

JADE Buddha



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CMAC Book 7 has Landed

This is the final book in the Kyu belt part of the series.

Kata that are covered are Empi ha, Naihanchi and Bassai Dai.

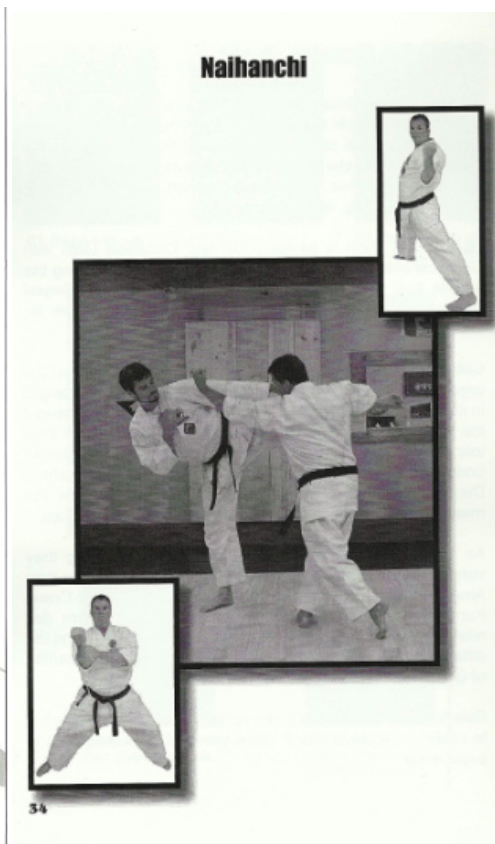
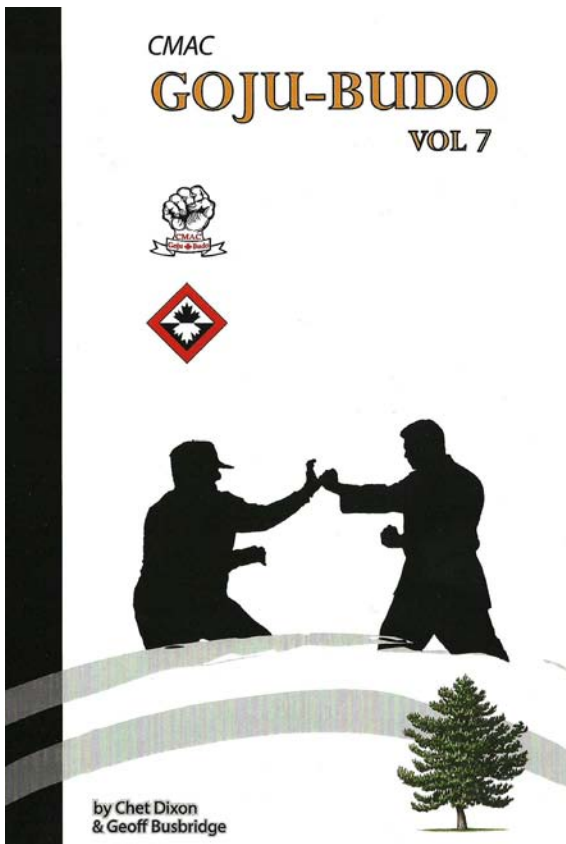
Many writes ups that will explain what you will go through on your way to Black Belt and beyond. Knowledge is power.



2013

Year of the Snake

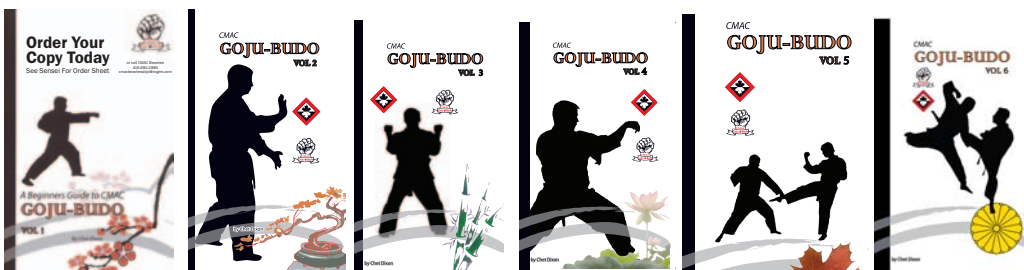
Sunday Feb 10/13



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Get the CMAC Book Series



In Life you get what you give.

Beaches Newsletter

Sensei's Note

The other day I mentioned in class that on your journey to Black Belt and beyond you're going to get injured. Oddly enough it usually happens just before your Black Belt grading, and it might not be from training (I think I might have left that part out).

This is Karate class you are learning how to block punch and kick against someone, and in doing so you might get some bumps and bruises. It's kinda like life, you're going to get some bumps and bruises from the beginning to the end. How you handle it is really the battle and if you are not tough enough little problems turn into big tragedies.

Some parents have been asking their children if they want to do Karate and basically letting them decide. This has always bewildered me, I'm sure they don't ask them if they want to go to school, or hockey practice, they take them and make them do it. Why should Self Defence be left up to them to decide. If you as a parent really want to help your kids through this mine field we call life you might want to toughen them up a bit so they don't have as many issues as most of the kids out there.

The training is more than just blocking punching and kicking, there are many lessons of life along the way, many come in with confidence issues, being bullied, etc. etc. and on and on, and things are fixed at some point or another. How could they even consider asking their child if they want to do it or not. They would nip all the kids problems in the bud and the parents could have an easier life by getting rid of all the head aches before they have a chance to happen.

I know someone who didn't take the time to train their dog how to behave and they have had so many problems because of the dog, friends and family don't want to come around because the dog is such a nightmare. I'm not trying to say that kids and dogs are the same, but there are schools for behavior and if your dog or child needs help get them there. And try reading a book on child psychology.

I did it again, I went from talking about one thing and ended up some where else. I started talking about the inevitable injury to behavior problems. Maybe I can salvage it by saying, if your behavior is not in the right place you may need to protect yourself against those you have upset. Life can be tough for those who don't understand the rules. Or an ounce of prevention is worth a pound of cure. Or a punch in time saves nine more punches. Or tough times don't last, tough people do. Or a parents job is to educate the child for the world they live in. Or who is running the household anyway - you or the kid? Or who left the kids in charge? Or who's doing the thinking around here? Or the son inherits the sins of the father. Or it's better to bruise in the dojo than bleed in the street. Or get the massage and stop checking the spelling. Or the dog bit the hand that feeds it. Or your Karma ran over your dogma. Or the mind is the first thing to go. Or.....well it goes on and on but I'm out of space.

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

March

- 2 Kyu Belt Grading
9-16 March Break
no classes

April

- 1 Listen to Sensei Urban
27 Kyu Belt grading

May

- 24-26 Long Weekend

June

- 23 CMAC BB Grading

October

- 20 CMAC BB Grading



God at his computer

Aging pains

Hospital Regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator.

On the way down I asked him if his wife was meeting him.

'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'

The Gallbladder

Human anatomy

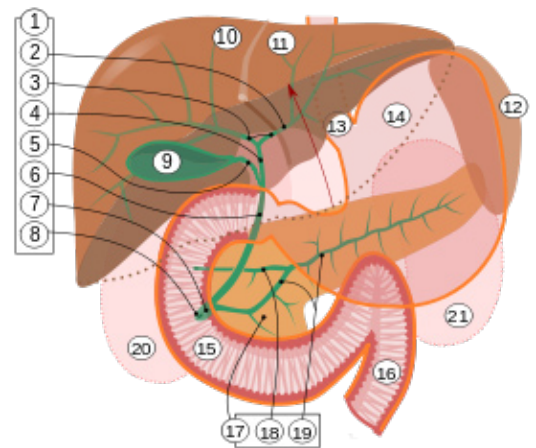
The gallbladder is a hollow system that sits just beneath the liver in adults, the gallbladder measures approximately 8 centimetres (3.1 in) in length and 4 centimetres (1.6 in) in diameter when fully distended. It is divided into three sections: Fundus, body, and neck. The neck tapers and connects to the biliary tree via the cystic duct, which then joins the common hepatic duct to become the common bile duct. At the neck of the gallbladder is a mucosal fold called Hartmann's pouch, where gallstones commonly get stuck. The angle of the gallbladder is located between the costal margin and the lateral margin of the rectus abdominis muscle.

Function

When food containing fat enters the digestive tract, it stimulates the secretion of cholecystokinin (CCK). In response to CCK, the adult human gallbladder, which stores about 50 millilitres (1.7 U.S. fl oz; 1.8 imp fl oz) of bile, releases its contents into the duodenum. The bile, originally produced in the liver, emulsifies fats in partly digested food.

During storage in the gallbladder, bile becomes more concentrated which increases its potency and intensifies its effect on fats.

In 2009, it was proposed that the gallbladder can produce several pancreatic hormones, including insulin.



1. Bile ducts: 2. Intrahepatic bile ducts, 3. Left and right hepatic ducts, 4. Common hepatic duct, 5. Cystic duct, 6. Common bile duct, 7. Ampulla of Vater, 8. Major duodenal papilla 9. Gallbladder, 10-11. Right and left lobes of liver. 12. Spleen. 13. Esophagus. 14. Stomach. Small intestine: 15. Duodenum, 16. Jejunum 17. Pancreas: 18: Accessory pancreatic duct, 19: Pancreatic duct. 20-21: Right and left kidneys (silhouette).

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.

Chito Ryu

Goju Cousin

Chito-ryu is a style of karate founded by Tsuyoshi Chitose, (1898 - 1984). The name of the style translates as: chi "to" - 1,000; - China; ryu, "1,000 year old Chinese style." The character "to" refers to the Tang Dynasty of China. The style was officially founded in 1946.

Chito-ryu is generally classified as a Japanese style because Chitose formulated and founded Chito-ryu principally while living in Kumamoto, Japan. However, some modern practitioners feel it is better categorized as an Okinawan style given that its roots and techniques are firmly grounded in and derived from traditional Okinawan Tode. This belief is warranted since the style's founder, Tsuyoshi Chitose, received first the rank of Judan, in 1958, and then the rank of Hanshi, in 1968, from the Zen Okinawa Karate Kobudo Rengo Kai (All Okinawa Union of Karate-do and Kobu-do).

Founder

Tsuyoshi Chitose (Okinawan: Chinen) was born on October 18, 1898 in the town of Kumochi, Naha City, Okinawa Prefecture. He came from a martial arts lineage—his maternal grandfather was Matsumura Sokon. While in Okinawa, Chitose grew up studying the art of karate (Tang hand?), now written (empty hand?), as well as kobudo. In 1921, he moved to mainland Japan to study medicine. Chitose developed Chito-ryu using his understanding of physiology to adjust traditional techniques to make them both more effective and less detrimental to the bodies of long-term practitioners. Chitose died in 1984 at the age of 86.

Chitose created Chito-ryu by combining the strength techniques from Shuri-te, with those of Naha-te. While present, the influence of Tomari-te is less than that of the two previously mentioned foundation styles.

Teachers

Chitose began his training in Tote, under Aragaki Seisho in 1905. He was seven years old and continued to train with Seisho until 1913/1914. While there is some discrepancy as to whether Chitose's first kata was Sanchin or Seisan, his book "Kenpo Karate-do" states that he learned Sanchin from Aragaki for seven years before being taught another. Also attributed to his training with Aragaki Seisho are the kata Unshu, Seisan, Niseishi, and possibly Shiho-hai. Aragaki was also a famous weapons master, leaving behind several bo and sai kata including Aragaki-no-kun, Aragaki-no-sai and Sesoku-no-kun. One of Aragaki's most famous students was Higaonna Kanryo, a major influence of the Goju-ryu style who was also one of Chitose's primary teachers.

Kusanku

The opening of the Chito-ryu version of Kusanku is nearly identical to the opening of the classical Shorin-ryu versions found in other lineages. However, after these initial moves, the kata departs drastically. There are two versions that are commonly practiced, the sho and dai versions. The dai version doubles the length of the kata.

Sanchin

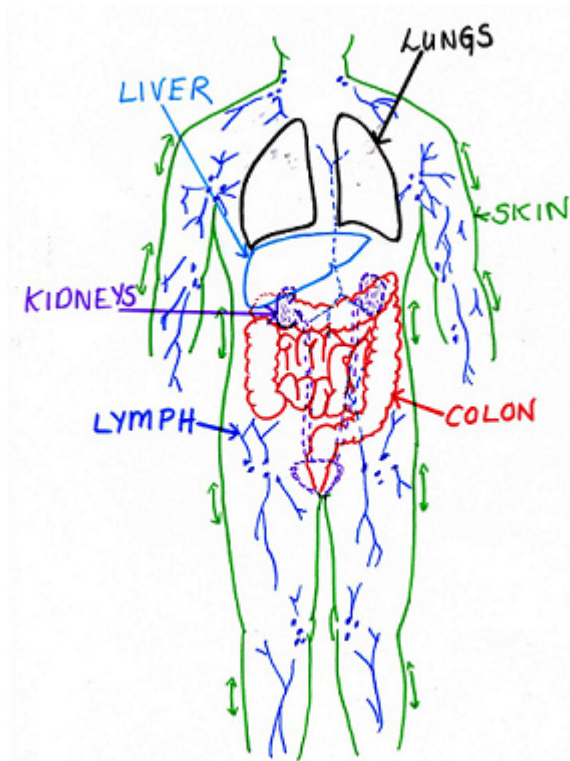
Like Niseishi, Sanchin "Three battles" is a very old kata that is also generally acknowledged as originating in southern China from the Fujian White Crane style of martial art. In Chinese styles this form is practiced with the use of open hands throughout, while in Chito-ryu there is significant use of closed hands (fist). Ideally, it is supposed to take no less than seven minutes to perform properly and focuses on highly developed use of breathing techniques and kime. In Chito-ryu, Sanchin is generally considered a senior dan kata, and is usually only required at levels above yondan.

All things are difficult before they are easy.

The Healing Power of Sanchin

Deep breathing is excellent for your health, your lungs not only supply the bodies circulatory system with oxygen, but are also one of the main eliminating organs. With deep breathing exercises you can expel toxins that are trapped in the lower part of the lungs that have settled there over time.

Your lungs filter out toxin from the air you breath and hold it there so not to pass these toxins on to the rest of the body. Of course this ability is marginal and thank God there are other organs that also help with dealing with these toxins, because in today's environment there really is a lot for the body to deal with.



The bodies eliminating organs

Here in this diagram you can see all the rest of the eliminating organs; liver, kidneys, colon, lymph nodes and the skin.

While training Sanchin kata the Karate - ka will contract his stomach muscles, as well as his entire body, this dynamic tension in his abdomen helps to massage the internal organs, this in turn brings blood circulation to the area. The improved circulation brings more oxygen to the internal organs, the more blood and oxygen keeps the organs healthy and functioning at an optimum level of efficiency.

The skin is the largest organ of the human body and it eliminate toxins by sweating. Sanchin is good anytime, you can do it anywhere and it doesn't take much space and if you do it hard enough you will sweat!

Lymph nodes is an organ of the immune system, these oval shaped organs are located where the arms, legs and neck meet the torso. They are responsible for moving the white blood cells around and they fight foreign particles that lead to dis-ease. Since the lymph nodes don't have a heart to push them around their activity is possible through your activity, stay active.

If for some reason you are unable to get out of bed, injury, surgery, illness etc. you can still practice Sanchin. If you can not move at all you can still do Sanchin. As long as you can breathe you can do Sanchin. Do it in your mind and do the breathing, work you muscles as you would as if you were standing. The mental exercise, with the breathing will get healing energy to the areas that need the power.

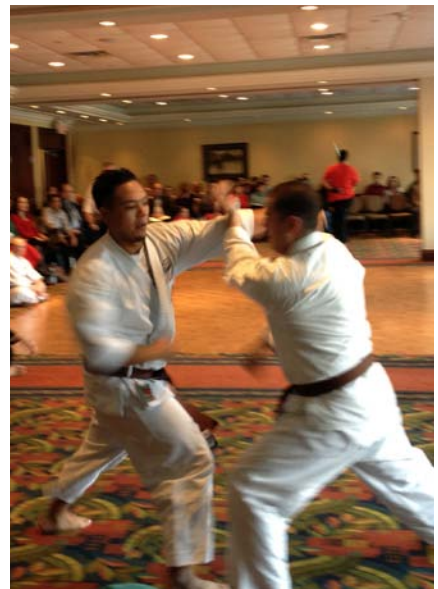
When you train and develop the Sanchin kata you strengthen your Chi/ki. Never under estimate the power of the old ways, thousands of years of experience are packed into them.



Mr. Delaney doing Sanchin

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

Highlights from the CMAC February Black Belt Grading



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.

The Book of the Void

The book of the Void is the last book in the Go Rin No Sho - Book of 5 Rings written by Miyamoto Musashi aka Kensai - the Sword Saint



The Ni To Ichi Way of strategy is recorded in this the Book of the Void.

What is called the spirit of the void is where there is nothing. It is not included in man's knowledge. Of course the void is nothingness. By knowing things that exist, you know that which does not exist. That is the void.

People in this world look at things mistakenly, and think that what they do not understand must be the void. This is not the true void. It is bewilderment.

In the Way of strategy, also, those who study as warriors think that whatever they cannot understand in their craft is the void. This is not the true void.

To attain the Way of strategy as a warrior you must study fully other martial arts and not deviate even a little from the Way of the warrior. With your spirit settled, accumulate practice day by day, and hour by hour. Polish the twofold spirit heart and mind, and sharpen the twofold gaze perception and sight. When your spirit is not in the least clouded, when the clouds of bewilderment clear away, there is the true void.

Until you realise the true Way, whether in Buddhism or in common sense, you may think the things are correct and in order. However, if we look at things objectively, from the viewpoint of laws of the world, we see various doctrines departing from the true Way. Know well this spirit, and with forthrightness as the foundation and the true spirit as the Way. Enact strategy broadly, correctly and openly.

Then you will come to think of things in a wide sense and, taking the void as the Way, you will see the Way as the void.

In the void is virtue, and no evil. Wisdom has existence, principle has existence, the Way has existence, spirit is nothingness.

Shinmen Musashi

Confidence and encouragement will increase the numbers of any cause.

The Boy Who Cried Wolf

Kids do crazy things, the other day someone was telling me about a new thing his kid was doing, and that was screaming for no reason. He wants it to stop, so I told him about the boy who called wolf.

As the story goes a young kid in a farming village would like to cry wolf when people were around so all the people would panic and run around all crazy to get away from the wolf, the boy would then laugh and the towns people who would then curse him for doing so. They would say "one day you will pay for crying wolf."

He didn't care about the warnings, he was having too much fun yelling, screaming and caring on. It worked every time, people back in those days were really scared of the big bad wolf back, because when one of those guys got a hold of you that was it for you.

One beautiful sunny afternoon the village was having

a festival and everyone was there except the pain in the neck who liked to cry wolf. No one really minded that he wasn't there because he was kind of a jerk. He never came home that night, or the next night or the night after that. Then the parents started notice that their pain in the neck was gone. They thought they should ask around and see if anyone knew anything about where their boy was. Finally someone said "Oh I heard him during the festival screaming about a wolf, I didn't take him seriously because you know how he is always doing that."

The boy was never seen again.



Wow if Walmart was a Country



He built his own three wheeled sports car and ladies I'm pretty sure he's single. I love the lawn car, nice touch.



1,2,3,...7? What The! And no one is wearing a Helmet or a seat belt.



Has anyone seen my bike or my shoes for that matter???