscles and nerves can become compromised.

Potassium is involved in the storage of carbohydrates for use by muscles as fuel. It is also important in maintaining the body's proper electrolyte and acid-base (pH) balance. Potassium may also counteract the increased urinary calcium loss caused by the high-salt diets typical of most Americans, thus helping to prevent bones from thinning out at a fast rate.

Potassium occurs naturally in a wide variety of foods. As a result, dietary deficiency of potassium is uncommon. However, if you experience excessive fluid loss, through vomiting, diarrhea or sweating, or if you take certain medications, you may be at risk for potassium deficiency.

In addition, a diet that is high in sodium and low in potassium can negatively impact potassium status. While the typical American diet, which is high in sodium-containing processed foods and low in fruits and vegetables, contains about two times more sodium than potassium, many health experts recommend taking in at least five times more potassium than sodium.

The symptoms of potassium deficiency include muscle weakness, confusion, irritability, fatigue, and heart disturbances. Athletes with low potassium stores may tire more easily during exercise, as potassium deficiency causes a decrease in glycogen (the fuel used by exercising muscles) storage.



*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.*

## Where's Vincent?!

Poor Vincent! I just finished mentioning the cruelty of stupid people to innocent animals and someone took old blacky (Vincent) who used to live around the corner and hang out with Roma the Barber all the time. I was wondering where he was because I hadn't seen him for a few weeks and the owner's told me he was gone. It wasn't like him to just take off so I'm pretty sure someone took him, he liked and trusted people.

Here is something else to watch out for, people taking our pets! So many tourist come to our neighbourhood and if they see a cat they think it's a stray and take them away. I caught someone the other day, well it was a family of out of towners who saw a cat in the parking lot and they were all concerned about it. So I said "what's up?" "Oh there's a cat over there, is he ok? What should we do? Does he need help?" I looked at him, he was fine. So I said "he probably lives around here I see him all the time, so don't worry about him." I waited till they left the parking lot before I drove away.

What is it with people that they think they have to get involved with every little thing. I was pretty mad about Vincent going missing, he was such a cool cat, he owned the block, none of the other cats (or dogs for that matter) would mess with him. Not that he was a nightmare, but they could just tell that he could handle himself. You would often see him sitting in the sun on the corner and everyone would come over and pet him.

Make sure you have a good collar on your cat, with a tag that says I'm Vincent, I live at such and such and my phone number is####.

Be aware of your surroundings, I think if I hadn't of said something, those tourist would have stolen another pet thinking they were doing the right thing.

Vincent you were a great part of the neighbourhood and you will be sorrily missed.



## 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 Saber, 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 and live in the moment.

*Confidence and encouragement will increase the numbers of any cause.*

## Spear and Broadsword Seminar

We just had a great time at the Stick and Spear seminar with Sensei Bassels that I thought we would do another seminar August 12 at 11am to 2pm. With the nice summer weather here it would be a shame to waste it.

I'll be doing this one by myself and thought the broadsword would be exciting to work on at the park. If you don't have a broadsword or never handled one before I will attempt to show you how you can make your own.

Plus I will be teaching the spear and broadsword out west so you guys out west can make your own weapons so you'll have something to train with.

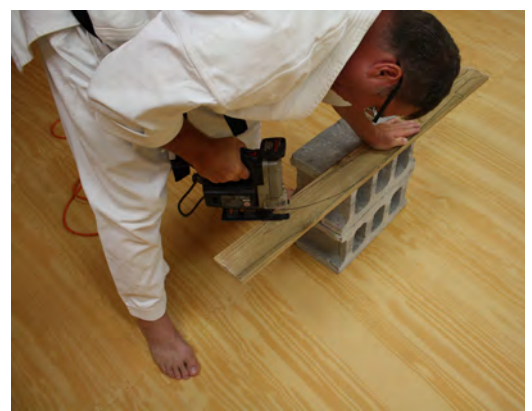
You can go on line to [www.cmacbeaches.com/nl/Issue90.pdf](http://www.cmacbeaches.com/nl/Issue90.pdf) to learn how to make a spear.



Get a cedar board 36 3/4 inches long and 5/8 thick a stencil of a broad sword and a sharpie.



Trace your stencil on the board. I used my broad sword but if you need a stencil I can mail you one.



I used my concrete bricks as a work table so the jig saw could cut out the stenciled plank. Wear safety glasses.



The jig saw has no problem cutting out the broad sword.



Use a spoke shaver to take off the hard edges.



Use a small steel shaver to clean it up.

The whole process from start to finish took about a half hour, now I'm ready for the seminar. Sanding add one hour.

I used cedar because I had it laying around, it was easy to work with, it's light and doesn't feel much different from a real blade in weight.

If you need a stencil e-mail me and I will mail you one.



There you have it.