

JADE Buddha



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Adrian Hillyer Seminar

Sensei Dixon's very first student from 1990 Adrian Hillyer was here at the Beaches Dojo for a 90 minute seminar, based on Kata Sanchin, Gekesai Itch, Saifa and an in depth focus on kime and power in the basics, it was Fantastic.



Adrian Hillyer "Black Belt Hall of Fame" inductee, a very talented Karate Ka

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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

Wow what an awesome summer, I'm sure loving the long weekends and doubling things up during the week, covered all the basis so I think that's the drill from now on.

A lot of things were done and I think the summer was maxed out. We managed to get some really cool seminars in and planned some more things in the future with Sensei Bassels. Due to the success and excitement of the outdoor survival weekend we will be doing a winter one in January so be ready for that. Also next March who ever is interested can join the Philippines and Okinawa trip.

This summer I also had a couple seminars by my students Fritz Titus, and Adrian Hillyer, all great. In our organization we have many talented practitioners and it is a virtually untapped resource. Most Sensei's won't have their students do seminars for them, and from what I have seen, it is a waste potential, so if you have 10/15 years in and put something together and we can talk about putting you out there.

I look forward to the Fall, it is always the time when everyone gets back to it. The seasons are awesome and we are so lucky to live here in Canada especially living here in the Beach. Fall is here so let's get back at it and go hard till Christmas.

Training Tip

Spinning Technique? "Should you throw a spinning technique in a real fight?" asks Mandela, I respond "When you can do one in sparring and not get blocked."

While doing a spin back fist, elbow, kick or whatever, you are open for a second. Never lead with a spin, always use a set up move before a spin, a fake or flurry will get your opponent off balance so you can land the technique. You have to be fast and committed to make the spin move work. Spin hands are a good place to start and work to legs.

The advantage of the spin technique is the momentum that you develop, rotating your entire body weight into the impact. Spinning elbow or back fist are a great place to start.

The first time I was ever knocked out was by a spinning back fist, it was lightening fast and came in like a ton of bricks. I was maybe 11 or 12 yrs old and my friend's older brother Marty and I were boxing (Marty was a tank) he came at me with a flurry of punches then spun, lights out, awesome! It was great fighting with that guy, some of those lessons actually came in handy later on in life.

Some life lessons are hard, getting knocked out is never fun, all you can do is learn from it and don't let it happen next time. I learned that spinning back fist works like a dream come true, but don't try this at home kids come to the Dojo.

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

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

Coconut for your coconut



Coconut milk is a creamy, rich liquid made from the meat of mature coconuts. It is a popular beverage in the Philippines, the Caribbean and anyplace where coconut trees are abundant. Coconut milk has the scent of a coconut and a slightly sweet taste. It is an excellent substitute for cow's milk because it is easy to digest, simple to make and contains an abundance of nutrients. You can drink it plain, use it for cooking or blend it with smoothies to benefit from its nutritional value.

Vitamins and Minerals

Vitamins C, E and many B vitamins are abundant in coconut milk. Vitamins C and E help to boost the immune system, and B vitamins are responsible for providing energy to the cells. Coconut milk is also rich in magnesium, potassium, phosphorous and iron. Magnesium is responsible for many biochemical functions in the body, including regulating the heart's rhythm and supporting the function of nerve cells. Potassium maintains the tissues of the heart, kidneys, brain and muscles. Phosphorus keeps teeth and bones strong, and iron creates red blood cells and carries oxygen throughout your body. Add coconut milk to your cereal and baked goods, or drink a glass or two each day to receive these benefits.

Antioxidants

"Ceylon Medical Journal" notes that coconut milk is rich in antioxidants, which prevents free radical damage. Free radicals are associated with the development of many diseases, including cancer, cardiovascular disease, Alzheimer's disease and age-related dementia. Antioxidants can help reverse previous damage and delay the aging process. Drink a glass of coconut milk while eating other antioxidant-rich foods, such as pecans, raisins and cranberries. Energy-producing snacks that are rich in antioxidants will boost your immunity while rebuilding the damaged cells in your body.

Lauric Acid

Coconut milk is rich in lauric acid, a medium-chain fatty acid that is abundant in mother's milk. According to the National Center for Biotechnology Information, lauric acid has many germ-fighting, anti-fungal and anti-viral properties that are very effective at ridding the body of viruses, bacteria and countless illnesses. Lauric acid may also reduce cholesterol and triglyceride levels, which lowers heart disease and stroke risks. There are only a few foods that are rich in lauric acid, so drink coconut milk regularly to benefit from this nutrient.

Heart Disease

According to "Ceylon Medical Journal," coconut fats do not contain trans-fatty acids. The fats that are present in coconuts are less likely to clog arteries, which makes coconut milk a healthy alternative to cow's milk when it comes to preserving your heart's health. Coconut meat contains monoglycerides, which the body absorbs and uses as energy shortly after it is consumed. Because the body does not store coconut fats, there is less chance that your arteries or blood vessels will clog, which lowers your risk of heart disease.

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.

Hip Toss Plus Wheel Leg Equals Pain :)



Having a blast with the hip toss, notice the leg wheel gives some nice height to the throw.

Make sure to lift with your legs, have your hip below theirs, as soon as they are off the ground sweep the legs out.

For those being thrown it is very important to breathe out as you land, because the impact can knock the wind out of you.



All things are difficult before they are easy.

These Girls are Freakin Awesome



Bella, Avery and Elsa - Guess who's guilty?



Jovana Rocking the Flying Side Kick!

The Samurai and the Monk

There is a famous zen story of a samurai and a monk.

One day in old feudal Japan a samurai was walking through town and noticed a monk walking in the opposite direction, as he got closer the samurai asked the monk a question as he was feeling superior in stature.

"Tell me Monk what is the difference between heaven and hell?" The retort from the monk was abrasive and went something like this, "Oh you stupid thug, you will never go to heaven!"

This answer infuriated the samurai into a fit of rage and he went for his sword. The monk said "The gates of Hell have just opened." The samurai, humbled and filled with gratitude, released his grip from the sword. The monk said "the doors of Heaven have just opened."

The samurai thanked the monk and they went their separate ways.

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

Adrian Hillyer Seminar August 21/13



Another fantastic seminar experience this summer! Adrian Hillyer brought a very informative Goju seminar to the Beach, it was 90 minutes of basics and bunkai from San Chin, Saifa and Geksai Itch. The crew was small in numbers but they all got a lot out of the training. As for myself, I learned yet another bunkai for Saifa, it was nice to learn something new from an old student. Thanks again Adrian you are very talented, we look forward to the next one.

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.

Can you guess who this kid is?



What about this kid?



Sensei Titus



Who's a Crazy
Man by the way



Princes Talila



Confidence and encouragement will increase the numbers of any cause.

Arnis - Stick and Knife Seminar

Sensei Bassels brought in Sir Rich up from New Jersey and his senior student Sir Wilton, both excellent Escrimadors. There were students from Yume, Hasu, Sakura, Fire Horse and The Beach all working together and training hard. There were two seminars both 4 hours each and the information was Fantastic! Man were these guys fast! Sir Rich would say "A slow escrimador is a dead escrimador." How's that for motivation?!



Sir Rich

Sir Wilton



Val and Mike training hard Sensei Bassels in the background.



Mr. Lagrasta Director of The Fire Horse Dojo in Shelburne and his Ushi Deshi Lisa.

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



The Savanator

Mr. Busbridge



Sir Rich uses Senpai Busbridge as uke



It was a good size turn out and everyone was able to keep up. Their retention was also good so the students all went home with something. Just a Fabulous training experience. Looking forward to the Philippines in March 2014 it will be a training experience like no other.