

JADE Buddha



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

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www.cmacbeaches.com

Adrian Hilyer Seminar

Sensei Dixon's very first student from 1990 Adrian Hilyer will be here at the Beaches Dojo for a 90 minute seminar, based on Kata Sanchin, Geksai Itch, Geksai Ni and an in depth focus on kime and power in the basics.



Come meet and train with Adrian Hilyer "Black Belt Hall of Fame" inductee, very talented Karate Ka

Get the CMAC Book Series



2013
Year of the Snake



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In Life you get what you give, but you have to give it first.

Beaches Newsletter

Sensei's Note

Random acts of stupidity. It was a beautiful sunny afternoon at the beach and I was out for a walk on the boardwalk, I like the beach, all the birds and the open space. What I don't like is people throwing rocks at the birds, that's not what they are there for.

A brother and sister team about 9 or 10 years old, were running around and throwing stones at the sea gulls, so we watched as we walked toward them and they were really getting into it. As usual no one does a thing about it, so I yell at the kids and told them to stop, the boy heard me and stopped, sister kept on even though her brother told her about me watching them.

They changed direction and started walk the other way, I decided to walk the same direction, but she kept on throwing at the birds. I thought to myself, wow a girl is trying to hit these birds, you usually expect that kinda stupid behaviour from boys.

As luck would have it the nanny waved to them, so I asked if she was watching these kids, and she said she was. So I told on those kids. Who know's what will happen, most likely nothing, probably the parents will be up set that some guy was yelling at their kids. People are unconscious. I don't like bullies.

Training Tip

Train! Here's an idea, try doing it for yourself. I don't want to push you guys to work, you should come in and start training. I have kids 5 year old that get it, they come in and set up the mats for forward rolls and the harder sheilds for chopping and a few other work stations, and they get to work.

The other day, it was the first day back after the break, I had 4 kids show up, one left, so then there was 3. It was raining cats and dogs so one kid was down the hall watching the rain and the other two were chilling out side the dojo. I was working on the newsletter and didn't hear anyone in the dojo, so at 5:10 I went out to see what was up, told them to go into the dojo and start training, then I went and hung out with the kid watching the rain. The storm was awesome so we hung out there for 10 minutes.

Back at the dojo one guy was hitting the wave masters and the other was hitting the Makawara, he asked if they could set up the mats I said "yes" then after watching them figure out their own class I want back to my office and wrote this.

Why train? Do you think there is any value in this thing called Martial Arts? Its not like a new pair of shoes, or as fun as that game you like. Its hard work and a committment of time, energy and money.

Oh I remember, it just may save your life one day! How much effort is that worth?

Grading Results

July 18 2013

Yellow Belt

Drekken Pownz

Orange Belt

Fuad Moussa

Mark Vallelonga

Green Belt

Alan Tonner

Purple Belt

Morgan Thomas-Stubbs

Next Grading

October 5 2013



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

BEACHES EVENTS

August

17&18 Arnis Seminar

26-31 Last summer Break

September

2 Labour Day

3 Dojo Open Regular Hrs

28 Tough Mudder

October

5 Kyu Belt Grading

14 Thanksgiving

20 CMAC BB Grading

November

11 Remembrance Day

Grading Highlights and Low Kicks

July 18 2013



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.

101 year old lady and her 82 year old car



Here's a great story about a 101 year old lady (Margret Gunning) and her 82 year old car a 1930 straight 8 Packard. She does her own oil changes and spark plugs and gets her friends to help her polish. She bought it new and had it her whole life. She loves that car.

What does this have to do with Martial Arts? As a Martial Artist you are an artist of life and a long happy life is something to study.

Having a great car, bike, canoe, plane or whatever it is that excites you, makes life more interesting.

Scuba Diver

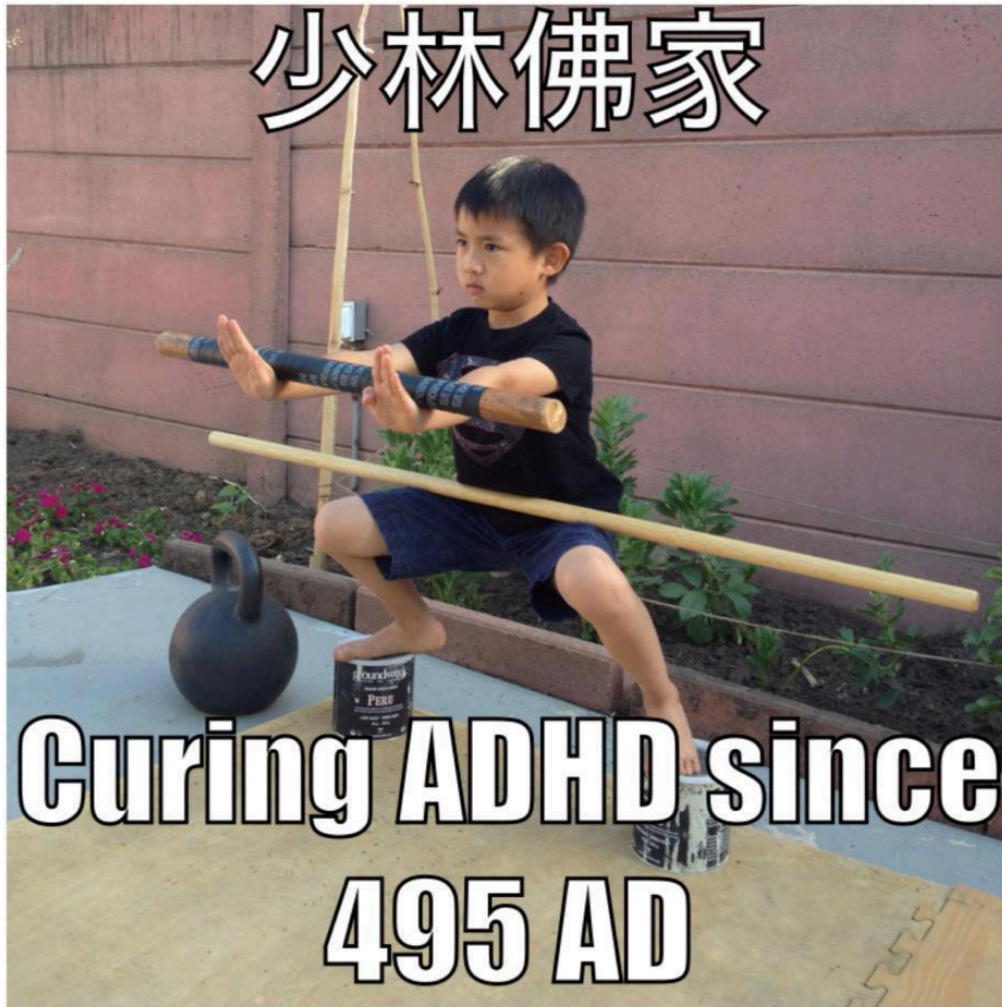
I did a scuba course last month in Tobermory, and I now have my open water ticket, which means I can dive anywhere in the world, so that's pretty exciting. It was a course so it wasn't a leisure diving experience by any means, it was more like torture. Go to the bottom of the lake and take off your mask and breathe without it for 30 seconds, then put it back on and get the water out of it, then take out your regulator and throw it away, then find it and put it back in. Well the first time you do it's pretty weird, but then you get the hang of it and it's all good.

Breathing through my mouth the whole time took a couple minutes to get use to it, but then it was fine and I didn't even think about it after a while. Most of the problem solving things and buddy work were a breeze, I was fortunate, one of the people on the course had a hard time with most things and would panic, absolutely the worst thing you can do is panic. Stay calm and keep breathing.

The instructor made everything look easy of course, he would always say you are doing too much work, the more you do the more air you are using. So I had to go against my swimming instinct and use the equipment, once you use the equipment the way it was meant to be used it is so much easier. Like remember when you started sparring and you were totally gassed in a couple minutes, after a few years you can go for some time before you start to feel tired. You have learned how and when to spend your energy.

I always try and learn things and relate them to Martial Arts. Try and make the most of this life, keep learning.

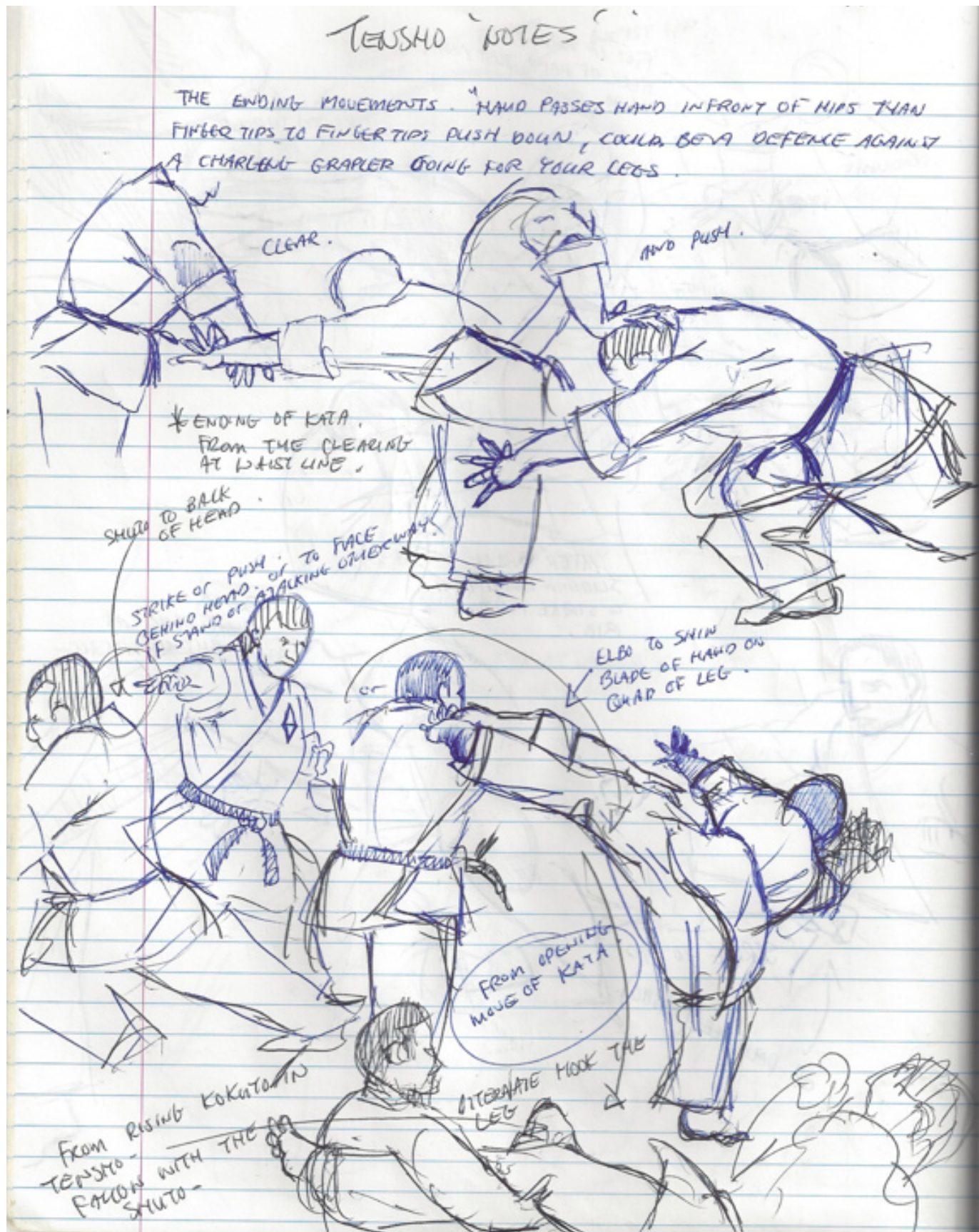
All things are difficult before they are easy.



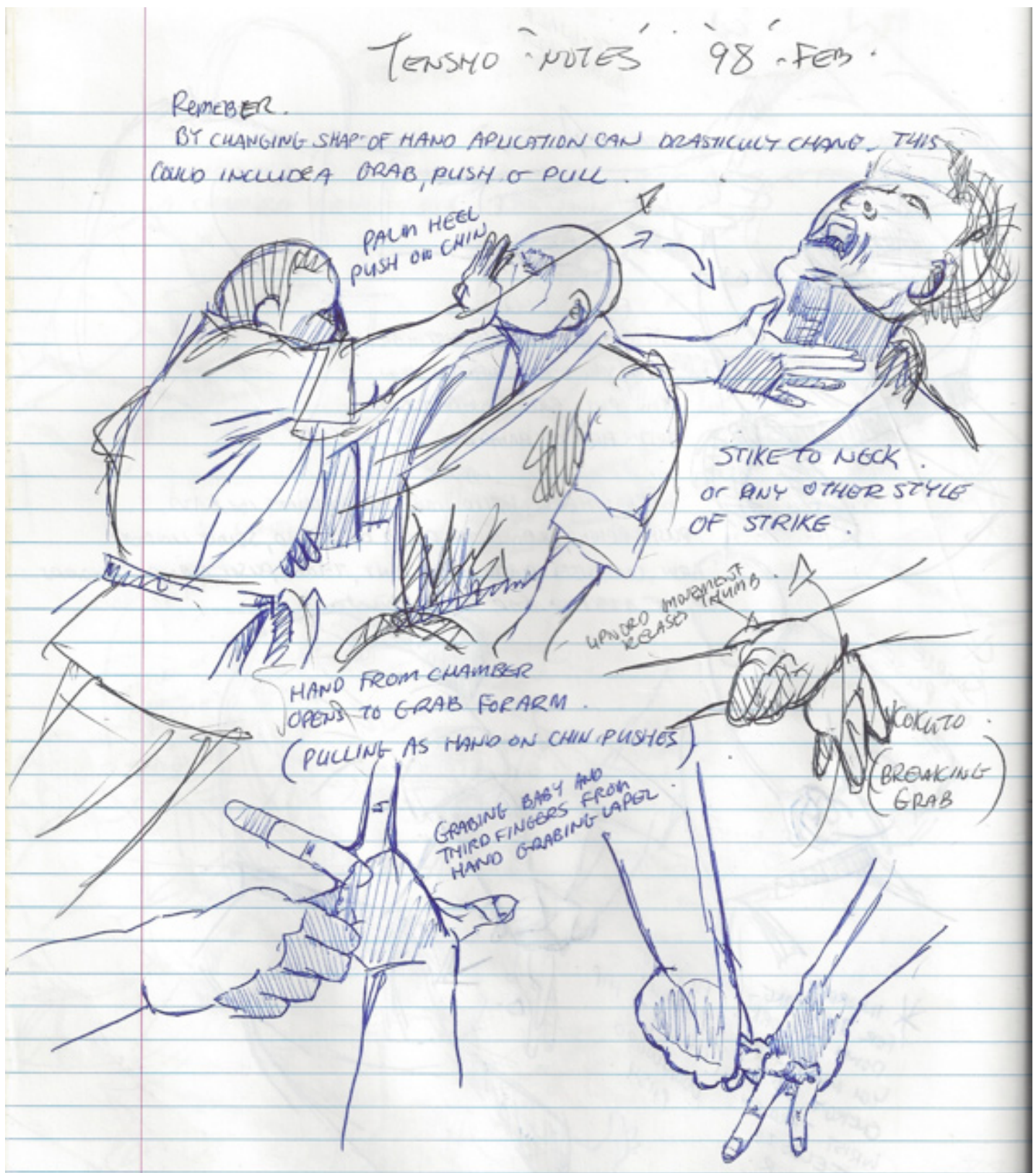
Journal entry - (January 10, 2007) From Sensei Bassels note book

It seems to me that martial arts is not defined by the many who sought to remove "kata" in order to make what they thought was complex "more simple", but by the very few who studied what was thought to be simple and found it to be complex. In matters of fighting- is it not natural and innate that all life inherently knows how to fight, from an ant to a bird; and in this regard people as well. So then in this regard, if we only focus on improving our ability to fight each other what elevates us from the ant and the bird or a plant for that matter. When we study "kata", mindfully, we begin to look inward at a side of the "fight" no bird or ant can; and in this regard it is the study of "kata" that not only helps us better understand the universal ability of all life to fight in some way, but to learn to take responsibility for this generic gift in a way that no other earthly being can. But in the end, remaining ignorant and just focusing on "fighting another" is permission to not have to better govern our selves, our choices or our actions, but instead to indulge in them thoughtlessly. Is there anything more complex than the nature of fighting? And out of all the disciplines people study is there any discipline more misunderstood and under studied than the discipline of fighting? Perhaps people should shift there question from why should I train kata, to why can I not - instead of so many knowing how to fight, I dare to imagine a world where we better understand it.

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



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.



These are sketches and notes from Sensei Bassel's note book from 1998. Your note book is a valuable tool, start a note book today.

Confidence and encouragement will increase the numbers of any cause.

Arnis - Stick and Knife Seminar

August 17&18 two days of intense stick and knife training with Datu Rich Acosta



Why learn Stick and Knife?

We are Canadians and your chances of getting stabbed are much better than getting shot, unless you pull a jack knife and there's a cop around.

It's unbelievable that a 18 year old kid gets 9 bullets in the chest for having a jack knife in his hand and being the only one on the street car. Sure not a smart kid, he had some issues for sure, but what 18 year old doesn't!

Fear is what pulled the knife, Fear is what pulled the trigger. Our Cops and TTC driver's should know knife self defence.

To Serve and Protect, who protected that 18 yr. old? Deadly force against Jack Knife Where are we the States?!

