

# JADE Buddha



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## Black Belt Grading



2012  
Year of the Dragon

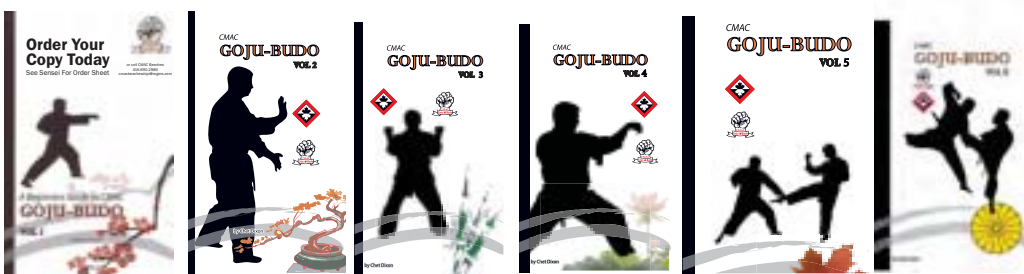
*Come out and support the CMAC Beaches candidates  
Mr. Busbridge and Fuad Mousse  
October 21 Burlington Hilton Garden Inn*



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## Get the CMAC Book Series Book 6 now available



*In Life you get what you give.*

## Beaches Newsletter

### Sensei's Note

Wow, what a crazy September! So great to see everyone get back to the training.

Many of you took the summer off to do whatever it is that you guys do, and that's fine, life is short and the key to life is living it. The more you put into your life the more you get out of it. Fun is important and the summer season is short, so it's good to get out there and enjoy it.

You die hards were very consistent over the summer and only took time off when the dojo went on break, and for that - Respect!

Never underestimate the importance of your training. Of course it's important for self defence, but there is so much more going on than that! Your health is dependent on a strong immune system to keep cancer off your door step, and poor physical activity and stress are a recipe for disaster.

How to relieve stress through your training is through repetition. Pick a technique and just work it to death, over and over again. The more you work it the less you have to think about it, the faster and stronger you become. The more you work it the better you feel, the less you think about the things that are stressing you out.

When I was a kid, I was bullied and learned the importance of being able to defend myself, so I've always been about the training, and one of the side effects was excellent health and a strong constitution.

Martial Arts - Training for Health and Self Defence.....so simple.

## Training Tip

New Schedule for the fall 2012

Pilates Monday & Thursday 9:30-10:30am, with Suzy.

Kids Yoga Wednesday 10:15-12:15am, with Cherrie.

Cardio Kick Box Tuesday & Thursday 1:30-2:30pm, with Robin.

Cardio Kick Box Tuesday 6:15-7:15pm, with Robin.

Evening classes remain the same.

Adult Karate Jujitsu & Tai Chi Friday 6:15-8:30pm. with Mr. Busbridge.

Saturday morning Tai Chi 8:30-9:30am.

Some classes are pay as you go.

## Beaches Grading Results

September 15 2012

### Yellow Belt

Max Tomlinson

Elliot Drygas

Aurara Drygas

Sienna Clemente

### Next Grading

October 13 2012



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

## BEACHES EVENTS

### October

- 6-8 Thanksgiving long weekend  
Dojo Closed
- 13 Kyu Belt Grading
- 21 CMAC Black Belt Grading
- 31 Halloween

### November

- No Kyu belt grading
- 23 Shaolin Warriors

### December

- 1 Kyu belt grading
- 24 Christmas holidays 24-31

## This ever happen to you?



## The Untapped Resource

Mr. Busbridge Also Known As - Mr. Fingers, AKA - The Laughing Crane is "The untapped resource", teaches Tai Chi and Karate Friday night. He has aspirations of running his own dojo one day and has been putting a lot of time and energy into his classes on Fridays. Only a few of you are getting in on it, you should try a class before he leaves the dojo to do his own thing.

He has a Third Degree in Kobudo and Tai Chi, and has been training here at the dojo since it opened in 2002. Also he has had some previous training in other arts that only compliment his unique style of movement.

Mr. Busbridge has also been a huge help in the creation of last few books in the CMAC series. He is also challenging for third degree in Karate this October 21/2012, so come out and support him.





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

## CMAC West Camp

**West camp was so awesome I just had to put in more cool shots.**

Every year that I have been going out west it gets harder to leave. The fresh mountain air and the big sky, crystal clear water, and bears - I see bears every time! I even saw a grizzly once, he was just a cub, but I'm sure the mother had to be around somewhere. We didn't stay curious for too long, mumma grizzlies can be pretty ornery and can-tankerous.

Here we are training on a plateau up the side of a mountain we decided to climb Saturday afternoon. It was only a 45 minute climb but it was straight up, so we felt it a little; a nice warm up for the 2 hour session of Spear and Broadsword. The sky was clear blue, the temperature was perfect, and the view was amazing.



Sava leading the first sword group.



Sensei leading out of uniform, oops.



Training sword on that plateau with that view was truly unforgettable.



Sava feeding a chipmunk that climbed right up on his hand, he walked over the swords to get nuts.

*All things are difficult before they are easy.*

## Hmmmm?

Life can be cruel, so next time you're having a bad hair day think of these poor buggers.

Nature sure has a sense of humour! What are those things? They look like a Dr. Seuss Chicken?

We all have our own things that we may feel self-conscious about, but at least you weren't brought into the world looking like these guys.

Chances are, they are fine with the way they look.

They're probably thinking "Wow, this is great! I got big fuzzy slippers, a killer fro, and a down blanket on my shoulders, what could be better?" Life is all how you look at it.



## CMAC and Tournaments

CMAC made a conscious decision several years ago to stop running tournaments within the organization.

However if you wish to compete outside the of organization I will not stand in your way, it is your journey.

## The Shut Off Switch

Knock out science

There are a couple of interesting physiologic explanations for a knock out. The first helps to explain the effect of a direct blow to the head or temple. The second helps to explain the shot to the jaw either from a straight punch or a hook. The latter is the one we were talking about with the reticular activating system.

Shot to the Temple:

The impact causes an injury to the brain directly under the bone at the site of impact. This injury is called a coup. The brain then travels within the skull and hits the bone opposite the site of impact. This is called a contre-coup. The injuries are tiny concussions damaging the neurons and causing an imbalance of potassium and calcium. This damage causes the brain to shut down while the neurons are being repaired.

Shot to the Jaw:

A shot directly to the front of the jaw or a hook punch to the side of the jaw causes rotational or acceleration forces that disrupt the neurons in the reticular activating system. The reticular activating system is a small area in the brainstem responsible for wakefulness (ie, the shut off switch).

Write up by Dr. Fuad Moussa (Author in the making).





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

# Food

## Cut out Dairy, Sugar and wheat

"When it comes to food, it's either eating something that's healthy but without taste, or delicious and bad for us," nutritional therapist Jessica Bourke, author of the cookbook *Guilt Free Gourmet*, tells Metro, calling that a myth. "We need food to stay alive, but we also need to enjoy it." She suggests avoiding dairy, sugar and wheat, and has devised recipes to eat well without them.

Dairy. Why you should cut it out.

1. It's high in fat, which can cause weight gain.
- 2 That it's the best source of calcium is a myth. A green smoothie contains just as much calcium as a glass of milk.
- 3 Cow's milk contains the protein casein, needed to build the big bones of baby calves, not humans. Our body doesn't know what to do with the excess. It also prohibits the absorption of key nutrients including iron and vitamin B12.

Top alternative: Soy. Great for our gut. For women, it's good for their hormones. Go for miso soup, tempeh or tofu.

Sugar. Why you should cut it out.

- 1 It encourages bad bacteria to grow in the gut, which can cause IBS (irritable bowel syndrome). In time, this can exteriorize itself on our skin and lead to conditions such as acne and eczema.
- 2 It causes chronic fatigue. Processed sugar has a damping down effect on the immune system. Two hours after ingestion, immune cell capacity is reduced by 50 per cent.
- 3 Processed sugar triggers a blood sugar imbalance that will eventually make you prone to weight gain and hormone problems.

Top alternative: Xylitol. It may sound chemical, but this natural sweetener is derived from the bark of a tree.

Wheat. Why you should cut it out.

- 1 White bread contains calcium carbonate. In other words, chalk.
- 2 Gluten, a protein found in wheat, can attack and damage the gut cells. This can lead to a condition known as leaky gut syndrome whereby the intestinal lining becomes inflamed.
- 3 If our immune cells confuse gluten with a pathogen (an agent of disease) the body will attack itself.

Top alternative: Quinoa. Technically a seed, quinoa actually looks and tastes like a grain. Naturally gluten free, it doesn't cause bloating and contains essential amino acids. A bowl will curb your appetite for a while.

## Grading Highlights Sept. 15 2012

We had a little grading but it was a good one for sure. The kids were fantastic, they followed along, listened and really put it out there. Michelle came out to help the kids through basics and kata, as well as a good showing of Senior belts, your efforts are very much appreciated.



*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.*



**Shaolin**  
**WARRIORS**  
 The KUNG FU Masters of China

**FUN FOR ALL AGES!**

**November 23, 2012 / 7:30PM**  
**Sony Centre For The Performing Arts**  
**1 Front Street East, Toronto**

## The Ontario Grand Nationals Open Martial Arts Championships

Here are some pics, of David Walters at The Ontario Grand Nationals Open Martial Arts Championships 2012 that took place September 15. Dave had never been in a Martial Arts competition before and didn't know exactly what to expect, but with experience comes knowledge and wisdom, so he will be a bit more prepared for the next one.

As far as how he did well...even though it was his first time he still brought home some hardware, Second in Kumite and Forth in Kobudo. So good for you David.



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

## **A Frozen Lemon**

***Here's another way to beat cancer that the system doesn't want you to know about, lemons. When life throws you a lemon make lemonaid.***

Many professionals in restaurants and eateries are using or consuming the entire lemon and nothing is wasted.

How can you use the whole lemon without waste? Simple..place the washed lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater, and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods. Sprinkle it to your vegetable salad, ice cream, soup, cereals, noodles, spaghetti sauce, rice, sushi, fish dishes, whisky, wine.... the list is endless. All of the foods will unexpectedly have a wonderful taste, something that you may have never tasted before.

Most likely, you only think of lemon juice and vitamin C. Not anymore. Now that you've learned this lemon secret, you can use lemon even in instant cup noodles. What's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes?

Well, you see lemon peels contain as much as 5 to 10 times more vitamins than the lemon juice itself. And yes, that's what you've been wasting. But from now on, by following this simple procedure of freezing the whole lemon, then grating it on top of your dishes, you can consume all of those nutrients and get even healthier.

It's also good that lemon peels are health rejuvenators in eradicating toxic elements in the body. So place your washed lemon in your freezer, and then grate it on your meal every day. It is a key to make your foods tastier and you get to live healthier and longer! That's the lemon secret! Better late than never, right? The surprising benefits of lemon!

Lemon (Citrus) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy. Why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits. You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy.

How many people will die while this closely guarded secret is kept, so as not to jeopardize the beneficial multimillionaires large corporations?

As you know, the lemon tree is known for its varieties of lemons and limes. You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc... It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumors. This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer. It is considered also as an anti microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates blood pressure which is too high and an antidepressant, combats stress and nervous disorders.

The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that It destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas...

The compounds of this tree showed 10,000 times better than the product Adriamycin, a drug normally used chemotherapeutic in the world, slowing the growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells.

So, give those lemons a good wash, freeze them and grate them. Your whole body will love you for it!!!!