

# JADE Buddha



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## Two New Senpai in the House

*Congratulations go out to Senpai Kortright and Senpai Jones  
After a Decade of training in the Beaches Dojo they have been pro-  
moted to 3rd Degree and have recieved their Senpai hood.*



**2012**  
**Year of the Dragon**

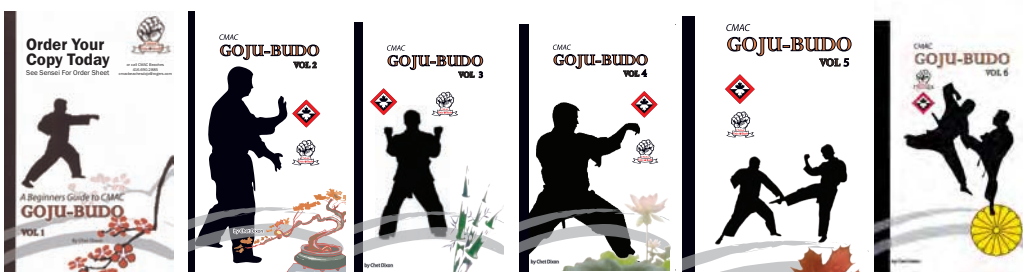
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### INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tip	2
Grading Results	2
Events Calendar	3
Curriculum	3
Backstabbing coward	3
High Alkaline Foods	4
Mr. Jones	5
BB Grading Highlights	6
Shaolin Warriors	7
Your Karma My Karma	7
Tamashiwara	8

## Get the CMAC Book Series Book 6 now available



*In Life you get what you give.*

## Beaches Newsletter

### Sensei's Note

Recently a student was asked to take a two week break for having an unreasonable out burst in the dojo. I'm not going to get into details, but the thing to remember is that the training is for your benefit, and that this is training; training for a stronger, healthier, focused, and more disciplined life.

This is not a place to act out and misbehave, once that starts to happen I have to step in and take measures to restore order. Cause and effect, simple. Children need to learn that there are consequences for their actions. As adults, you may remember when you were young. You couldn't do all the crazy stuff you wanted to without paying the price. Why does this generation get to do whatever they want? You're not doing them any favours by letting them have the run of the house.

Losing a student over a disciplinary action is a chance I'm willing to take. Being a doormat in my own dojo isn't going to happen. You've enrolled your kids here for some help in certain areas, but when steps are taken, they're pulled from the program. Well, I say good luck to you. Giving up at the first sign of trouble is easy, but you never get anywhere in the long run, because nothing worth while ever comes without some kind of struggle.

People want an easier life, but are not willing to work for it. An easier life takes thought, discipline and effort. I know that sounds like the antithesis of an easy life, but just think how difficult life will be without it. Without thought you will go through life aimless, without discipline you won't stick to anything, without effort nothing will happen.

Being a parent means you have to make decisions for the benefit of your kids, sticking to commitments, working through the tough times, going into things with the right attitude, etc. Basically, teaching them about life.

The other day I thought I would charge the kids \$5 everytime they made me say their name because of something they knew they shouldn't be doing. I figured cops do it, so, why not? I got up \$75 with just one kid. Ouch! Most of the kids got message right off the bat. Dollars collected = none, lesson learned = priceless.

In closing, I would like to say that if you don't stand for something, you'll fall for anything. Teach your children respect, compassion, and gratitude, this will be as much a service to them as it will be to you.

### Training Tip

Starting in January the after school program. Kids ages 7-16 can come to the dojo and work their Martial Arts until 5pm.

There will be a charge for this service, drop in, weekly, and monthly prices are available.

## Beaches Grading Results

October 13 2012

### Yellow Belt

Jared Cardiff

### Sho Dan

Fuad Moussa

### San Dan

Geoffery Busbridge

### Next Grading

December 1 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

- 11 Remembrance Day  
No Kyu belt grading
- 23 Shaolin Warriors

### December

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



## Cut down the curriculum?

Yes, the rumors are true, the taikyoku katas are on holiday.

After teaching those kata for the last 22 years I think I would like to start the program at Gekisai itch and Gekisai ni. They have all the basics we do for the most part, so I also want to pull out the basics as well, and just focus on those kata for the first 15 to 30 minutes of the class. It's a great warm up, gets the heart rate up and you get to work on more kata per class.

In the early days of the evolution of Goju Ryu, Chojun Miyagi created Gekisai Itch and Gekisai Ni. Before that the first kata was Sanchin. In an effort to make Karate more interesting and to keep a student body, Master Miyagi realizes something had to be done. The Gekisai kata are exciting and practical for self defence: strong blocks, fast strikes and a great combination with a front kick, the iron wall backed up with a shuto, how great is that?!

Would you like to know a pile of forms and in 10 years be able to do a few well, or be great in a short time. Less is more. Train these kata hard and reap the reward.

## Backstabbing Coward

What a horrific thing to happen to a poor, unsuspecting woman. Last month, a woman, who had moved to Canada to escape the violence from her home country, was struck down by a cowardly backstabber. Unprovoked and at 7am in the morning, who would do such a thing and why?

We live in Canada, a very safe country in comparison to most first world countries, but these backstabbers have been showing up more and more. It's almost like some kind of initiation into a gang or something. I saw an attack on the news where the kid rode up on his bike stabbed a guy walking on the side walk. He just kept riding his bicycle like nothing happened, he didn't even look back.

How does your Martial Arts help you in a situation like that? That's a hard thing to deal with for sure, when you can't even see it coming.

Years ago at a CMAC tournament Sensei Williams and myself were running, we had invited some special guests, and one of them was Sensei Kimeda (a great Aikido Sensei right here in T.O.). Well, I was standing about 10 feet behind Kimeda Sensei talking to Sensei Monte Guest. Kimeda was watching the sword competition, and Monte says to me "Watch this," then makes a move toward Kimeda, raising his arms and curling his lip in an aggressive "I'm going to get you" kind of manner. Kimeda Sensei jumped up and turned around ready to go. When he saw it was Monte he just smiled and said "Oh Monte," he may have even shook his index finger at him.

Kimeda couldn't have seen Monte or known what he was up to. How was he able to feel that intention from Monte? It's called super awareness, gained through years of training and meditation.

Partner training on a regular basis gives you the chance to feel what it is like when someone is about attack you. This is possible through the communication of the heart. Everyone has one, no matter how cold, and they talk to each other. If you are listening and your awareness is up, you just may feel it coming before it's too late.

*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.*

## High Alkaline Foods 12 Perfect Foods for Optimal Health

It only stands to reason that the pH level of our body would have an effect on how our body functions. An imbalance can cause many different health issues, leaving the body vulnerable to disease and premature aging. Maintaining an alkaline pH in the body is one of the best ways to prevent these problems.

It's important to understand that a food's ability to create an acidic or alkaline condition in the body doesn't actually have any connection with the pH of the food itself. It's the effect that it has on the body after it's eaten that matters.

A high alkaline foods diet refer to those which leave an alkaline residue within the body. Of course, it's not necessary to give up all acidic foods, but the more alkaline foods you consume, the better your pH balance will be. Here is a list of 12 of the best foods for maintaining a healthy alkaline level within your body.

1 – Herb Teas, Green Tea, and Lemon Water. When choosing beverages, stick to green tea, herb teas and lemon-infused water. Of course, these beverages will be even more beneficial if you make them with alkaline water. Avoid soft drinks, beer, tea and coffee, as these beverages will have an acidifying effect.

2 – Soy Milk and Soy Cheese. Soy milk and cheese are much better choices than dairy products made from cow's milk. Goat milk and goat cheese are also good choices.

3 – Olive, Flax Seed and Canola Oil. When choosing oils, olive oil is considered the best for an alkaline diet. However, flax seed oil and canola oil are also good choices, as compared to corn and other vegetable oils.

4 – Wild Rice, Quinoa and Millet. Instead of choosing white flour and commercially produced pastries, stick to grains such as wild rice, quinoa and millet.

5 – Almonds and Chestnuts. Almonds and chestnuts are both good choices for an alkaline diet. However,

avoid peanuts, walnuts, cashews and pecans, as they are among the most acidic of the nuts.

6 – Raw Spinach and Lettuce. Salads made with leafy greens are always a good diet choice. Eating spinach raw is the best choice, because although it is one of the most alkaline foods in its raw state, it is actually mildly acidic when cooked.

7 – Soybeans, Peas and Green Beans. When choosing beans and legumes, soybeans and green beans are the best choices. Other varieties such as lima, navy, pinto and kidney beans are more acidic.

8 – Sweet Potatoes and Potato Skins. Although white potatoes without the skins are an acidic food, the potato skins themselves are alkaline. Sweet potatoes are also very good choice. Squash and zucchini are also good substitutes for white potatoes, since they are also alkaline.

9 – Asparagus, Broccoli and Onions. Most vegetables are good choices for an alkaline diet, but asparagus, broccoli and onions are especially good choices. Beets and okra are also good high alkaline vegetables.

10 – Lemons, Limes, Orange and Grapefruit. Citrus fruits are a good example of foods that are acidic in their natural state, but which have an alkaline-producing effect within the body.

11 – Watermelon, Mangos and Papaya. Many fruits have an alkaline effect, but watermelon, mangos and papaya are among the best. Grapes, blueberries and apples are also excellent choices. However, cranberries, blackberries and prunes are among the most acidic fruits.

12 – Stevia, Maple Sugar and Raw Sugar. Stevia, maple sugar and raw sugar are among the best choices for sweeteners. Avoid artificial sweeteners such as NutraSweet, Equal, and Sweet 'N Low, as they are among the most acidic.

A high alkaline diet involves using a list of high alkaline foods.



*All things are difficult before they are easy.*

## Mr. Jones is moving to Edmonton

This is the hard part of running the dojo, you have some students that really work hard and contribute so much to the success of the school and then they go out into the world and leave the dojo behind.

Mr. Jones has been a permanent fixture here at the Beaches Dojo for the last 10 years and now he is moving to Edmonton, to take on a contract.

His hard training, talent and compassion is truly an inspiration for the student body. No one ever has to be concerned while training with Mr. Jones that he would hurt them. Tested and probably bruised, but not to excess, just the right amount of pressure. To have that ability to push the partner to the edge is only something you get after years of serious training.

Having said that - remember when he took on the cardio kick box class and killed everybody on the first night and scared everybody away from that class. Good times.

And if it was getting into shape you wanted, you could go running with him no problem - he likes to have a running partner, just how long could you last was the question. Just for fun he likes to do the Warrior Dash and Tough Mudder. Masochist!

Mr. Jones has been involved with the last 7 CMAC books in one respect or another. The cover was his design for the most part, and as uke, and if there was an editing party he was there. Another donation of his time is the website. What a huge undertaking, respect.

Always up for whatever we were doing, tournament, demo, archery, golf, dojo reno, covering classes while Sensei is on a mission, Easter Parade, arts and crafts, kyu belt gradings, CMAC seminar weekends, the Saturday morning tour, drive Sensei to the airport, etc. etc. and on and on. That kind of dedication is just unheard of.

People come into our lives for a reason, a season, or a lifetime. Mr. Jones you had a huge impact on the Beaches Dojo and it was truly an honour to have you here with us. OUS!



Senpai Jones and Sensei DeQuetteville looking guilty. Both of them are quick to stir the pot, only they know what this was about.

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

## Black Belt Grading October 21 2012



Sensei DQ, Titus & Kenney and Senpai Tisdal & Jones join Sensei in the pre-grading demo of kata Seipai.



Group perform the signature Tiger Bow move of the powerful Seipai Kata.



Beaches Dojo Assemble for photo op. Congratulations to Miss Kortright & Mr Jones 3rd Dan Karate, Mr Shoichet and Mr Gingras who recieved their 1st dans.



No cameras are aloud to be used during the actual grading so that's way you only see bits of the demo and those that made the effort to get down there.

Mr. Busbridge and Fuad Moussa were in fine form for the CMAC Black Belt grading, you should have been there to support you fellow dojo brothers!

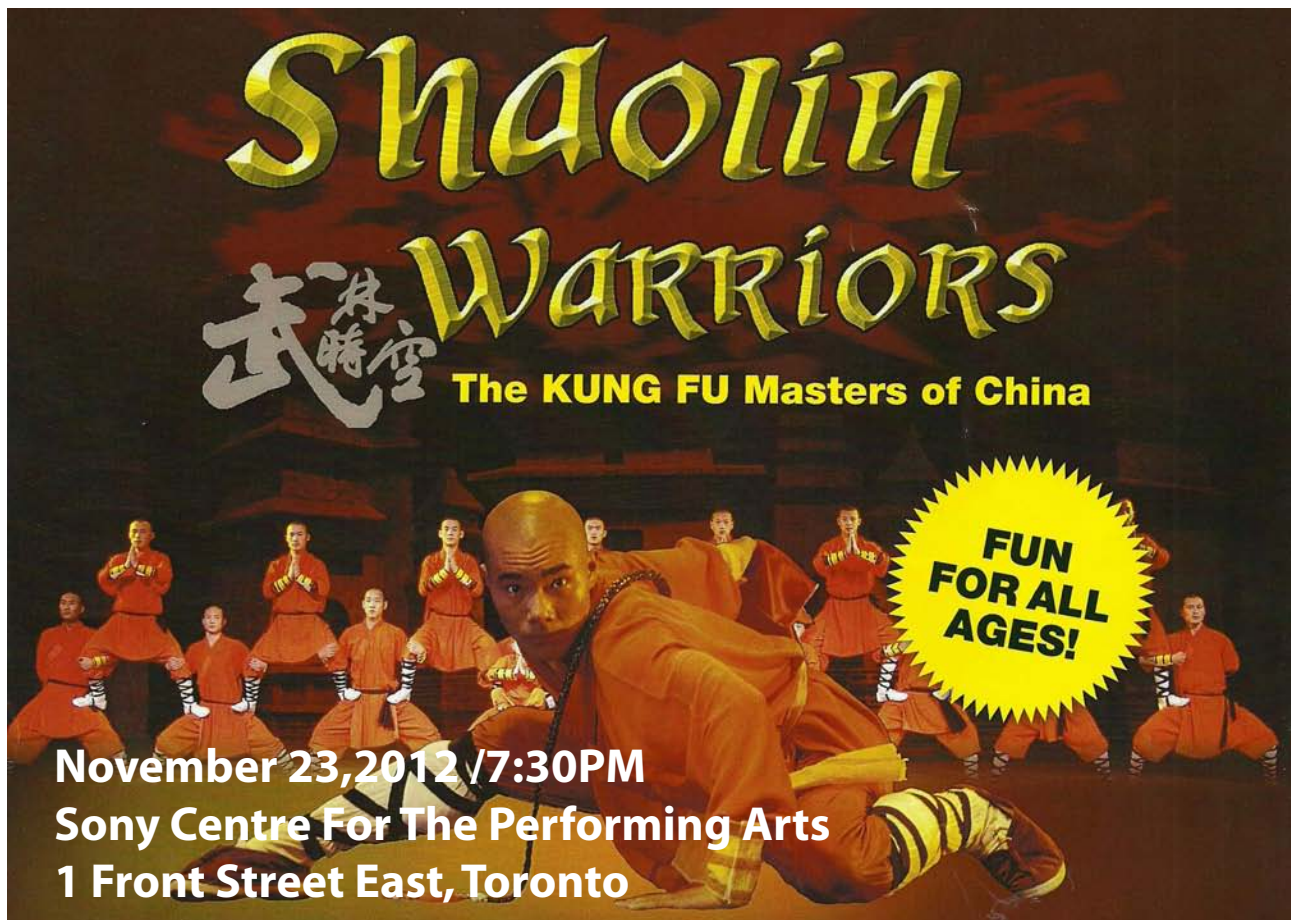
## Vemma - All Natural Energy Drink - at the Dojo

How would you like to have all the vitamins and minerals from all these fruits and vegetables in just one can of Vemma or Verve. One Vemma a day, you won't believe how much power you'll have. At the dojo for just \$2.00.





*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.*



## Your Karma My Karma

Karma. We all know that when you do something good or bad there is an effect. It's so simple.

Here's another level of karma, your friends karma. When you hang out with someone their karma rubs off on you, their choices touch you, their behavior effects you. Choose your friends intelligently because things will happen good or bad, it is inevitable. If you are watching and mindful that's fine, but you need to have the same attention to the karma your friends are carrying around.

Your karma can be affected by someone who never pays attention, who you always have to be watching out for, and may get hurt in the process. You may be hanging out with a kleptomaniac and when they get caught for stealing you get burned along with them. Lets say you're in a gang and some guy picks a fight because he has the gang behind him and someone gets killed or goes to jail for killing someone. Not cool.

You have the ability to lessen the degree of negative karma which can come your way by being aware of your surroundings and seeing the potential outcome of any situation. Be mindful and trust your intuition. When things start to go sideways keep your composure. A cool head sees things clearly, a hot head blows things out of proportion and tends to add to the problem.

Friends can make life easier or harder, choose wisely.

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

## Tamashiwara

Why are Martial Artists always breaking things?! Don't they know that it is better to create than it is to destroy?

Tamashiwara - the art of breaking! You usually see boards being broken, but Martial Artists have been known to break ice, bricks, bottles, rocks, and even baseball bats. The shaolin masters can be seen breaking cast steel with their foreheads.

Why would anyone want to do that? Breaking is one way to test your focus and you ki power. True boards don't fight back, but it is a useful way to measure your progress. When students start out trying to break boards they learn very quickly what works and what doesn't. Usually the learning curve is quite quick, so it is a very useful form of training.

I recommend warming up first and conditioning the hand, fist, elbow, knee, foot or whatever the striking surface. When breaking a board make sure that the grain on the board is going in the proper direction, and watch out for knots in the wood. Also the wood should be warm and dry, a wet frozen board will probably break your hand. The standard size is a foot by a foot of one inch pine.

Breaking bricks takes years of practice using wood before taking that on. Breaking glass bottles is not advisable so don't even try it. There are a couple plastic rebreakable boards at the dojo, I recommend you start on them.



Warm up on the makawara.



This helps to condition the hand.



Rebreakable boards are good for the environment.



The blue and black ones are a good challenge.



Using pencils for spacers.



Place them on either side.



Watch out for the knots.



Stack'em up, careful of the wood grain.



Chopp'em up.