

# JADE Buddha



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## Happy New Year 2013

*Beaches Aikido Seminar & Grading Pics Inside*



**2013**  
**Year of the Snake**  
**Sunday Feb 10/13**



**Mr. Busbridge gets promoted to 3rd Dan and Senpai**



### INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tip	2
Grading Results	2
Events Calendar	3
Xmas Kata	3
Year of the Snake	3
Hakutsura	4
Kokyu Nage	5
New Mirros	5
Kyu Belt Grading	6
Kyu Belt Grading	7
Modern Day Samurai	8

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*In Life you get what you give.*

## Beaches Newsletter

### Sensei's Note

Well we survived another year without some weird end of the world scenario, like zombies, aliens, earthquakes, floods, super storms, an American invasion, the sky falling etc. etc.

When I was a kid the commies were going to nuke us out of here, so some of my friends didn't really bother trying to figure anything out, because what was the sense we were all doomed anyway.

Then the cold war ended, so 911 happened, lets all be afraid of the "Evil Doers" so Terrorists became a house hold term.

Now it's the environment that is changing and we are all doomed. 2012 didn't get you ..... that's ok don't worry the planet is in such bad shape because you drink water from plastic bottles. Hang on a second, the food we are eating is also killing us, and cancer is running ramped.

It's all just crazy, even if they ever decide to go public with the cure, there will be something else to scare you. Why? Because when people are afraid for their lives they will believe what the authorities on the subject are telling them, so they are easily controlled. When there's 7 Billion people on the planet you gotta figure out how to control them.

Back to the point....I survived the cold war, Y2K, 911, 2012, and whatever else they will through at me, or maybe I won't, but I'm not going to worry about it. Worry is negative goal setting, and if you think long and hard enough about something it just might happen.

This is import for you teens out there, live each day to the fullest, and plan for a long life, keep yourself healthy, strong, clean (mind body and soul) and always keep learning. Learning makes life interesting, there is so much this world has to offer, so make good choices and try to become an interesting person who has some personality and energy. You only get this life once so make the most of it.

### Training Tip

One way to help you to - say less and listen more is to practice your kata instead of talking in class. It's not rude to do that because that's what the dojo is there for, people will understand. In ten years when you are working Karaunfa or Suparunpei, do you really think you will remember that conversation you had with that person who is not there now anyway?

Talking in class waste time and crazy amounts of energy, unless you are getting energy from everyone who is listening to you. Think about that for a second..... How many times have you been with someone who is talking your ear off about whatever and when you get away from them you are totally zapped? The egotist can zap you if you don't notice it. Energy Vampires they are called. Training is for your protection, it's better than holy water.

## 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

### January

- 1-6 Dojo Closed
- 7 Dojo Open
- 26 Kyu Belt Grading

### February

- 10 Chinese New Year (Snake)
- 14 Valentine's Day
- 16-18 Family Day Weekend  
Dojo Closed.
- 24 CMAC BB Grading

### March

- 11-16 March Break

### June

- 23 CMAC BB Grading

### October

- 20 CMAC BB Grading

## Xmas Kata Hakutsuru

Page 4 has the main parts of Hakutsura that was this years Christmas kata as well as some bunkai at the bottom. Hakutsuru means White Crane and comes from Fujian China and that style has a strong presence in our Goju style.

The crane style is known for its grace and speed, precision and agility, often times the stances are on one leg and hands are open hand to strike. The arms will come up and resemble wings. Deep root stances are often seen rising and lowering.

Cheng Sang Feng, the legendary founder of Tai Chi, was said to have witnessed a fight between a crane and a snake and based his martial arts on what he saw, combined with taoist principle of fluidity.



## Year of the Snake

In the Chinese zodiac, the Snake is listed after the Dragon, but its place and its significance as a symbol of worship is far less than that of the Dragon. The Snake carries the meanings of malevolence, cattiness and mystery, as well as acumen, divination and the ability to distinguish herbs. In some places, people believe that a snake found in their court can bring delight. During Spring Festival, people like to paste onto their doors and windows the paper-cut 'Fu' character (happiness), combined with a snake twisting around a rabbit onto their doors and windows as a popular pattern indicating wealth.

### Strengths

People born in the year of the Snake often have a good temper and a skill at communicating but say little. They possess gracious morality and great wisdom. They are usually financially secure and do not have to worry about money. They have tremendous sympathy for others and would like to take actions to help their fellow human beings. They are determined to accomplish their goals, hate to fail. Although they look calm on the surface, they are intense and passionate. They have a rich source of inspiration and understand themselves well. They are people of great perception. Women under the sign of the snake do well in housework but are irritable.

### Weaknesses

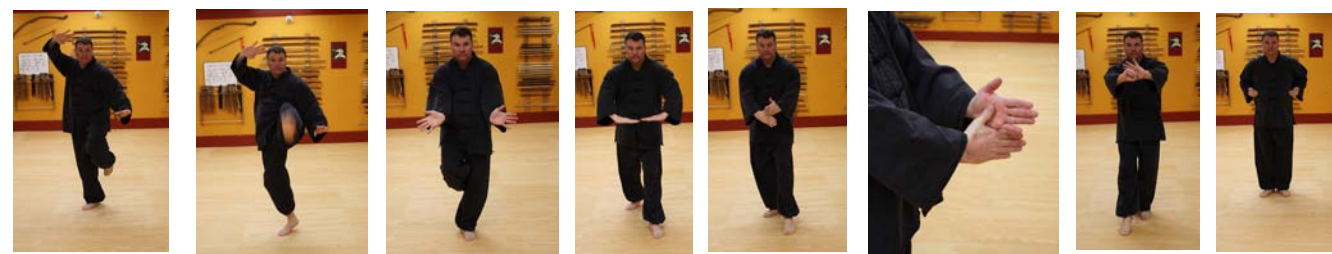
People born in the Snake Year are likely to be jealous and suspicious. They should be cautious about what they discuss with others, as it might cause them to lose friendship and opportunities. Snake people tend to overdo things. They prefer to rely on themselves and have doubts about other people's judgment. They are courteous with polite manners, but they can be headstrong. They are fickle and usually have problems in relationships or marriage problems.



*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.*

## Hakutsuru

## The White Crane





*All things are difficult before they are easy.*

## Kokyu Nage The Aikido Seminar Dec. 11/12



Here is Kokyu nage By Senpai Tisdall and Sensei DQ.

This is a brilliant throw and can be used for a variety of attacks, it doesn't take much strength at all as long as the technique is done properly. It is easy to make mistakes when you are naturally strong, because you have always used this natural God given power, the trick is to go slow and learn the move correctly, then ramp up the speed as good habits are forming.

The seminar was a great success, with just the right amount of people to make a very productive night of training. We kept it simple and just worked hard for two hours, by doing so I think everyone came away with a good understanding of this versatile throw.



Wow new mirrors in the dojo, it sure looks bigger!

Thanks Sava Rafi and Arnie for all your efforts with the mirrors - it was a pretty big job, but with your help it was a piece of cake. Thank you.





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

## Gradinding Dec. 1st /12 Highlights





*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.*

Great day for a grading! 32 students put it on the line that day and it was a fantastic grading, one of the best we've ever had come to think of it as far as true spirit over all goes. Senpai Busbridge was promoted to 3rd Dan and received his Senpai hood, and Mr. Moussa received his 1st Dan, right at the beginning of the grading. So I think that might have had something to do with everyone's high energy.



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

## Modern Samurai



**The Man**



**The Challenge - cut a bb**



**The Target**



**The Sword**



**The Cut**



**The Evidence**

Isao Machi is a modern day samurai who is able to hit a BB pellet that is travelling over 200 miles per hour.

Machi is unbelievable, the things he can do with a sword are absolutely amazing, but how is it even possible?

Do you think that Machi just picked up a sword yesterday and said "Oh I got an idea, shoot at me with that gun I think I can split the bullet." Machi probably practised for a few years before he got as good as he is today.

This kind of ability goes way past 2 hours of practise a week. Remember the Great Gretzky - he used to practise before school and then after school, he was given a place to practise and guidance on how to improve his skill and he made the most of it.

It would be cool to see Gretzky shoot a puck and Machi cut it in half with his sword.