

# JADE Buddha



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

647-258-7469

www.cmacbeaches.com

## Survival Camp Highlights

*Sensei Dixon and Sensei Bassels Teamed up again this time for a survival weekend camping experience like no other CMAC camp before or after! Students learned how to make fire without matches, and cook off this fire, build a rope bridge, orienteering, build a circus tent, learn how to make knots, archery and so much more.*

**2013**  
*Year of the Snake*



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## Get the CMAC Book Series



*In Life you get what you give.*

## Beaches Newsletter

### Sensei's Note

June had some cool stuff going on, the Williamson Road demo went off very well I thought but I think next year we will bring in some music and maybe start working on a demon team. Thank you very much for coming out and being part of the action.

The June Black Belt grading was one of the better ones for sure, the new format of the Sensei grading his own students seems to be working to every ones advantage. With this new format the student is show cased so that they can shine and feel at ease that I am grading them so I have their best interest and safety in mind.

Everyone who attended the Black Belt grading was impressed with Vojka's karate performance. I must say that she exceeded my expectations, and I also believe that timing is everything, to grade too early is not good and either is grading too late. Grading is like throwing a punch, too early or too late won't hit the target.

Also at the Black Belt grading Sensei Jonathan Kenney and his demo crew did the opening and did a fantastic job, his students have been working very hard on kata, basics, and special skills like balancing on an exercise ball and throwing punches, straight out splits while being suspended on two chairs, and a pile of other crazy stuff all to some inspiration music, very cool.

And to finish off the month there was the CMAC survival seminar, although only a handful of the Beaches Dojo was there to represent, it was a good size seminar with nearly 40 participants. We all had a fantastic time. The weather was a little misleading at first with all the rain, but then it cleared up and it was great for the whole weekend. The Martial Arts training was all done by Sensei Bassels, so everyone got learn a tai chi set from Mt. Wudang in China, and lots of stick and knife. Sensei Bassels also decided to cook for everyone, just a huge undertaking and expense, but he likes to work very hard at things.

I like to keep it simple, Sensei DQ and I taught archery, then I taught 9 ways to make fire without matches, and a few other things relating to fire, how to make a forge, how make a log stove and cook off it, how to make easy fire starters, and how to make the biggest fire you will ever see in your life!

I've noticed that in CMAC we have many people that have some talents, one of Sensei Bassels students is and engineer in the Canadian Armed Forces, so he taught us how to make a rope bridge, another knew what was eatable in the forest so that became a seminar, Sensei Kenney's demo crew is making MA look cool, Sensei DQ is talented with a bow, knife, and axe, Sensei Titus is well...he's awesome, and the list is long. I like to learn from people because knowing everything is just too much pressure, even if I already know it it's just nice to see someone else take the spot light.

If the egotist knows everything, he can not be taught.

## 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

### July

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

### August

- 17&18 Arnis Seminar
- 26-31 Last summer Break

### September

- 2 Labour Day
- 3 Dojo Open Regular Hrs

### October

- 20 CMAC BB Grading

## Arnis Seminar August 17/18

Here is another Martial Arts experience being hosted by Sensei Bassels, it is however open to anyone and not going under the CMAC banner. It will be at a nutruul dojo Sensei Kameda's dojo at Yonge and Gerrard second floor.

Stick fighting from the Philipines is coming to Toronto, if you are planing to go to the Philipines with us next March you might want to come out to this seminar. For mor info go to [cmacdapo.com/arnis](http://cmacdapo.com/arnis) See you there

## Arthritis

Arthritis (from Greek arthro-, joint + -itis, inflammation; plural: arthritides) is a form of joint disorder that involves inflammation of one or more joints. There are over 100 different forms of arthritis. The most common form, osteoarthritis (degenerative joint disease), is a result of trauma to the joint, infection of the joint, or age. Other arthritis forms are rheumatoid arthritis, psoriatic arthritis, and related autoimmune diseases. Septic arthritis is caused by joint infection.

The major complaint by individuals who have arthritis is joint pain. Pain is often a constant and may be localized to the joint affected. The pain from arthritis is due to inflammation that occurs around the joint, damage to the joint from disease, daily wear and tear of joint, muscle strains caused by forceful movements against stiff painful joints and fatigue.

### Signs and symptoms

Extra-articular features of joint disease, Cutaneous nodules, Cutaneous vasculitis lesions, Lymphadenopathy, Oedema, Ocular inflammation, Urethritis, Tenosynovitis (tendon sheath effusions), Bursitis (swollen bursa), Diarrhea, Orogenital ulceration.

Regardless of the type of arthritis, the common symptoms for all arthritis disorders include varied levels of pain, swelling, joint stiffness, and sometimes a constant ache around the joint(s). Arthritic disorders like lupus and rheumatoid can also affect other organs in the body with a variety of symptoms.

Inability to use the hand or walk, Malaise and a feeling of tiredness, Weight loss, Poor sleep, Muscle aches and pains, Tenderness, Difficulty moving the joint.

It is common in advanced arthritis for significant secondary changes to occur. For example, in someone who has limited their physical activity:

Muscle weakness, Loss of flexibility, Decreased aerobic fitness.

These changes can also impact on life and social roles, such as community involvement.

Arthritis write up continues on page 7.



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*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.*

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## Judged by 12 or Caried by 6

So what has become of our world that we punish our heros and let the bullies do what ever they want with very little consequence.....

Last month a Kid in Calgary stopped a bully from stabbing his friend in a school yard scuffle. His behaviour was not rewarded but condemned by those running the school. He should have ran to get a teacher, that is the correct protocol for anyone in a fight or bullying situation. He might have got hurt helping his friend.

If the kid had of left his friend, the one about to get stabbed would have been stabbed while the teacher was coming to the rescue. This is what the teachers expect him to do and because he didn't, his friend lives today unhurt. The bully got suspended from school and the hero was reprimanded for getting involved.

What kind of message is this sending to the kids? You shouldn't step up and help a friend in need. Cower and run for help, while an innocent person gets hurt or killed by some psycho. You will get into trouble for defending yourself or someone else.

This is ridiculous, Bullying is wrong, Bullies need to get tuned in, that is the only thing they'll understand. As soon as their hands are on you Defend, Defend, DEFEND! Fighting isn't cool, but defending yourself is really awesome. What's the difference? The difference is you are not picking the fight they are. Make sure all Witnesses see that you didn't start the fight. Calling names and other verbal insults are what they use to provoke a fight or whatever, that's fine, words mean nothing, actions are the only thing that count in the courts. Do not attack first.

If there are no witnesses it's his word against your's, look for security cameras, get a good lawyer. Always conduct yourself as if there are witnesses. Do not use excessive force! You have Martial Arts training so it is extremely important that don't beat him within an inch of his life.

Starting a fight is bad karma, and it will come back to get you at some point so do your best not to be there in the first place. You will also carry your friends karma so chose your friends wisely. Some people are like crap magnets so you might want to hang with someone else who isn't as much work.

Back to the Calgary kid, fortunately his mother had his back and spoke up saying that he did the right thing. Coming to the aid of someone shouldn't be punished but rewarded. If these acts of heroism are punished who will be the Firemen, Policemen, and Soldiers of this Country?

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Got to love the Danforth :-) So the other day I'm getting a coffee and BELT and while I'm waiting for my sandwich this goof ball starts yelling at the manager about them screwing up his order, and I mean he was really being a loud mouth jerk so people start saying this and that about his inappropriate lanuage and some girl called him out to the street to fight about it. I just happened to be standing right there beside him, so I followed him out side and as soon as we were outside I went for the naked choke. Well this little pimple had such a thick sweaty neck he just dropped and slipped out (he left a sweat stain on my shirt) so now my hands are up and he's scrambling to get position, saying this and that I just smiled and kept moving forward so he went into Timmies to the safety of the cameras.

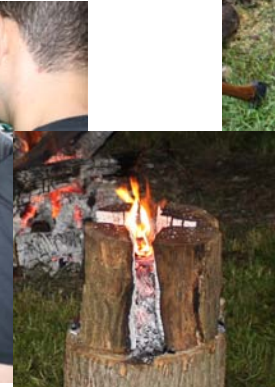
Only two things happen to tough guys - they either go to jail or end up dead. When he asked me to go to the alley I said no I like all these witnesses. Then he said you guys are going to call the cops. Well yeah you're a stupid jerk. He took his bagel and left and I stayed back and shook hands then had my breaky.

He was calling people out but he wouldn't swing in the presence of the cameras. Know the game.

*All things are difficult before they are easy.*

## Mouth of the Wave - Survival Seminar

Another amazing seminar camp experience, we had a lot going on and everyone got involved where they wanted to, which gave it a laid back feel while learning some pretty cool stuff. We built this huge circus tent in the pouring rain to start things off, so once we had mother nature taken care of it stopped raining. People started showing up and setting up tents then they built a rope bridge, which actually got a lot of use (at 3am) but that's another story. We ate like kings, Sensei Bassels was the chief and all I have to say is - "If this was a survival weekend we will rule the world!" Anyway I'm running out of space to write about everything, just know this, it was awesome and we are going to do a winter one so add some life experience to your life and be part of the next one.





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

## Williamson Road Demo

It was a beautiful day for a Demo, and the Beaches Dojo was in fine form as well. We had a good size group to represent which is very much appreciated. All the basics, kata, sparring and Nei Chi were awesome, the kids looked amazing with their free style Kung Fu shuffle. So all in all I would have to say the event was a success.





*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.*



Arthritis write up continues...

### Disability

Arthritis is the most common cause of disability in the USA. More than 20 million individuals with arthritis have severe limitations in function on a daily basis. Absenteeism and frequent visits to the physician are common in individuals who have arthritis. Arthritis makes it very difficult for individuals to be physically active and many become home bound.

It is estimated that the total cost of arthritis cases is close to \$100 billion of which nearly 50% is from lost earnings. Each year, arthritis results in nearly 1 million hospitalizations and close to 45 million outpatient visits to health care centers.

Arthritis can make it very difficult for an individual to remain physically active, contributing to an increased risk of obesity, high cholesterol or vulnerability to heart disease. Individuals with arthritis are also at increased risk of depression, which may be related to fear of worsening symptoms.

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

## How to Distill Drinking Water

Here are three ways to make some drinking water if you find yourself in the wilderness and thirsty.

Ice cubes on top of the pot lid that has been flipped over

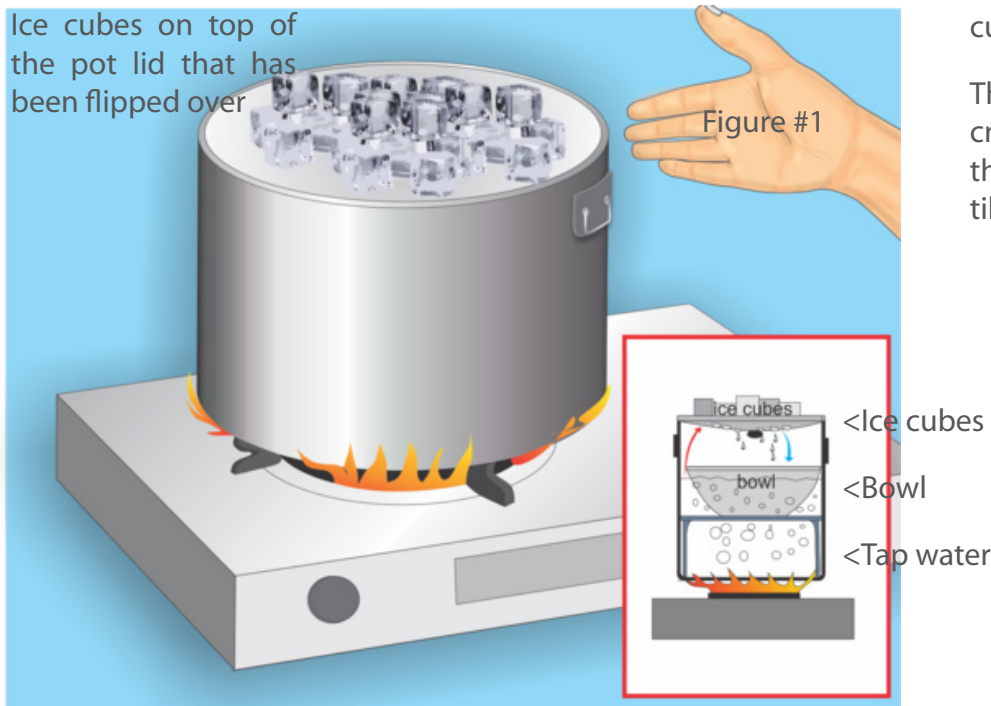


Figure #1 shows a pot filled a third full of tap water with a empty bowl on top and the pot lid flip over and holding ice cubes.

The ice cubes and the boiling water create condensation which drips into the bowl which is now clean and distilled drinking water.

Drinking distilled water for extended periods of time is really not good for your health, because it takes everything out of the water even the minerals. Distilled water is an active absorber and when it comes in contact with air it absorbs carbon dioxide making it acidic.

It would better to drink distilled water if you don't trust the water source.

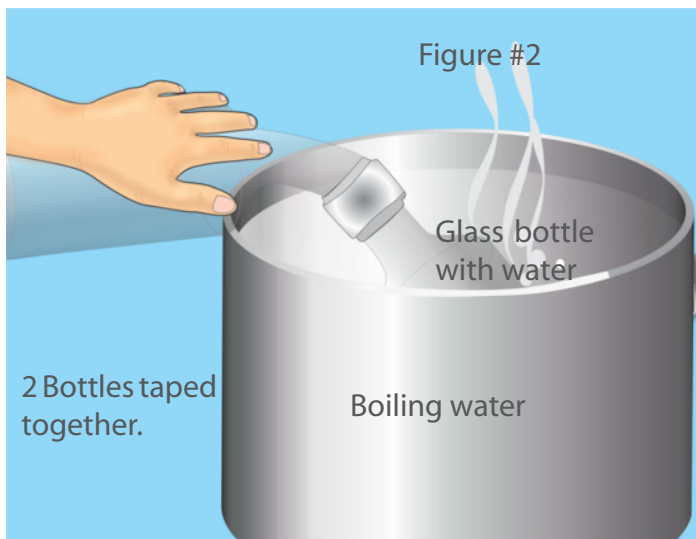


Figure #2 Take two glass bottles, mold one with heat so that the neck is stretched and will hang over the pot edge. Fill the regular bottle to the neck, tape the two bottles together and put the bottle with water in the boiling water, hang the other bottle over the edge of the pot. the condensation will go into the other bottle.



Figure #3 Is more like a gift from heaven, but they recommend to let rain water sit for two days before drinking this allows the minerals to dissipate.

After catching the rain you could boil it and it would be fine.