

# JADE Buddha



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## CMAC Black Belt Grading

February 24 Burlington Hilton Inn 1pm come out and support the  
Beaches Candidates.



2013  
Year of the Snake  
Sunday Feb 10/13



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## Get the CMAC Book Series Book 7 coming this month



*In Life you get what you give.*

## Beaches Newsletter

### Sensei's Note

Here is quote from the white board this month that came back and bit me "Potential is only as good as the thinking that guides it".

So I'm at the gym the other day with my training partner and we're feeling good so we start into our shoulder routine and after the sitting shoulder bar bell lifts we move the single arm shoulder press, this exercise is usually pretty challenging. We are at the weight that usually just burns us badly, and like I said we're feeling pretty good so he throws on another plate (45lbs) and I look at him "What The?!" he smiled and said something like "its just weight," or "just do it!" or "it's the best feeling ever" the truth is I don't know what he said, I just looked at the weight and thought he was crazy.

So he powers through it, I grab the weight and go hard through the burn, put it down shrug the shoulders and he throws on another 25 pounder, I'm thinking to myself, this is madness! He feels it but cranks out his reps, so I take it and push like my life depends on it. I pushed out 8 reps which was 3 more than I thought I'd get.

I confess to him after that I thought the first plate was crazy and then you topped it with the 25lbs, I never thought I'd be able to do it. Then he says "Potential is only as good as the thinking that guides it." This was an enlightening day for me, as I put these bits of philosophy down for you, and when it gets thrown back at me it kinda stings a bit, but I can take it.

I think humility is a good thing.

I have some students that have been holding back and I know they are made of so much more, but they just don't see it themselves. Getting a push from someone else from time to time gets us out of our comfort zone and helps us grow.

If we don't stretch our limitation we set our limitations. Thanks for the lesson in humility.

### Training Tip

Wow there's lots going on at the dojo these days. Kick Boxing cardio class 4 times a week with Robin, Pilates with Sue twice a week, Cherrie's Kids yoga, and Ms. Roberts Dance class Tuesday Mornings. That's just the extra curricular programs.

The regular classes are rocking pretty good these days and now there's a brown and black belt class on Tuesday at 6:15, which has been a long time coming, but totally worth it.

Training on Sundays is also picking up with the Kick box, private classes and the Black Belts coming in on their own to workout.

Get involved where you can you'll get more out of the Martial Arts experience.

## Grading Results

January 26 2013

### Yellow Belt

Fin Donald

Fuad Moussa

### Orange Belt

Caris Beatty

Tyler Lyons

Ryder Hogan

### Red Belt

Sebastien Dobrowski

### Purple Belt

Mack Beatty

### Brown Belt

David Walters

### Sho Dan

Chris May

## Next Grading

March 2 2013



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

## BEACHES EVENTS

### February

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

### March

- 2 Kyu Belt Grading
- 11-16 March Break

### April

- 27 Kyu Belt grading

### May

- 24-26 Long Weekend

### June

- 23 CMAC BB Grading

### October

- 20 CMAC BB Grading



"Freeze!.....Okay, now.....Who's the Brains of this outfit?"

## Aging pains

Two Elderly Gentlemen from a retirement center were sitting on a bench under a tree when one turns to the other and says: 'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?'

Slim says, 'I feel just like a newborn baby.'

'Really!? Like a newborn baby!?'

'Yep. No hair, no teeth, and I think I just wet my pants.'

## Reasons for Juicing

There are three main reasons why you will want to consider incorporating vegetable juicing into your optimal health program:



1. Juicing helps you absorb all the nutrients from the vegetables. This is important because most of us have impaired digestion as a result of making less-than-optimal food choices over many years. This limits your body's ability to absorb all the nutrients from the vegetables. Juicing will help to "pre-digest" them for you, so you will receive most of the nutrition, rather than having it go down the toilet.

2. Juicing allows you to consume an optimal amount of vegetables in an efficient manner. If you are a carb type, you should eat one pound of raw vegetables per 50 pounds of body weight per day. Some people may find eating that many vegetables difficult, but it can be easily accomplished with a quick glass of vegetable juice.

3. You can add a wider variety of vegetables in your diet. Many people eat the same vegetable salads every day. This violates the principle of regular food rotation and increases your chance of developing an allergy to a certain food. But with juicing, you can juice a wide variety of vegetables that you may not normally enjoy eating whole.

Get a good juicer and spend the time juicing, make a habit out of it, and try to juice on a daily basis. It's your health and it's your responsibility.

*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.*

## Shito Ryu

### Goju Cousin

Kenwa Mabuni (Mabuni Kenwa) was born in Shuri, Okinawa in 1889. Mabuni was a 17th generation descendant of the famous warrior Oni Ufugusuku Kenyu. Perhaps because of his weak constitution, he began his instruction in his home town in the art of Shuri-te at the age of 13, under the tutelage of the legendary Anko Itosu (Itosu Anko) (1831–1915). He trained diligently for several years, learning many kata from this great master. It was Itosu who first developed the Pinan kata, which were most probably derived from the “Kusanku” form.

One of his close friends, Chojun Miyagi (Miyagi Chojun) (Founder of Goju-ryu Karate) introduced Mabuni to another great of that period, Kanryo Higaonna (Higaonna Kanryo). Mabuni began to learn Naha-te under him. While both Itosu and Higaonna taught a “hard-soft” style of Okinawan “Te”, their methods and emphases were quite distinct: the Itosu syllabus included straight and powerful techniques as exemplified in the Naihanchi and Bassai kata; the Higaonna syllabus stressed circular motion and shorter fighting methods as seen in the kata Seipai and Kururunfa. Shito-ryu focuses on both hard and soft techniques to this day.

Although he remained true to the teachings of these two great masters, Mabuni sought instruction from a number of other teachers, including Seisho Arakaki, Tawada Shimboku, Sueyoshi Jino and Wu Xianhui (a Chinese master known as Go-Kenki). In fact, Mabuni was legendary for his encyclopaedic knowledge of kata and their bunkai applications. By the 1920s, he was regarded as the foremost authority on Okinawan kata and their history and was much sought after as a teacher by his contemporaries. There is even some evidence that his expertise was sought out in China, as well as Okinawa and mainland Japan. As a police officer, he taught local law enforcement officers and at the behest of his teacher Itosu, began instruction in the various grammar schools in Shuri and Naha.

In an effort to popularize karate in mainland Japan, Mabuni made several trips to Tokyo in 1917 and 1928. Although much that was known as “Te” (Chinese Fist; later simply “hand”) or karate had been passed down through many generations with jealous secrecy, it was his view that it should be taught to anyone who sought knowledge with honesty and integrity. In fact, many masters of his generation held similar views on the future of Karate: Gichin Funakoshi (founder of Shotokan), another contemporary, had moved to Tokyo in the 1920s to promote his art on the mainland as well.

By 1929, Mabuni had moved to Osaka on the mainland, to become a full-time karate instructor of a style he originally called Hanko-ryu, or “half-hard style”. The name of the style changed to Shito-ryu, in honor of its main influences. Mabuni derived the name for his new style from the first kanji character from the names of his two primary teachers, Higa(shi)onna and I(to)su. With the support of Ryusho Sakagami (1915–1993), he opened a number of Shito-ryu dojo in the Osaka area, including one at Kansai University and the Japan Karatedo-kai dojo. To this day, the largest contingent of Shito-ryu practitioners in Japan is centered in the Osaka area.

Mabuni published a number of books on the subject and continued to systematize the instruction method. In his latter years, he developed a number of formal kata, such as Aoyagi, for example, which was designed specifically for women’s self defense. Perhaps more than any other master in the last century, Mabuni was steeped in the traditions and history of Karate-do, yet forward thinking enough to realize that it could spread throughout the world. To this day, Shito-ryu recognizes the influences of Itosu and Higaonna: the kata syllabus of Shito-ryu is still often listed in such a way as to show the two lineages.

Kenwa Mabuni died on May 23, 1952, and the lineage of the style was disputed between his two sons, Kenzo and Kenei. Currently, the Shito-ryu International Karate-do Kai (also known as Seito Shito-ryu) lists Kenzo Mabuni as the second Soke of Shito-ryu, while the World Shito-ryu Karate-do Federation (also known as Shito-kai Shito-ryu) lists Kenei Mabuni.



*All things are difficult before they are easy.*

## Figure 4 Arm bar

## Ju jitsu meets Aikido

Classic Deito Ryu Ju Jitsu figure 4 arm bar combined with the foot work of modern day Aiki do. The cross step or shuffle step, pivot 180 ° combined with the figure 4 arm bar is a deadly powerful combination.



The figure 4 arm bar is truly a wonderful thing, but the foot work is where the magic happens. Make sure to step face to face and arms up then pivot 180 °.

Make sure to keep your back straight up and down until uke's back has bent backward, then you can bend your knees and back for the take down.

## Belt and Gi Rentals

New Policy: as of January 2013 we will rent you a belt for \$2 and if we have a used one behind the counter a gi for \$3. A whole set up for \$5 - awesome!

Usually what happens in most dojos when someone forgets their belt they get a white belt to wear. This can be humiliating for those that feel that way about it. So here at the Beaches dojo we've never really been to keen on that protocol.

Keeping with the current trend of taking money for your mistakes we have adapted this new rental policy.

The funny thing is, the guy that actually made the suggestion of this new policy forgot his belt the very next day and I charged him \$2. How awesome is that!?

## Ello - Ms. Crawley



Look Oo it is :- ) Ms. Crawley has strapped on a white belt and is now terrorizing the student body in the weapons class.

Sure she may look cute and cuddly in this picture, but notice she is armed and not afraid to use it.

Currently holding a Ni Dan in karate she has decided to take on Kobudo as a second Martial Art.

I say ``Good on Ya!`` You are an inspiration.



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

## Grading Jan. 26th 2013 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.*



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

## Juice Recipes

Prickly Pear Delight	Wheat grass Energy Drink	Juicy Adrenaline Rush	Post Workout Power Punch
1 prickly pear	1 handful of wheat grass	1 lemon	1 lemon
1 lemon	1 handful of spinach	1 orange	1 orange
1 wedge of pineapple	1 spear of pineapple	1 large spear of pineapple	1 pear
		3 wedges of watermelon	1 apple
			5 large broccoli florets
Vegetable Juice Potluck	Booster Shot		
1 Tomato	2 oranges	Wake Up Wowser	Lunch in a Glass
2 Celery Stalks	1 whole lemon with skin	1 apple	2 tomatoes
2 large carrots	1" piece of ginger	1 pear	2 carrots
5 large broccoli florets		2 oranges	1/2 head cabbage
1/2 cucumber	Red Zinger	1 sweet potato	2 celery stalks
	1 beet		1 broccoli head
Fruit Juice Surprise	2 limes	One Potato Sweet Potato	
1 bunch of grapes	1" piece of ginger	1 orange	
1 whole apple		1 pear	
1 whole orange		2 carrots	
1/4 cantaloupe		1 sweet potato	



## Drink Water first thing!

Here is another habit you might want to get on. Try drinking an 8 oz of water as soon as you get up in the morning, and do not eat or drink anything for 45 minutes.

Our body chemistry is 80% water and after a night of sleeping you need to wake it up with water, this gets all systems firing up.

This is a method of treatment for the following health problems: 1. High Blood Pressure (30 days) 2. Gastric (10 days) 3. Diabetes (30 days) 4. Constipation (10 days) 5. Cancer (180 days).

Make sure the water you're drinking is clean and filtered.

## Life and Death on Planet Earth

In any given instant there are billions of births and deaths in nature. On earth there are about 55.5 million human deaths in a year, more than 4 and a half million deaths in a given month, over 150 thousand in a single day, over 6 thousand deaths per hour, over 100 per minute and almost two deaths each and every single second. This is contrasted by at least four births a second, over 250 a minute, 15 thousand in an hour, well over 360 thousand a day, nearly 11,000 a month, and over 131 and a half million per year on this Earth. Among the human species, it seems the force of life outweighs that of death on this planet.

