

# JADE Buddha



1971 Queen St. E. #208, Toronto, ON

647-258-7469

www.cmacbeaches.com

## Aikido Seminar

**Beaches Aikido Seminar Tuesday December 11 6:30 - 8:30**  
**Seminar is \$30**



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



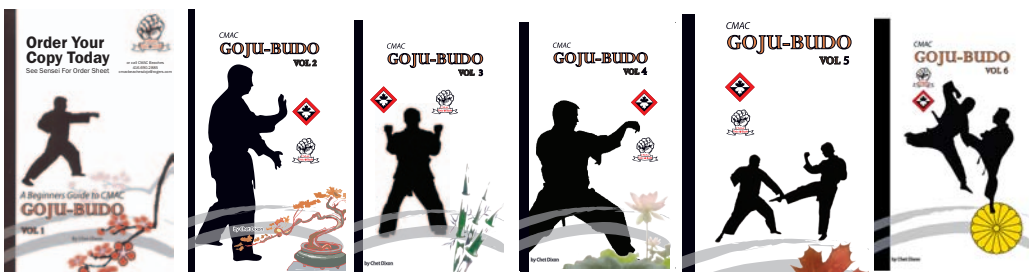
**Beaches Aikido Seminar**  
**Date December 11**  
**Time 6:30-8:30pm**  
**Price \$30**  
**Location Beaches Dojo**



### INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tip	2
Grading Results	2
Events Calendar	3
Making Friends	3
Results	3
Over Training	4
Over Training cont....	5
Aikido Seminar	5
Future of Tires	6
Trouble Sleeping?	6
Training Trip	6
Avoid Over Training	7
Pilates	8
Picture Day	8
FarSide	8

## Get the CMAC Book Series Book 6 now available



*In Life you get what you give.*

## Beaches Newsletter

### Sensei's Note

Last month's newsletter had a story that was a failed effort in discipline, the reason it failed was because someone gave up. This month is a story of success. Times were tough and the situation was desperate, but patience and persistence prevailed.

Giving up is easy, anyone can give up when times are tough, but nothing is gained, and every time you give up it just gets easier to give up because you have formed a habit, a habit of quitting. I said in class the other day "quitters never prosper" and the kid I was talking to had never heard that one before. I was surprised, we would hear our parents, coaches and teachers say stuff like that all the time, how do kids not hear that one anymore?

Back to our victory, one of the little guys was more than a handful in class, he didn't want to do what is expected of all the kids that come in and it would take a couple assistance to mind him every class. I would have to take time out of the class to give him special attention and that takes away from everybody's class. Economically speaking the dojo is taking a bit of a hit, I should have charged 3 times the regular fee for the amount of work he was, plus the child was a bit of a liability, so I told the parents he's got 6 months to straighten out, or he's out of the program.

After 6 weeks of different lessons to get him to on track, it worked! He's behaving in and out of the dojo, the parents are amazed, the class is moving smoothly, and everyone is happy.

Children need attention, they thrive on it. Any attention will do, as long as you are interacting with them. You need to teach them that good behavior is rewarded and bad behavior is punished. If you don't teach them this lesson early in life, life will teach them the hard way. I know punishing the children sounds so terrible, But, We get punished when the cops pull us over, we get punished if we don't pay our bills, we get punished if we bounce a cheque, we get punished for everything we do wrong, why should kids be any different, we are not doing them any favors by sugar coating everything. When we get punished it costs money, taking our money is what hurts us, it takes time to make money, if what we did was really bad they take our time by putting us in prison.

I don't want to go into all the details of the punishments I used to get this kid to turn around but they were all modeled after our legal system (except no guns, sticks, or tazers were used). The best one was every time I had to refer to a student in a negative way it would cost them \$5. One kid got to \$40 before he figured it out. Little buddy tallied up \$75, the cops would have taken his license away after \$50. I told everyone it was my new retirement plan, although I haven't seen a penny yet.

To be more politically correct I could have changed punish, to attitude adjustment, but I just like to call it as it is, and punish sounds hard nose.

## Grading Results

December 1 2012

### Yellow Belt

Ariah Warfield  
Palace Pete  
Evan Huff-Breidler  
Carson Pohanka  
Hunter Pohanka  
River Allan  
Magnus Petursson

### Orange Belt

Cameron Moses  
Aaron Britton  
Jack D'Cruz  
Nicolas Stevenson  
Emily Armstrong  
Jonathan Armstrong  
Hendricks Pleau  
Joshau Britton  
Jared Cardiff  
Cindy Koury  
Brenden Galli

### Red Belt

Jovana Shrestha  
Ty Rosse

### Green Belt

Morgan Thomas-Stubs  
Alexander Armstrong  
Ross Ivano  
Marcus Chafe  
Adin Brown  
Kieran Tisdall

### Blue Belt

Sasha Decker  
Travis Kearns

### Brown Belt

Michelle Redburn  
Clarke Vandenhoven  
Colin Goodman  
Christopher Pollack

### Next Grading

January 26 2013



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

## BEACHES EVENTS

### December

- 1 Kyu belt grading
- 11 Aikido Seminar
- 24 Christmas holidays 24-31

### January

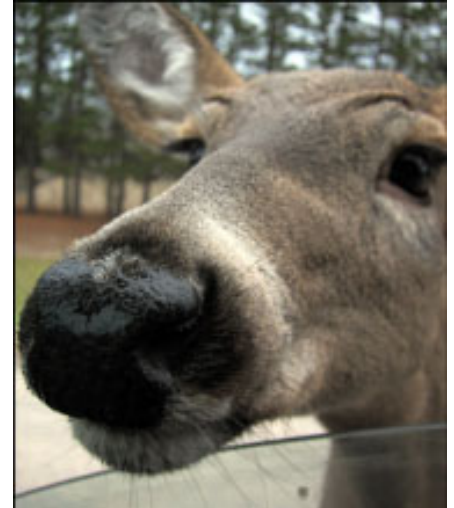
- 1-4 Dojo Closed
- 5 Dojo Open
- 26 Kyu Belt Grading

### February

- 14 Valentine's Day
- 16-18 Family Day Weekend  
Dojo Closed.



## Making Friends



So while Mr. Jones was heading out west he came across this little fella. He was very interested in Mr Jones so he came right up to the car and stuck his head in the window, he even let Senpai pet him.

## Results

The reports are in and the results are unquestionable. After only 6 weeks of changing up the program to more kata (Geksai Itch) everyone's kata has improved to a level of excellence that only comes when one focuses on one thing and works it everyday. I know this isn't rocket science, but I think it's what we needed to do to get to the next level. Working with a group on a common goal has much more power than just going through the motions by yourself.

Working with the group, you can draw on the energy of everyone, those that are strong help to power up the group, those that are fast, graceful, hard, soft and those with a strong ki all contribute to everyone's development. Look for the attributes in other's that you would like to see in yourself, and try to emulate their special qualities. Over time these abilities will start to show up with you and your training.

The original plan was to work Geksai Itch until Christmas and change it up after that, however everyone seems to have surpassed my expectations ahead of schedule. So the timing is perfect for a Christmas kata, you will be very excited to learn this new kata, but I'm keeping the name of it a secret till then.

## Pics of Geksai itch



---

*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.*

---

## 7 Common Overtraining Symptoms

There are a number of overtraining symptoms that include tiredness, tightness, decrease in performance, increase in injuries, restlessness, elevated blood pressure, decreased strength, decreased endurance, decreased max heart rate, allergic reactions, a change in menstrual patterns, plus many more. As some are easier to spot than others, here are the top 7 signs you're overtraining.

### Overtraining Symptom #1: Lack of Motivation

Lost all drive and motivation to train, or really perform any physical activity? Your body is telling you that you need to rest and recover because you are doing too much.

We all have days when we don't feel like training, heck. I have them all the time. But if you go days, or even weeks, without wanting anything to do with the gym, it's time to listen to your body and take a rest.

### Overtraining Symptom #2: You Feel Especially Sore Following a Big Workout

Highly dependent on nutrition, if you're eating enough while training hard but still feel intense soreness after your workouts, there is a chance overtraining has set in. Different than the usual soreness from training, it will linger for a few extra days and might be a little more painful.

As most newbies often do too much too fast, overtraining is common in beginners. Remember the first time you trained your arms and you couldn't wash your hair for a week? Or how about the first time you did legs and dreaded walking up stairs for a week?

### Overtraining Symptom #3: You Stop Seeing Results

Believe it or not, working out too much can actually cause you to lose muscle and gain fat! If it was as simple as energy balance (burning more than you consume) then the more you train the better. The problem is that hormones play a large role in the equation.

Overtraining causes your body to produce inadequate amounts of testosterone (bad for the ladies too) while producing higher levels of cortisol. The problem for both men and women is that your body increases both insulin resistance and fat deposition. We are training to get strong and lean, right?

### Overtraining Symptom #4: You Become Restless and Lose Focus

Typically found in strength or power athletes or those who train with high intensity intervals, what happens is your sympathetic nervous system goes into overdrive, causing hyper excitability, restlessness, and inability to focus.

This restlessness makes it even harder to recover as I can't stress enough how important sleep is for recovery and consistent gains.

### Overtraining Symptom #5: You Feel Sluggish All Day

Another effect of overtraining the sympathetic nervous system, this often happens with endurance athletes. Again, the result of decreased testosterone and increased cortisol levels, in some cases causes debilitating fatigue that feels like you've come down with a cold.



*All things are difficult before they are easy.*

## 7 Common Overtraining Symptoms **continues**

I typically recommend intense workouts of shorter duration due to the effects of long duration endurance training. Just because you are physically able to run 10 or more miles each week doesn't mean that you have to.

### Overtraining Symptom #6: Chronic Soreness in Your Joints, Bones and Limbs

Post workout soreness in the form of DOMS (delayed onset muscle fatigue) is normal, but if you experience intense and prolonged soreness, you may have done too much. Basically, if it feels like you got run over by a bus, you should cut back on your volume or intensity.

### Overtraining Symptom #7: You're Sick More Often

Very often caused by a combination of things such as lack of sleep, poor diet, not enough activity and mental stress, if you think you are on point with all of these things and still find yourself getting ill, it may be due to overtraining.

It's really easy to ignore those early morning sniffles or a cough here and there, but make sure you listen to your body. Those little hints could be telling you that something is wrong with your immune system from your increased training volume.



**Beaches Aikido Seminar**  
**Date December 11**  
**Time 6:30-8:30pm**  
**Price \$30**  
**Location Beaches Dojo**



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

## The Tire of the Future



Michelin has invented this Radical New Generation Design of Tire.

Spokes! Airless Tires?

Old is new again, people used spokes on their wagons for thousands of years, then the rubber tire was invented and that was the expected technology for a hundred years, now it would appear that things are changing back.



What does this have to do with Martial Arts? I'm sure there could be some comparison between ancient ideas (wagon wheels, traditional MA), new fads (rubber tires, MMA), coming full circle or something, or maybe the old and the new working together.

Personally I just think it's cool.

## Having Trouble Sleeping

We all know that eating right and proper exercise is good for our health, our looks, our stress, our frame of mind, it helps to keep disease away by strengthening the immune system, to name just a few of the natural occurring side effects, but did you know that it also helps you to sleep through the night.

If you are having problems sleeping, it will slow you down during the day, effecting your energy level, your mood, patience, and your resistance to any bug that is floating around during flu season.

I know what you're thinking - I'm so busy with my job etc. I don't have time to..... Stop! I don't want hear your lame excuses, it's your health if you can't figure it out that's your problem. No body on their death bed ever said they wished they worked more.

## Training Tip

Here is something I don't want to see in the dojo, First Dans teaching Second Dans, or Brown Belts leading Black Belts, or Yellow Belts leading Green Belts! The senior belt runs the show, if the senior belt doesn't have the information then the Sensei teaches it to him, individually or with the group. Once the senior has the material he calls the exercise.

Senior belts have their position in the line up and have worked very hard to get it, if for some reason they have missed a drill, kata, or exercise etc. someone senior to them should take them through it.

It is confusing for all people involved that a junior leads a senior? The senior thinks he being centered out, and the junior thinks he is better than the senior. Years of hard training mean nothing, what have you done lately, feels like the message being taught there.

Lets try not to have that happen in the Beaches Dojo.

---

*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.*

---

## How to Avoid Overtraining

1. Sleep-Sleep is cheap, effective, and so simple a caveman could do it. And it's something where most people really miss the ball. If you want to double your results and decrease your risk of overtraining, you might want to hit the hay an hour or two earlier. Sleep is so important because it helps repair your body.

2. Nutrition-Your diet plays a huge role in recovery. Without the proper nutrients, you're shooting yourself in the foot before the race even begins. You wouldn't get in your car to drive to work without any gas, or with the wrong fuel, would you? Your body needs quality fuel and empty calories won't cut it.

To prevent overtraining, you should have an adequate intake of protein, fats, and carbs, which is why many restrictive and fad diets don't work. I am a firm believer that every meal is important but both your pre-workout and post-workout meals are key for recovery and preventing overtraining symptoms.

3. Stress-One thing rarely taken into account is your body's stress level. You need to consider both training as well as outside stressors. If everything else is on point, and you are still not achieving results from your program, you might want to give some thought to whether stress is the culprit.

Take someone under deadlines at work, in the process of moving, who discovers they have a sick relative. These are high levels of stress building up and can hinder progress. It might be a good time to take some time off strength training and go for some yoga, meditation, and soft tissue work, all viable options for stress recovery.

4. Training-Just as training too frequently causes problems, smart training volume prevents them. A good rule of thumb is to train only enough to elicit a training response. Don't train to the point where it takes 2 weeks to recover from one session.

Rest between heavy lifting sessions as much as possible and avoid training heavy with full body lifts one or two days in a row. Also, you may consider changing up the intensity week to week: train hard and heavy one week, then, the following week, take it back a notch. To maximize results and minimize injury, be sure to progress your workouts slowly, instead of making large jumps in training volume, or intensity. This helps your body to adapt to new stresses.

Depending on your goals and training experience, I also recommend a deload week where you significantly decrease training volume every 4-12 weeks.

5. Recovery-Just as I mentioned above, taking at least one or two days in between training sessions helps you recover much faster, but this doesn't mean you have to stay out of the gym all together.

There are a few activities to try on rest days that will keep you active and help prevent overtraining and injuries. Spending some extra time practicing tai chi and doing some proper stretching is never a bad idea.

Non-impact activities like yoga, tai chi and swimming can also aid in recovery as long as you don't overdo it. These activities can be considered "active rest" to help rejuvenate your body and flush out toxins. With yoga and tai chi, focus on the breathing and restful aspects and feel like a million bucks after class.

Now that you're equipped to spot the most common signs of overtraining, go train hard, train smart, and train with purpose!

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

## Pilates

Pilates and Body Conditioning Class Taught by Suzy Lebec Pilates Instructor of Twelve Years.

Come join our group at the Dojo every Monday and Thursday morning at 9:30am for an hour long invigorating and relaxing workout! Tone those hard-to-target areas and enhance your core strength in a group of supportive participants. Create your lovely Pilates body, while you gain flexibility and confidence. Choose one day a week or both to compliment your schedule.

To register for December or January, please contact Suzy at slebec@hotmail.com or 416 432-9954.

A new, fresh perspective awaits you.



The class abruptly stopped practicing. Here was a chance to not only employ their skills, but also to save the entire town.

## Picture day

We had a surprise picture day December 1st, there will be copies at the dojo, let Sensei know if you want one.



**4-7 kids class**



**8-11 Kids class**



**Adult class**