

# JADE Buddha



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## Ninja Seminar

*Hey want to find that inner ninja? Of course you do!  
Two ninja events are coming up, pay attention or you'll miss them.  
The Art of Stealth and Invisibility*

**2013**  
**Year of the Snake**



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## Get the CMAC Book Series



*The best classroom in the world is at the feet of an elderly person.*

## Beaches Newsletter

### Sensei's Note

September is always super crazy around here, well it's organized chaos actually. Especially for the 4 to 7 kids class, all the new little guys coming in, with the new warm up it really gets them into it so much easier. They come in and get right on the hamster wheel, the first ones in set up the dojo and as they come it just runs itself, I don't even need to go till it's time. Awesome!

Sasha, Nikko and Mac come in to help which I really appreciate so that's amazing of them to be there.

As crazy as it looks with all the station training, kids talking and the noise, its really pretty cool, they have a much more productive warm up than the old style that we did for years. They punch the wave master harder and harder each time, their dive rolls are really coming along and I think the social interaction in the line is a good thing, they learn what is acceptable and what's not cool, so that will help them in other social settings.

I really enjoy the 4-7 kids class, sure there are some whiners, but they usually straighten out or quit after a short time so it's all good. I'm always hearing "I'm so amazed at the change in my little Johnny/Suzy." I just think, "You're welcome."

### Training Tip

Time to plan out your training year (the next 12 months). We have some cool stuff planned as an organization: China trip, winter training up north, Raptors demo, trip to Okinawa and the Philippines, as well as the usual classes, kyu belt gradings and Black Belt gradings.

The way it works is you plan your work then work your plan. Write down what you want to happen then take steps to make these things happen. Its called goal setting, goal setting gets things done. Just by writing things down it starts to make things happen. Its called the law of attraction, and the power of creative thought is the catalyst for this law of attraction and it works very well.

Thinking and writing are only the beginning but most people don't even get that far. The next step is to take steps to make things happen, see opportunity and most importantly take action. "If it's to be it's up to me!"

We live in a time when there is just so much going on, so much opportunity. If you are young, think about what you would like to do and meet people that do it, ask questions about what the career is like. Read about the job and watch people that do it, see if it is really what you want to do.

It is said that people will have 7 different careers during the course of a lifetime, so make them interesting, and things you want to do. As we are all \$lave\$ to the \$, freedom comes in doing what we like and getting paid for it.

## 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



*When you harbour bitterness happiness will dock elsewhere.*

## BEACHES EVENTS

### October

- 5 Kyu Belt Grading
- 14 Thanksgiving
- 20 CMAC BB Grading
- 27 Ninja Kids

### November

- 2 Ninja Camp
- 11 Remembrance Day
- 16 Kyu Belt Grading

### December

- 14 Kyu Belt Grading
- 23 Xmas Break

### January

- 4 Dojo Open
- 17-19 Winter training
- Sold out

## Teens Can be Useful

Thank you Mr. Miyagi "Wax on Wax off" came in handy the other day at the dojo. The teens didn't really seem interested in doing the basics and I noticed that the mirrors needed some polishing, so out came the windex and away they went, they even seemed to enjoy it. Kids do surprise.



Colin and Andrew took care of the shrine, normally Shamus does that job but he is out saving the world some place. Cleaning the dojo by the students is not a form of punishment but an exercise in appreciation for what they have to train in. In the old traditional dojos of Japan the students come in, get their damp cloth and go back and forth across the dojo floor to clean it before class. People tend to have more respect for things after they have taken the time and made an effort to look after them. Parents try this at home.





*Just one person saying "You've made my day." Makes my day.*



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## MOUTH OF THE WAVE retreat

THIS WINTER THE MOUTH OF THE WAVE GOES INTO THE SNOW. JOIN IN ON THIS WEEKEND AND ENERGIZE YOUR WINTER DURING A THREE DAY, TWO NIGHT GET AWAY IN NORTHERN ONTARIO - TWO HOURS NORTH. ENJOY THE OUT DOORS WITH CROSS COUNTRY SKING, ICE FISHING, ENERGY TRAINING, GREAT FOOD AND GOOD COMPANY, ALL SET ON AN AMAZING 30 ACRE PROPERTY THAT BACKS ONTO HUNDREDS OF ACRES OF FOREST - AND ALL TO OUR SELVES.

*The stars at night are amazing, and it's a full moon weekend!*

Registration is \$260 and includes all amenities, rentals, materials, training and meals.

Due the limited space in the cottages this event is limited to eighteen participants (18) only. A trip package with all necessary info will be provided.

*Opportunities are never lost, someone will take the ones you missed.*

## The Ninja All Night Seminar

### *The Art of Stealth and Invisibility*

Ninja All Night Seminar will be awesome! If you ever wanted to learn how to be a ninja you got to come to this event.

The Art of Stealth and Invisibility. How cool does that sound? The ninja was feared even more than the Samurai in old Japan.

Learn their secrets and live as a ninja for one night, there will be ninja training for a ninja mission, there will be ninja pizza and a ninja movie.

#### **Ninja Seminar**

Cost.....\$60  
Ages .....8-12  
Time.....7pm-9am  
Date.....November 2/13  
Location..Beaches Dojo  
Bring.....Black or Red Ninja Gi,  
water, snacks, sleeping bag (not for  
sleeping), pillow, (not for sleeping),  
brecky snack bar and an apple.

## Ninja Pizza and a Movie October 27 11am-2pm ages 4-7

This is a good time for the 4-7 yr class, they train for an hour working on ninja moves then at noon the pizza comes and we put on a ninja movie. We take your kids for a few hours on Sunday so you can have that time to yourself or you can stay and get in on all the fun, well it's training cleverly disguised as fun.

**Ninja Pizza and a Movie** will start at 11am. Sunday October 27 and go for 3 hours so pick up is 2pm sharp. Kids will need a ninja uniform (home made) and a water bottle, and \$30.

Sensei doesn't do kid washroom duty so.....you have to figure that one out.



*Being kind is more important than being right.*

## Asta Luego Diego



Asta Luego Diego, see you later Diego, he's moving back home to Uruguay to live close to family. See you in Okinawa March 15-April 4/2014.





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*Life is tough - be tougher!*

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## Oil of Oregano

*Cold season, here's something natural, but of course more studies are required*

Oil of oregano is an antiseptic, as well as a cure for stomach and respiratory ailments. A Cretan oregano is still used today in Greece as a palliative for sore throat.

Oregano is high in antioxidant activity, due to a high content of phenolic acids and flavonoids. In test-tube studies, it also has shown antimicrobial activity against strains of the food-borne pathogen *Listeria monocytogenes*.

In the traditional Austrian medicine *Origanum vulgare* herb has been used internally (as tea) or externally (as ointment) for treatment of disorders of the gastrointestinal tract, respiratory tract, and nervous system.

In 2005, the US Federal Trade Commission brought legal action against a firm that had claimed oil of oregano treated colds and flus, and that oil of oregano taken orally treated and relieved bacterial and viral infections and their symptoms, saying the representations were false or were not substantiated at the time the representations were made, and that they were therefore a deceptive practice and false advertisements. The final stipulation on the matter said no representation as to any health benefit could be made without "...competent and reliable scientific evidence..."

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## Is it Luck or Good Timing? Or Lucky to have Good Timing?

So here it is, we're in Port Dover on Friday the 13th and we go to the most popular restaurant on the beach. There is 50,000 bikers in town for the event, what do you think the chances are of getting a table? Well we just walk right in and get a table on the patio, then we moved to another one with even a better view. After settling in a whole pile of people stampeded the entrance way. I said "Wow that was lucky." and another fellow says "NO that was good timing."

How hard is it to agree with someone? I hear crazy stuff all the time from buddies, and do I try and get the last word in? NO! If that's the way they feel about it, cool, I don't have to add my two cents in after every weird thing I hear, no one would want to talk to me if I was always getting the last word in.

I think if you're with somebody, like on their side I mean, you will back them up, instead of taking the opposite position or having something else to say, if the comment in the ball park or reasonably relevant.

So through the rest of the lunch I kept saying remarks about Luck and Good Timing, the fellow with the good timing comment paid and left early. Maybe next time he'll stop correcting me and go with the flow. Besides everyone can see what is happening, having the last word just shows what kind of person you are. Meditate on that.

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## Pick Up Sticks Old Man

There was a man out picking up sticks one day for fire wood, he was very old and crotchety. His back and joints were aching and with a gesture of defeat he threw his heavy bundle on the ground and said, "If only Death would come and take me!"

Even as he spoke Death appeared before him, and replied "I am here, what is your wish?"

The old man shocked, said "Oh sir would you mind placing that bundle on my back?"

*Everyone you meet deserves to be greeted with a smile.*

## Bushi Matsumura

*We will be training with a great descendent of Bushi Matsumura when we go to Okinawa in March 2014*

### Early history

Matsumura Sokon was born in Yamagawa Village, Shuri, Okinawa. Matsumura began the study of karate under the guidance of Sakukawa Kanga. Sakukawa was an old man at the time and reluctant to teach the young Matsumura, who was regarded as something of a troublemaker. However, Sakukawa had promised Matsumura Sofuku, Matsumura Sokon's father, that he would teach the boy, and thus he did. Matsumura spent five years studying under Sakukawa. As a young man, Matsumura had already garnered a reputation as an expert in the martial arts.

### Royal Service

Matsumura was recruited into the service of the Sho family, the royal family of the Ryukyu Kingdom in 1816 and received the title Shikudon (also Chikudun Pechin), a gentry rank. He began his career by serving the 17th King of Ryukyu's second Sho dynasty, King Sho Ko. In 1818 he married Yonamine Chiru, who was a martial arts expert as well. Matsumura eventually became the chief martial arts instructor and bodyguard for the Okinawan King Sho Ko. He subsequently served in this capacity for the last two Okinawan kings, Sho Iku and Sho Tai. Matsumura traveled on behalf of the royal government to Fuzhou and Satsuma. He studied Chuan Fa in China as well as other martial arts and brought what he learned back to Okinawa.

### Jigen-ryu

He was the first to introduce the principles of Satsuma's swordsmanship school, Jigen-ryu into Ryukyu kobujutsu (Ryukyuan traditional martial arts) and he is credited with creating the foundation for the bojutsu of Tsuken. He passed on Jigen-ryu to some of his students, including Anko Asato and Itarashiki Chochu. The Tsuken Bo tradition was perfected by Tsuken Seisoku Uekata of Shuri.

### Kata

Matsumura is credited with passing on the Shorin-ryu Kempo-karate kata known as naihanchi I & II, passai, seisan, chinto, gojushiho, kusanku (the embodiment of kusanku's teaching as passed on to Tode Sakugawa) and hakutsuru. The hakutsuru kata contains the elements of the Fujian White Crane system taught within the Shaolin system which was created by Fang Qiniang after destroying the gang who murdered her father Fang Zhonggong (Fang Shiyu). Lin Shixian was a Master of Black Crane and Eighteen Fist Monk Boxing. One of his Masters was Fang Zhonggong. He helped train Fang Qiniang to defeat the gang who killed her father.. Kwan Pang Yuiba (1828-1912). (Became Master of Shaolin White Crane in the temple and supplanted Black Crane in 1837 as the official Temple Crane style, he was first student of Fang Qiniang.

### Teachings of Bushi Matsumura

Matsumura was given the title "bushi" meaning "warrior" by the Okinawan king in recognition of his abilities and accomplishments in the martial arts. Described by Gichin Funakoshi as a sensei with a terrifying presence, Matsumura was never defeated in a duel, though he fought many. Tall, thin, and possessing a pair of unsettling eyes, Matsumura was described by his student Anko Itosu as blindingly fast and deceptively strong. His martial arts endeavors have been the progenitor of many contemporary karate styles: Shorin-ryu Shotokan, and Shito-ryu, for example. Ultimately, all modern styles of karate that evolved from the Shuri-te lineage can be traced back to the teachings of Bushi Matsumura. Of note, his grandson was the modern Tode master, Tsuyoshi Chitose, who assisted Gichin Funakoshi in the early introduction and teaching of karate in Japan and who founded the Chito-ryu style.