

JADE Buddha



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CMAC Calgary BB Grading

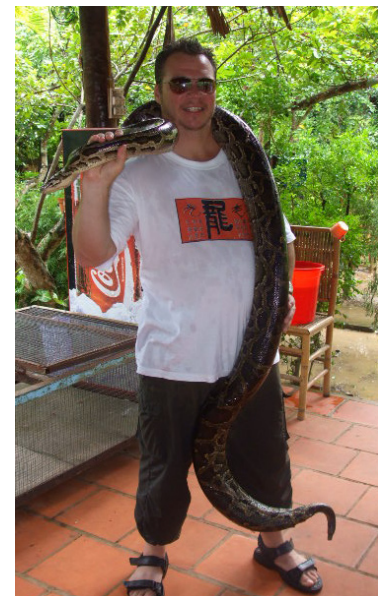
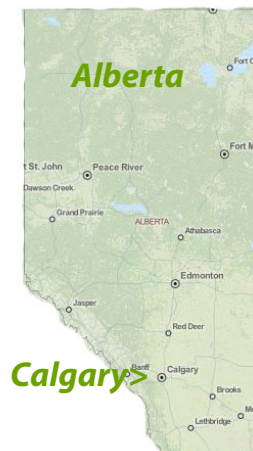
Sensei Sukys from Calgary is having a Grand Opening of his new Dojo as well as hosting Sensei Platt for seminars and a Black Belt Grading on the June 7,8,9 weekend.



2013
Year of the Snake
Sunday Feb 10/13



This is what Alberta looks like on a map of Canada. If you want to see what it looks like on the ground you should go there and see for yourself what its really like. While you're there you should take part in the seminar and Grand Opening June 7,8,9.



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In Life you get what you give.

Beaches Newsletter

Sensei's Note

I went to watch a kid's hockey game the other day, they were all around 12 years old, and I was pretty impressed with the level of skill these little guys had. One of the kids is my brother's neighbour who likes to practice on brother's pond.

As I was saying the talent was pretty good, they are travelling teams and everyone takes it very seriously. Our team didn't win however and what I noticed was that the other team took way more shots at the goal. Our team liked to handle the puck and pass which is all good but the idea is to put the puck in the net.

The more shots on net increases your chances of scoring.

How does this relate to Martial Arts? Everything relates to Martial Arts!

I guess one thing you can get from this story is that in order to win the game you need to keep shooting at your goal. Another may be that fancy stick handling may look impressive but puts off the real directive and wastes time. Still another lesson would be to look for lessons in everything you see, and try to relate them to your training and your life. Since a Martial Artist is an artist of life everything is relative.

Training Tip

Changing it up a bit. If you haven't been in class for the last couple weeks you wouldn't know that things have changed around here a little. I took out the warm up and replaced it with more basics!

It seems that an hour isn't what it used to be, so I turned the basics into the warm up. Lots of basics and killing two birds with one stone, you have a great warm up of basics and your basics are getting stronger and stronger every class.

The basics are your Karate so more time is required. Lots of blocks punches and kicks every day is the way. When you have a strong foundation your structure will withstand the storm. Strong stances will give you balance and balance equals power. Power is rooted in the feet developed by the legs and directed by the hips. When you understand this your power will be amplified, to not know this is to miss out on your true potential.

Sometimes people will half heartedly get through their basics. This is not to your advantage. Karate training is not a game or sport, it is a way of life. You are training to protect your life or your family's, or your friend's life, isn't that worth putting everything into it.

Karate training is for keeps! The first time I used Karate in battle it saved my life. Sure living through something like that changes you, but one thing is for sure, not living through it.....well it's all over.

Grading Results

March 2 2013

Yellow Belt

Jack Chalmers
Jacob Lehman
Mark Vallelonga
Stefan Irmeler

Orange Belt

Max Tomlinson
Aurora Drygas

Red Belt

Jonathan Dobrowski

CMAC GRADING

February 24 2013
SHO DAN KARATE
Chris May

First Level Tai Chi
Sean Delaney
Sava Dryton
Vojka Miladinovic

Next Grading

April 27 2013



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

BEACHES EVENTS

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



Couple in Their Nineties

are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember ..

Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks. 'Will you get me a bowl of ice cream?' 'Sure...' 'Don't you think you should write it down so you can remember it?' she asks. 'No, I can remember it.' 'Well, I'd like some strawberries on top, too. Maybe you should write it down, so not to forget it?' He says, 'I can remember that. You want a bowl of ice cream with strawberries.' 'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks. Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, The old man returns from the kitchen and hands his wife a plate of bacon and eggs..

She stares at the plate for a moment. 'Where's my toast ?'

Aging pains

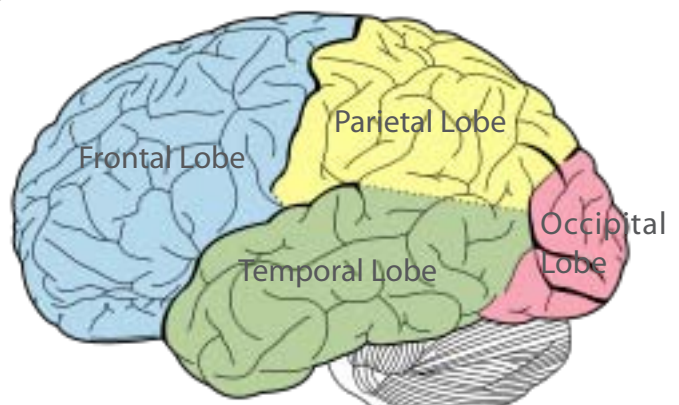
The Cerebral Cortex

The cerebral cortex is a sheet of neural tissue that is outermost to the cerebrum of the mammalian brain. It covers the cerebrum and cerebellum, and is divided into left and right hemispheres. The cerebral cortex plays a key role in memory, attention, perceptual awareness, thought, language, and consciousness. It consists of up to six horizontal layers, each with a different composition in terms of neurons and connectivity. The human cerebral cortex is 2–4 mm (0.08–0.16 inches) thick.

In preserved brains, it has a grey color, hence the name "grey matter". In contrast to grey matter that is formed from neurons and their unmyelinated fibers, the white matter below them is formed predominantly by myelinated axons interconnecting neurons in different regions of the cerebral cortex with each other and neurons in other parts of the central nervous system.

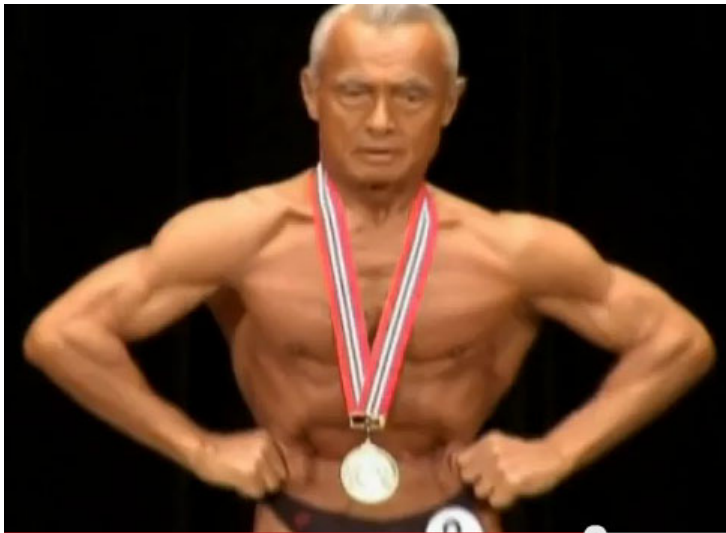
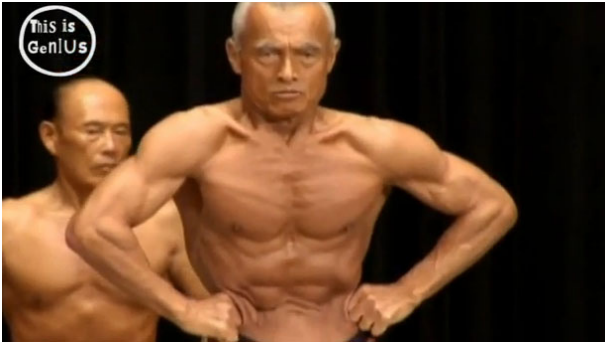
The surface of the cerebral cortex is folded in large mammals, such that more than two-thirds of it in the

human brain is buried in the grooves, called "sulci". The phylogenetically most recent part of the cerebral cortex, the neocortex (also called isocortex), is differentiated into six horizontal layers; the more ancient part of the cerebral cortex, the hippocampus (also called archicortex), has at most three cellular layers, and is divided into subfields. Neurons in various layers connect vertically to form small microcircuits, called columns. Different neocortical architectonic fields (Brodmann areas) are distinguished by variations in the thickness of these layers, their predominant cell type and other factors such as neurochemical markers.



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.

74 year old Body builder



Japan's 21 annual body building championships for the over 70 division has 11 competitors and a combined age of almost 800. Here the 74 year old Tanaka takes first place. His comment was that he likes it when people say "wow you look so young"; his reply is that anyone can do it you just have to exercise a little every day.

Goju Ryu



Goju-ryu, (Japanese for "hard-soft style") is one of the main traditional Okinawan styles of karate, featuring a combination of hard and soft techniques. Both principles, hard and soft, come from the famous martial arts book *Bubishi* (Chinese: wu bei ji), used by Okinawan masters during the 19th and 20th centuries. Go, which means hard, refers to closed hand techniques or straight linear attacks; Ju, which means soft, refers to open hand techniques and circular movements. Goju-ryu incorporates both circular and linear movements into its curriculum, combining hard striking attacks such as kicks and close hand punches with softer open hand circular techniques for attacking, blocking, and controlling the opponent, including locks, grappling, takedowns and throws.

Major emphasis is given to breathing correctly in all of the katas but particularly in the Sanchin kata which is one of two core katas of this style. The second kata is called Tensho, meant to teach the student about the soft (ju) style of the system. Goju-ryu practices methods that include body strengthening and conditioning, its basic approach to fighting (distance, stickiness, power generation, etc.), and partner drills.

Chojun Miyagi Founder 1888-1953

All things are difficult before they are easy.

March Kyu Belt Grading



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

Touching the sky without arms - Jessica Cox

Touching the sky without arms



• Jessica Cox •



She is able to write 25 words per minute, dry her hair, put on her make-up, and wear her contact lenses at the same ease as anyone



When she was young she frequently felt opposed, downtrodden and on the verge of tears resulting from anger due to her lack of arms; given this, she placed all her energy in the practice of sports.

For Jessica, the main challenge of being born without arms was the constant perception of others more than the physical adversity



Jessica, 26 years old and 1.55 meters tall, is the first lady in history to pilot a plane without arms



This inspiring lady and heroine for numerous persons, irradiates always joy and is proof of having a great sense of humor ; on Mother's Day last year she flew alone by herself without anyone accompanying her, dragging a notice board saying simply : "Look Mom, without arms !"

Here is a very inspirational story of Jessica Cox who was born without arms and didn't let it hold her back. Not only did she excel in sports and social activities (swimming, dancing, Martial Arts) she earned a degree in psychology from U of Arizona, can drive a car and fly a plane.

People are awesome! You can you tube "People are Awesome" and see just how awesome people are. These are the people doing things, trying things, going places, acting on dreams and ideas.

We live in amazing times, try and get out there and experience life.

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 Art of War

By Sun Tzu

Strategic assessments

Military action is important to the nation, it is the ground of death and life, the path of survival and destruction, so it is imperative to examine it.

There are five main things to understand; (1) The Way, (2) The Weather (3) The Terrain (4) The Leadership (5) The Discipline.

First assess yourself and your opponent in terms of these five things, deciding who is superior. Then you can determine who is likely to prevail.

1 The Way - means inducing the people to have the same aim as the leadership, so that they will share death and share life, without fear of danger. The way means humaneness and justice.

2 The Weather - means the seasons and to be prepared for it, many armies have been crippled by freezing cold winters, or died from the plague in the hot climates. Many defences have been overrun by the cover of darkness and the sound of the rain.

3 The Terrain - means to assess in terms of distance, difficulty or ease of travel, dimensions, and safety. In

order to make the appropriate battle plans for the attack, retreat or defence you need to know the lay of the land.

4 The Leadership - is a matter of intelligence, trustworthiness, humaneness, courage, and sternness. Intelligence involves the ability to plan and to know when to change effectively. Trustworthiness means to make people sure of punishment and reward. Humaneness means love and compassion for people, being aware of their toils. Courage means to seize opportunities to make certain of victory, without vacillation. Sternness means to establish discipline in the ranks by strict punishments.

5 The Discipline - means organization, chain of command, and logistics. Organization means that the troops must be grouped in a regulated manner. Chain of command means that there must be officers to keep the troops together and lead them. Logistics means overseeing supplies.

Every General has heard of these five things. Those who know them prevail, those who do not truly understand them don't.



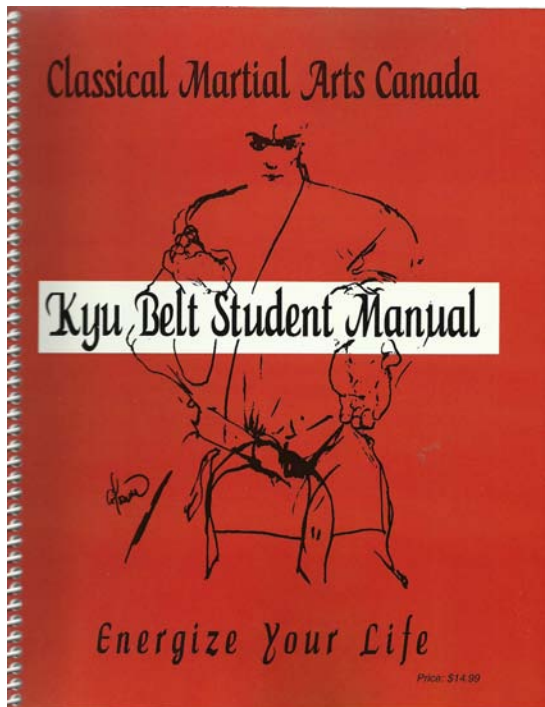
Two men knocked on my front door today and asked if I would kindly donate to the new, local swimming pool that is being built - so I gave them a bottle of water.



Confidence and encouragement will increase the numbers of any cause.

The Year of the Snake

In the spirit of the year of the Snake look what I found while going through some old shots. This is me holding a python at the Mekong River Delta in Vietnam. This was during the Asian tour of 2007. It was pretty dicey there for a second when he had the choke on me, so I put the kung fu grip around his neck and he backed off.



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