

JADE Buddha



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Sensei Titus Seminar

Sensei Fritz Titus 5th Dan and long time student of Sensei Dixon will be coming to the Beaches Dojo May 26th at 11am -2pm. He is very skillful and will be teaching some amazing kicks and Goshin Jitsu, so make sure you don't miss it.



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

Summer Hours are coming, as most of you who have been here a while may know, when the weekends come so do the tourists and the Beachers head to another Beach. This leaves the dojo kinda empty so we go hard through the week and take the weekends off.

Of course we don't want you to lose any time so we have doubled up the classes through the week; kids 4-9 yrs old train on Tuesday and Thursday 5-6pm and the older kids are Mondays and Wednesdays 5-6pm, adults, tai chi, and weapons are same time but weekends off.

I almost didn't do it this year because we have a good vibe happening in the dojo right now and everyone is really starting to see the results of their hard work, then I talked to the parents and most of them head to the cottage on the weekend. That was all I needed to hear, before remembering how draining it is running the dojo in the summer. So weekends are off as of the end of June.

The first week of summer holidays is closed and the last week before the kids go back to school is also closed for summer holidays. Pretty Sweet I know.

The exact dates will be in the June newsletter.

Training Tip

Here's a training tip for ya! Ous! Ous! OUS! When a Sensei tells you something "Just Say OUS!" Do you think anyone cares what your excuse is? No one cares! Your talking or talking back is a waste of time, and to be very honest kind of up sets the flow of the class and often leads to an unpleasant uke experience.

Think before you ask a question to Sensei and the correct response is "Ous".

Many a good student have had a short career in Martial Arts because they got too comfortable in their dojo or their relationship with the Sensei. The Sensei student relationship is like the moth to the flame. If the student gets too close to the flame and lets their guard down by becoming too comfortable, too cocky, or just too much of a pain, they get burned.

Of course the Sensei wants everyone to enjoy their journey along the way, but all too often people forget where they are, and lose sight of the etiquette that is the fabric that holds the dojo together. Sensei wants to be liked, and cares for the students and for some reason students test the waters to see what they can get away with, it starts out inch by inch, then before you know it, one student has wrecked a class that used to be full of energy.

When you come to class, just train, work hard. Talking or talking back effects the dojo more than you know, let the Sensei conduct the class.

Grading Results

April 27 2013

Yellow Belt

Lucas Billings
Bennett White
Mike Tonner
Matthew Tonner
Ashley Ferreira
Kathleen Hatchell
Valerie Johnson
Michael O'Neill
Patricia Crawley
Devon Moussa

Orange Belt

Fin Donald
Arjun Johal
Evan Huff-Breidler
River Allan
Magnus Petursson
Charlotte MacDougall

Red Belt

Lucas Hunt
Nolan Warfield

Green Belt

Cindy Kourry
Jared Cardiff
Ty May
Armand Bellon
Kofi Payton

Blue Belt

David Walter

Brown Belt

Travis Kearns
Diego Zummer
Arnie Vos
Glenn Barne
Leslie-Ann Plummer

Next Grading

April 27 2013

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

BEACHES EVENTS

May

18-20 Long Weekend
25 Kyu Belt Grading
26 Sensei Titus Seminar

June

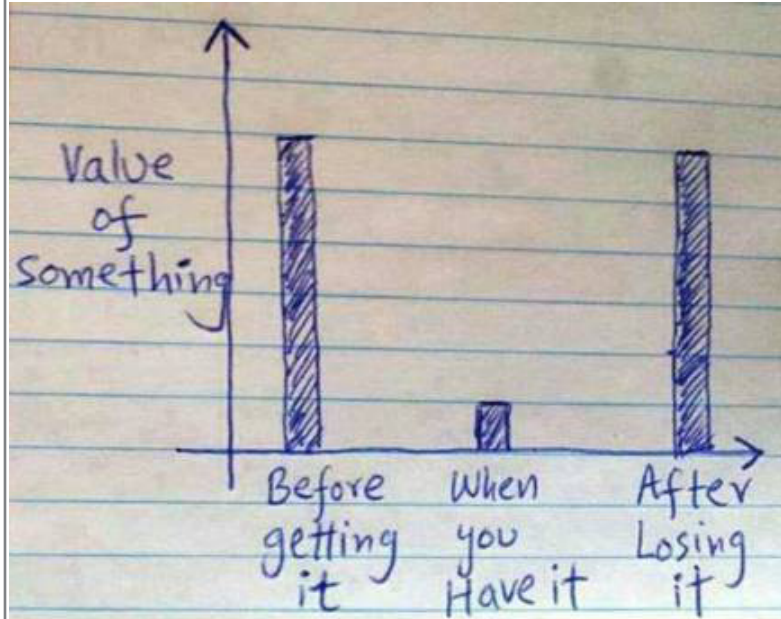
23 CMAC BB Grading
TBA Sensei DQ Seminar

October

20 CMAC BB Grading



I've been doing a Black Belt class on Tuesdays at 6:15 to 7:15 but it hasn't taken off. So now I think it will be an open class for whoever wants to come in and work on kata or weapons or whatever you want. This way I can either come in or go out



for dinner, catch up on some paper work, work on the next book, or read a book, go for a run, may be do my own training, see some old friends, go for a rip on my bike, or dust off the old skate board, build an engine, make a book shelf, plan my next adventure, do some sword or archery, anyway that's that.

The Bloody Knuckle Dojo

The other day one of the kids came to the dojo and was complaining about his knuckles were all cut up, so I said "which knuckles?" hoping that the cuts would at least be on the right knuckle. The cuts were not where they should have been. This is very disappointing, how many times do I have to tell you people how to punch?!

On a positive note if everyone picked it up right away, anyone could teach this stuff, so at least that gives me a little job security.

The punch takes time and lots of practice to perfect, and bloody knuckles are going to happen from time to time, don't be scared, just deal with it. If done properly you can train your hands to punch through brick and boards, all the while keeping your hands in tact. It is a matter of conditioning and starting out light.

Lets say you want to start running, don't wake up one day and jump into a marathon, you probably won't finish and if you do you won't be able to walk for a week after. Conditioning the knuckles is like that, start with air punches to make sure your technique is right, then hit something soft like the Wave Master, once that is easy move onto the Makawari, then bricks. Don't be in a rush, take your time, stay aware of the condition of your knuckles, the skin will become raw or puffy, this is the time to stop. When the skin bleeds or the blister breaks it makes a mess and takes time to heal, so while it is healing you're not punching anything. Well you could and bleed all over everything and get an infection so I don't recommend it.

First the technique, then the speed, then the power, approach your hand conditioning like this.



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.

The Pineal Gland “the third eye”

The pineal gland was called the “third eye” by ancient people. It was thought to have mystical powers. This may be why the French philosopher Descartes decided that the pineal gland was the seat of the human soul, the location of what we call the mind. The pineal does contain a complete map of the visual field of the eyes, and it plays several significant roles in human functioning.

Also called the pineal body or epiphysis cerebri, the pineal gland is important to this discussion for two reasons. First, it is the center for the production of the hormone melatonin. Melatonin is implicated in a wide range of human activities. It regulates daily body rhythms, most notably the day/night cycle (circadian rhythms). Melatonin is released in the dark, during sleep. The recent melatonin craze sweeping through the health conscious community makes claims that the hormone slows the aging process (a defense against free radicals), prevents jet lag, is implicated in seasonal affective disorder, coordinates fertility, and allows for deep restful sleep patterns.

Melatonin is a very ancient hormone that is found throughout the animal kingdom. In reptiles and birds the pineal is close to the skin and needs no interaction with the eye to register day/night cycles (this is where the notion of the “third eye” comes from). In these animals, the pineal gland is the master clock. In mammals, however, the pineal gland is subordinate to the eye/SCN system. Light severely curtails the production of melatonin.

Melatonin has been shown to inhibit the growth and metastasis of some tumors in experimental animals, and may therefore play a role in cancer inhibition. The hormone has also been shown to be protective against genetic damage, and it has a stimulatory effect on the immune system.

The pineal gland has been implicated in a number of disorders including cancer, sexual dysfunction, hypertension, epilepsy, and Paget's disease. The pineal gland calcifies with age and melatonin production correspondingly decreases. This decline in melatonin has been suggested to be a trigger for the aging process.

Environmental stresses affect pineal function, impacting overall body alertness, temperature levels, and hormone operation. Stresses that affect pineal function include unusual light and dark rhythms, radiation, magnetic fields, nutritional imbalances, temperature swings, high altitude, and overall daily stress patterns.

Melatonin, if any of these claims turn out to be substantial, is a powerful body chemical, with important implications for human functioning, especially (I would suggest) for blind and visually impaired individuals. If light inhibits melatonin production, then blind individuals lack a mechanism for balancing the melatonin levels in the blood.

Melatonin overload may be related to seasonal affective disorder, the depression some people feel during the overcast, short days of the winter months (when there is minimal sunlight).

The pineal gland is one of the main glands that produce triggering hormones that are central to not only physical sensation, but also emotional and mental health. Our environment, colours, temp, light, smell, feel, energy i.e. ionic saturation or chemical vapors or heavy metal particles are received by our sympathetic system and in turn our “glands” send messages via hormones that tell the body how to cope. This type of research and knowledge completely supported Sensei's “Classical” method or approach to the value of Martial Arts training, primarily in children, seeing how the pituitary is one a few glands in the brain that are key to what hormones and how much are sent into the Endocrine System - determining long term homeostasis foundations in child hood that become somewhat permanent in adulthood. So if you were exposed to cigarette smoke your homeostasis imprint might be more inclined to smoke as a means of seeking balance. As a child if you were exposed to lots of sugar, the same, or if you were exposed to exercise as a kid, your sympathetic nature would be more inclined to physical activity.

All things are difficult before they are easy.

Kyu Belt Grading April 27 2013



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

The next evolution to the warm up

Stretching in the warm up?

Those toe-touches and deep knee bends may be weakening your workout, two new studies show.

Static stretching — the act of stretching muscles to the point of tension while the body is at rest — has long been a staple of warm-up routines, from pro athletes' playing fields to school gymnasiums, but recent research has discovered that warm-ups involving static stretching may actually impair an athlete's performance.

A study published in this month's Journal of Strength and Conditioning Research concluded that static stretching performed before weight-lifting made athletes feel weaker. Researchers suggest that static stretching before physical activity may alter or impair the neurological function in active musculature.

Research published in the Scandinavian Journal of Medicine and Science in Sports featured similar findings. The authors of the study examined articles published over a 44-year period to determine the effect static stretching has on athletes' strength, power and explosive muscle performance while they're engaged in their sport. It was discovered that static stretching before exercise has a negative impact on athletic performance regardless of the subject's age, gender or fitness level.

Both studies recommend static stretching be avoided before physical activity. Because static stretching is performed when the body is at rest and because it places emphasis on flexibility rather than preparing the body for physical activity, static stretching is best performed as a cool-down after an athlete's workout.

A much more effective method of warming up is dynamic stretching. Dynamic stretching mimics the body's movements during physical activity with running, jumping, kicking and pumping motions, and primes muscle groups that will be accessed during a full-on workout. In warming up the specific muscles that will be used during a workout, and in ways and directions and speeds that the muscles would actually be used during sport, dynamic stretching prepares the body for peak performance and helps to reduce injuries.

Training with the Mirror

We got them so lets us them. No they're not there to fix your doo, or see how snug your gi is getting. The mirrors are to check your technique.

The start of the class is for basics, lots of basics in the mirror. The Chinese Kanji for learning is also repetition, so the warm up time is a pile of basics, learn to like it.

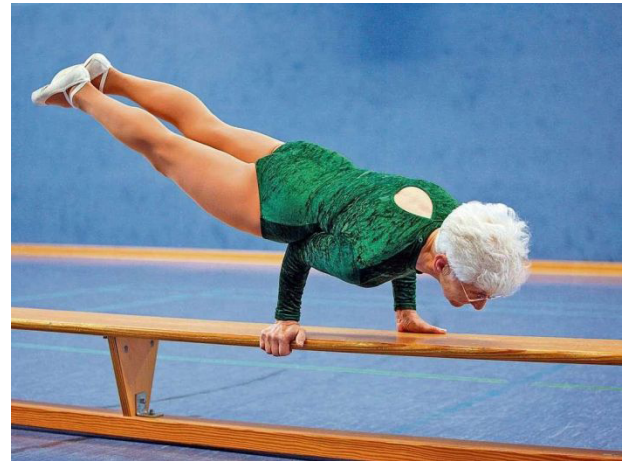
Look at the seniors doing their basics and try to make your basics look like their basics. One way to get ahead is to see those ahead of you and try and do what they are doing (provided they are serious about what they are doing).

Training takes years of dedication, stay eternally vigilant in your efforts, and be patient for Mastery will be yours.



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.

86 year old Grandma still doing Gymnastics



Last month you saw a 74 year old body builder, now its a 86 year old Grandma doing gymnastics, there just might be something to this physical fitness movement after all.

Nice grading April 27/13. Thirty students put mind, body and spirit to the test. They brought their "A" Game! Basics, Kata, Kumite, Self Defence, and Weapons were all right on track. Some of the highlights were Nolan and Lucas scrapping it out, Ms. Crawley's Blood curdling Kiai, Mona and Cindy's Battle for supremacy, not to mention Arnie's bone crushing round kick.



Confidence and encouragement will increase the numbers of any cause.

Gichin Funakoshi



Karate ni sente nashi meaning There is no first attack in Karate



Gichin Funakoshi (November 10, 1868 – April 26, 1957) was the founder of Shotokan karate, perhaps the most widely known style of karate, and is attributed as being the “father of modern karate”. Following the teachings of Anko Itosu, he was one of the Okinawan karate masters who introduced karate to the Japanese mainland in 1922. He taught karate at various Japanese universities and became honorary head of the Japan Karate Association upon its establishment in 1949.

Funakoshi published several books on karate including his autobiography, *Karate-Do: My Way of Life*. His legacy, however, rests in a document containing his philosophies of karate training now referred to as the *niju kun*, or “twenty principles”. These rules are the premise of training for all Shotokan practitioners and are published in a work titled *The Twenty Guiding Principles of Karate*. Within this book, Funakoshi lays out 20 rules by which students of karate are urged to abide in an effort to “become better human beings”. Funakoshi’s *Karate-Do Kyohan* “The Master Text” remains his most detailed publication, containing sections on history, basics, kata, and kumite. The famous Shotokan Tiger by Hoan adorns the hardback cover.

More Highlights, or should I say low kicks - Holy cow you guys, I thought you were friends. Ouch!

