

JADE Buddha



1971 Queen St. E. #208, Toronto, ON

647-258-7469

www.cmacbeaches.com

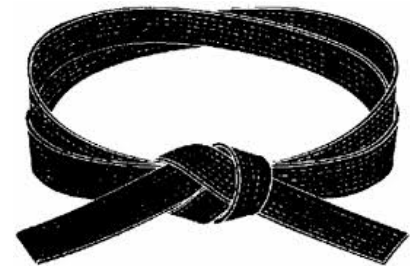
Survival Seminar

Sensei Dixon and Sensei Bassels Team up again for a survival weekend camping experience like no other CMAC camp before or after! You will learn how to make fire without matches, and cook off this fire, build a floating bridge, orienteering, build a shelter, learn how to make knots, make a spear and a knife and fight with them. There will be Martial Arts training and many interesting things to learn. This is classified for 15 years and up.



2013
Year of the Snake

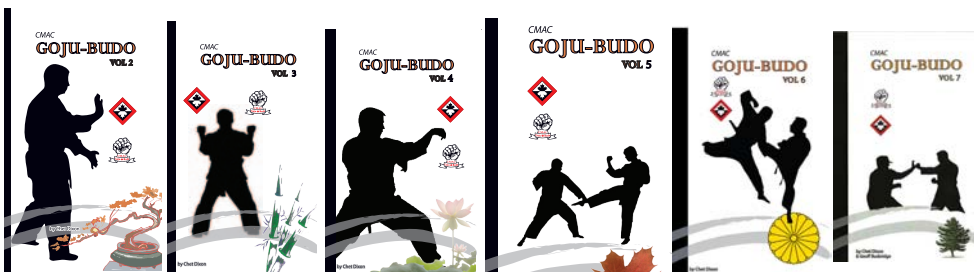
CMAC BLACK BELT GRADING JUNE 23/13 BURLOAK



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Get the CMAC Book Series



In Life you get what you give.

Beaches Newsletter

Sensei's Note

June 23 CMAC will have a Tai Chi seminar presented by Sensei Platt and Black Belt Grading. These events happen 3 times a year only and since you have decided to learn Martial Arts it would be wise to get out to these events to see just what will be expected of you in the future.

This will also give you the opportunity to see or quite possibly meet Grand Master Platt (the Head of CMAC). He is a 10th degree Black Belt and runs the Honbu Dojo (CMAC Headquarters HQ) and from there he oversees the entire CMAC organization. With 4 decades of training under his belt he has a lot of insight and some very interesting things to say.

The Black Belt grading experience is different every time, but there are some things that are constant, such as kata, kumite and self defence. The different challenges could be any number of things, too many to name. So if you have been going to them over the years you will have an idea of what to expect.

Fear is False Evidence Appearing Real, meaning that without the proper knowledge of any given situation your mind maybe create things that aren't really there, things that scare you. Do your research, due diligence, a warrior will do a re-con mission before battle, it is important to know the lay of the land, the obstacles to overcome, the enemy that waits ahead.

Training Tip

Another outdoor training experience is just around the corner, Sensei Bassels and myself will be hosting a survival training weekend. This will be very interesting, and educational. If you are ever lost in the wilderness you will now have the skills you need to get through it with a lot less discomfort.

You will learn how to use a compass, how to make a compass, build a shelter, make fire without matches and work with it, find drinkable water or make drinkable water, build a raft, make a floating bridge, learn knots, first aid, use a knife, make a knife, etc, cool stuff like that.

You will learn how to assess the situation and make the right decisions so you are not wasting time or energy, the wrong choices could cost you valuable resources.

We will have an engineer from the Canadian Army taking point on this job so it will be done by the numbers. See page 7 for more details and kit you'll need for the tour.

This knowledge could save your life some day, and know that - "it is better to have it and not need it than it is to need it and not have it."

Grading Results

May 25 2013

Yellow Belt

Annabel Bienenstock
Beatrix Harvie
Elsa Bienenstock
Avery Keltterborn
Ignacio Fraile Diaz
Philip Steventon

Orange Belt

Avi Druxerman

Purple Belt

Elysia Harrison

Next Grading

July 18 2013



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

BEACHES EVENTS

June

23 CMAC BB Grading
28-30 Mouth of the Wave
Survival Seminar

July

1-7 1st Summer Break
Dojo Closed
8 Summer Hours begin
TBA Sensei DQ Seminar
18 Kyu Belt Grading

August

26-31 Last summer Break

September

2 Labour Day
3 Dojo Open Regular Hrs

October

20 CMAC BB Grading

Doctor's Orders

Morris, an 82 year-old man, went to the doctor to get a physical.

A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you?'

Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'

The doctor said, 'I didn't say that.. I said, 'You've got a heart murmur; be careful.'

Don't talk to Strangers!

You remember your parents telling you that one? It's right up there with just say no to drugs.

Last month had a couple really disturbing events in the news; one being the Cleveland Ohio kidnapping that lasted 10 years of torture and rape, and the other being the man getting car jack while trying to sell his car on Kijiji, he was murdered.

Both of these terrible crimes were by predators, and they will get you if you're not thinking. Selling things to strangers via internet can be risky, so take precautions, meet on your terms and never alone and preferable during daylight hours, not that bad things don't happen in broad day light, you just my see things more clearly.

Have some good back up, someone who you can trust and is not going run at the first sign of trouble.

Don't talk to Strangers! People are weird so be careful who you talk to. Things might start out innocent enough, but people are usually working you one way or another. Being city dwellers we are pretty use to it and cynical about anyone who approaches us anyway, but the first time some stranger steals your innocence, by mooching something off you or trying to rob you or worse, it really leaves a mark.

I had some guy approach me at 7am one morning while I was out for a run, wow I just read it and it sounds...well kinda awkward. All this time I was thinking he was going to rob me, but maybe he had other ideas. Jeeze that's funny, being straight I don't see things from the other perspective too well. Anyway I was ready to defend myself from what I thought was a fight or robbery and he knew it, so he got into his van and sped away. Well whatever his intentions were I didn't want any part of it. Karate is Great!

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.

Choke Out

A choke-out is a hand-to-hand combat tactic involving the use of a choke hold to cause syncope, or temporary loss of consciousness, at which point the choke is released. Common choke holds used to accomplish a choke-out are the rear naked choke, arm triangle, triangle choke, and the guillotine.

The mechanics behind choke-outs are disputed. It has been explained as resulting from directly constraining blood flow to the brain. A competing theory involves compression of the baroreceptors of the carotid artery, confusing the body into thinking blood pressure has risen. Due to the baroreflex, this causes vasodilation, or widening of the brain's blood vessels intended to relieve high pressure. Since no blood pressure increase has actually occurred, the dilation causes a dramatic decrease in blood pressure to the brain, or brain ischemia, which then causes loss of consciousness.

Choke holds can be divided into two primary categories: "blood chokes" and "air chokes." A blood choke disrupts blood circulation to the brain, while an air choke disrupts breathing. Blood chokes can be applied to efficiently cause loss of consciousness, ie. a choke-out, while air chokes do not usually cause loss of consciousness without prolonged application (though air chokes are used to cause discomfort).

Blood chokes constrain or disrupt blood circulation to the brain. This is accomplished by compressing one or both of the carotid arteries and/or the jugular veins, ideally with little to no pressure applied to the airway.

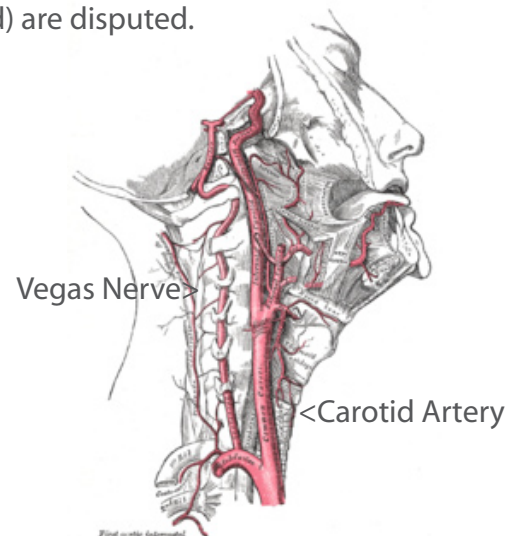
One theory on the mechanics of choke-outs claims that unconsciousness results from the direct constraint of blood flow to the brain, causing cerebral hypoxia.

Another more complex theory states that as pressure is applied to the carotid artery, baroreceptors (the body's natural blood pressure monitors) within the artery are also compressed. When they sense too much pressure in an artery that feeds the brain (such as those in the neck), they signal the brain to dilate (widen) its blood vessels in order to relieve pressure (baroreflex causing vasodilation). Since blood pressure has not actually increased as the brain thinks it has, the dilation causes pressure to drop dramatically, and can be sufficient to cause cerebral hypoxia.

There is debate over the dangers of choke-outs. After 4 to 6 minutes of sustained cerebral anoxia, permanent brain damage will begin to occur, but the long-term effects of a controlled choke-out for less than 4 minutes (as most are applied for mere seconds and released when unconsciousness is achieved) are disputed.

Some argue that when pressure is applied to the carotid artery, the baroreceptors send a signal to the brain and the heart via the vagus nerve. This signal tells the heart to reduce volume of blood per heartbeat, typically up to one-third, in order to further relieve high pressure. There is a slight chance of the rate dropping to zero, or flatline (asystole).

Some argue that with thousands of tournaments since the sport of Judo began in 1882, hundreds of thousands of chokes have been applied, and the probability of hundreds if not thousands of choke-outs, with no reported deaths due to chokes, the chances of asystole are slim.



All things are difficult before they are easy.

Kyu Belt Grading May 25 2013



Sensei Titus Seminar

Sensei Titus making it look easy, wow what a seminar, everyone had a wicked time and got a pile of info that they were surprisingly able to retain. The twelve step Goshin Jitsu wrist manipulation was a big hit for sure.

Sensei Titus has been a student of Sensei Dixon for 23 years, he is very talented and has run the Northern Fist Dojo in Newmarket for years. He brought two of his students, Ken and Ershad who were uke and help lead through the kata, so thanks to them for coming out.

Great having you out Sensei Titus I think everyone would like a repeat performance one day soon.



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

Williamson Road Demo

Its that time again Williamson road school demo June 15th noon. Come out and be part of the fun and excitement, everyone is welcome. Here are some pics from last years demo, we had a great time and the spectators turned into fans.



New finds on Easter Island



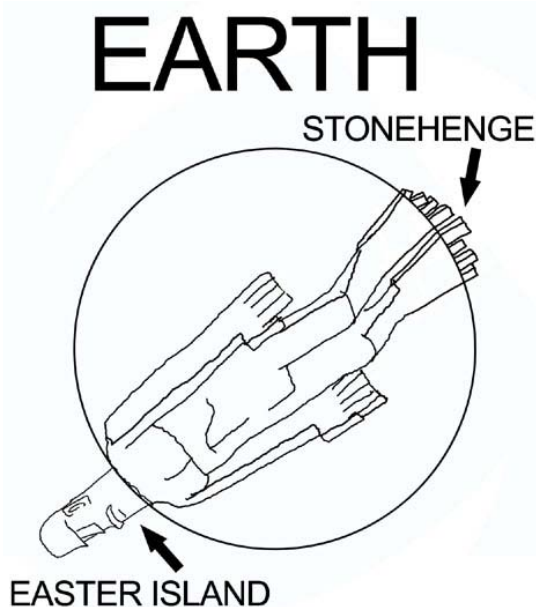
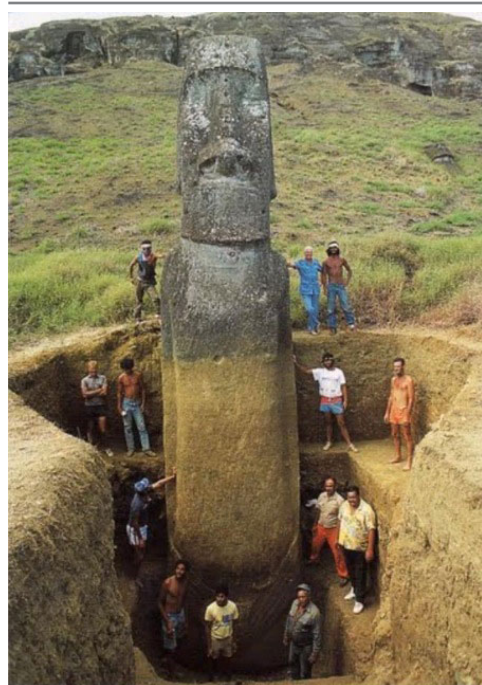
Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom.



**Mouth
Wave "Geiko"**
of the
**Summer
Training Seminar
2013**

Hosted by
**Sensei J. Bassels
and Sensei C. Dixon**

URBAN SURVIVAL SKILLS
THAT EVERYONE SHOULD KNOW



Easter Island's top archaeologists and scientist have found that the heads have entire bodies attached them.

Here is a drawing to scale of what they expect to find as they keep digging.

It's amazing that these heads have been there for so long and no one has dug down to unturn the myteries of what holds them there before.

Confidence and encouragement will increase the numbers of any cause.

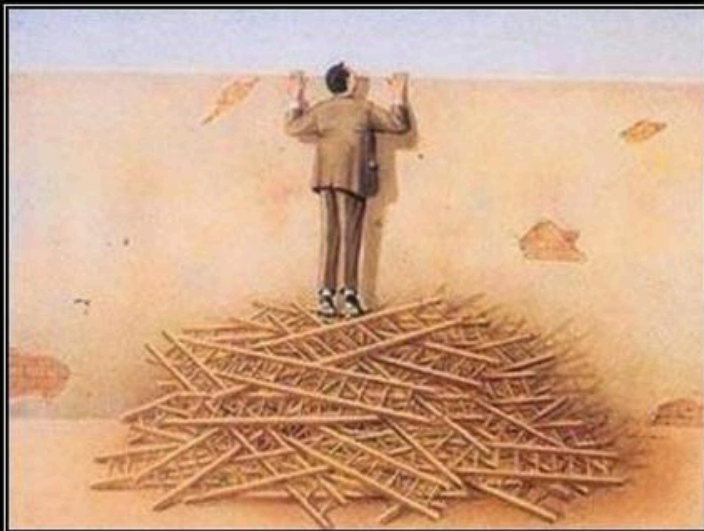
The Recovery Position

The recovery position refers to one of a series of variations on a lateral recumbent or three-quarters prone position of the body, in to which an unconscious but breathing casualty can be placed as part of first aid treatment.

An unconscious person in a supine position (on the back) may not be able to maintain an open airway as a conscious person would. This can lead to an obstruction of the airway, restricting the flow of air and preventing gaseous exchange, which then causes hypoxia, which is life threatening. Thousands of fatalities occur every year in casualties where the cause of unconsciousness was not fatal, but where airway obstruction caused the patient to suffocate. The cause of unconsciousness can be any reason from trauma to intoxication from alcohol.

All forms of the recovery position share basic principles. The mouth is downward so that fluid can drain from the patient's airway; the chin is well up to keep the epiglottis opened. Arms and legs are locked to stabilize the position of the patient.

There are several variations of the recovery position, each with its own advantages. No single position is perfect for all victims. In some cases a person may pass out from an injury, a choke, or just standing in the line up after class. Lay them down and raise the legs so blood can get to the head, then sit them up when they are coherent.



**It doesn't matter how many resources you have
if you don't know how to use them, they will never be enough**

Get a Student Manual

