

JADE Buddha



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Sensei Titus Seminar

Sensei Titus will be hosting Martial Arts Seminar at his facility in Newmarket November 22 7-9:30pm



2013
Year of the Snake



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Banquet

Banquet for the Beaches Dojo and Yume Dappo on November 30th. We will be celebrating another year of training with our friends at the CMAC Yume Dappo, there will awards and of course Great Food.

Get the CMAC Book Series



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

Beaches Newsletter

Sensei's Note

Fear the great restrictor! Fear the tool! Fear the manipulator! Fear the inhibitor!

What is everyone so scared of? Where is all this fear coming from? I could understand if you lived in place where pretty much anything out your door walking around could kill you, like Australia. But we live in Toronto Canada, it doesn't get much safer than that, except for the buses and the police, you really don't have too much to worry about.

Fear stops us from doing things, so fear is a tool used by those wanting to manipulate us so we will comply to their wishes.

I don't understand kids crying at the door of the dojo, you look in and all the little kids are in there training and having a good time. Who wouldn't want to be part of that? But whatever, I don't baby talk them into the dojo, if they want to cry at the door and miss out on all the training/fun that's their loss.

I think it is more on the parents, why are these kids scared don't they trust you? When I was young my dad put me in stuff and I did it, there was no tears, well maybe for those 5am hockey practises (who wants to get out of a warm bed at 4:30am to go to a freezing cold ice rink?) Karate is better, warmer, and later in the morning, so what's with all the tears. Man up little man and start kicking and punching, be a warrior not a worrier.

Training Tip

Here's a tip for ya - Know your place! Junior belts don't correct senior belts, it just doesn't work that way. If you are working with someone senior to you and you believe they have the drill wrong or different from what you think it is, here is what you do.....ask Sensei.

This will solve the problem of how the drill really goes and most importantly it does not offend your senior belt.

Tact is the art of making your point and not an enemy.

There has been more problems caused in a dojo by bruised egos than from bruises caused from training.

Ranks are trained for and earned, so when some know it all comes in and starts correcting the seniors there will be problems for sure.

Now the other side of it is, a senior belt throwing their weight around. Sure you worked hard to get to the top of the line, good for you, but that doesn't give you the right to boss everyone around.

Sensei bosses everyone around in such a way that you expect in a dojo, that is the way it is. Chain of command rolls down hill, Senior to junior, no arguments just get it done.

Grading Results

October 5 2013

Yellow Belt

Ethan Goonaratne
Nicolas Molina-Healy
Tristan Cote

Orange Belt

Elliot Drygas
Lucas Billings
Drekken Pownz
Bennett White
Michael Tonner
Matthew Tonner

Green Belt

Oliver Fernandez

Next Grading

November 16 2013



When you harbour bitterness happiness will dock elsewhere.

BEACHES EVENTS

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

February

- 21 Raptors Demo

March

- 15 Okinawa Trip

cOD3 nAm3z

AKA, nicknames, alias, code names, what's the deal?

You'll notice that some of the students are not called by their birth names, they are given a code name, and it could be for any number of reasons, you have a special skill, (Smoke'n round kick, personal favorite) sometimes there is someone else with the same name and it cuts down on confusion, or if your name has too many syllables, sometimes your name sounds like something else, or it just takes too much time to say.

Growing up in a small town we all had nick names and I always thought it was weird that people I met didn't have a cool alias. So if I liked them I would give them a cool name. These things take time to happen, you can't just say the first thing that come to you, it has to fit the person because some of these nick name last a life time.

Mind you some names are just a shortened version of your name, but the cool ones may seem totally random and are excellent for starting conversations, so start getting creative and figure out some code names for your dojo Rohai.

KongoRikishi



Agyo

Kongorikishi or Nio are two wrath-filled and muscular guardians of the Buddha, standing today at the entrance of many Buddhist temples all across Asia.

According to Japanese tradition, they travelled with the historical Buddha to protect him and there are references to this in the Theravada Scriptures as well as the Ambatta Sutta. Within the generally pacifist tradition of Buddhism, stories of Nio guardians like Kongorikishi justified the use of physical force to protect cherished values and beliefs against evil.

Agyo - general term open-mouthed statues, is a symbol of overt violence: he wields a vajra mallet "vajra-pani" (a diamond club, thunderbolt stick, or sun symbol) and bares his teeth. His mouth is depicted as being in the shape necessary to form the "ah" sound, leading to his alternate name, "Agyo".

Ungyo general term closed-mouthed statues in aum pair) in Japanese, is depicted either bare-handed or wielding a sword. He symbolizes latent strength, holding his mouth tightly shut. His mouth is rendered to form the sound "hum" or "Un", leading to his alternate name "Ungyo".



Ungyo

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

After School Program

Some Parents have expressed an interest in an after school program, Miss Kortright has stepped up to take on the position as program director and will be running the classes Mondays and Wednesdays 3:30 - 4:45pm.

The program will be starting up in January so book now. There maybe another day added depending if there is a need/want for it.

Since this is training and not day care the kids will be learning martial arts skills to improve on what they have already been working and they will make some serious improvements.

Nanny For Hire

Who ya gonna call?



Well it was Aunt Viky's last day as nanny for Joshua and Aaron on Tuesday, as you can see the boys are very sad about it.

Aunt Viky took care of these boys for the last 5.5 years and in that time she has taken great care in their development, and always made sure they made it to Karate and practiced at home. So if you need a nanny 416-691-6259.

30 Years For Sensei Platt's Honbu Dojo

This is a picture of Sensei Platt and senior students of CMAC Honbu. It was the 30th anniversary of Sensei Platt's Dojo in Burlington this year, so the senior directors got together and put this stunning plaque together.

Sensei Platt once said to me "People come into our lives for a reason a season or a life time." Truer words have never been spoken. Seven people in that picture have 3 decades in with Sensei Platt so if they don't fall into the lifer category I don't know who would.

The Sensei student relationship is a serious one, I know some guys that have been married 2 or 3 times in 30 years so to stay with the same teacher for that amount of time is a testament to just how amazing Sensei Platt really is.



The picture is of Fudo Myo riding on the back of a whale.

Fudo Myo is the Deity of the Martial Arts and Sensei Bassels thought that this would be a good symbolism for the warrior monk spirit of Sensei Platt.

Sensei Platt is very active in the protection of whales and dolphins and has a strong relationship with Sea Shepherd.

Congratulations Sensei Platt for 30 awesome years looking forward to many more.



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

Giant Oarfish found in Cali?



What the? There is some crazy stuff living under the surface of the ocean. Get your scuba license!

On Oct. 13, an 18-foot-long (5.5 meters) oarfish was dragged to shore by a snorkeler at Catalina Island. Because the species lives in deep, dark waters, up to 3,000 feet (915 meters) below the surface, intact specimens are rarely discovered. Strangely enough, another smaller oarfish washed ashore north of San Diego just a few days later. What's going on down there?

Rhea City Champion



Rhea Kohl came in FIRST out 89 for the grade 5 girls 2000 metre city championship.

Ninja, Pizza and NO Movie October 27 11am-2pm ages 4-7



Ninja training is awesome!

Just a chosen few made it out for the initial ninja training seminar and did they have a wicked time!

It started off with some balance, stealth training, and special ninja maneuvers teaching them to disappear, this was to prepare them for the ninja wars and ninja verses samurai. Some of their favourite parts were, dodging the ninja stars and using their newly trained ninja kicks to break boards, and the Ninjaaaaaa battles were epic.

We got so carried away with all the ninja action that we completely missed movie time, and no one cared. Get yourself a ninja uniform and get ready for the next one which will be happening soon. Thanks for your help Miss Nathwani and Sasha. NINjaaaaaaaaaaaaaaaaaaaaaaaa.....



Being kind is more important than being right.

Okinawa

In 1429, King Sho Hashi completed the unification of the three kingdoms and founded one Ryukyu Kingdom with its capital at Shuri Castle. The Chinese Ming dynasty sent 36 families from Fujian at the request of the Ryukyuan King. Their job was to manage maritime dealings in the kingdom in 1392 during the Hongwu Emperor's reign. Many Ryukyuan officials were descended from these Chinese immigrants, being born in China or having Chinese ancestors. They assisted in the Ryukyuan in developing their technology and diplomatic relations.

In 1609, the Shimazu clan, which controlled the region that is now Kagoshima Prefecture, conquered the Ryukyu Kingdom. The Ryukyu Kingdom was obliged to agree to form a tributary relationship with the Satsuma and the Tokugawa shogunate, while maintaining its previous tributary relationship with China; Ryukyuan sovereignty was maintained since complete annexation would have created a conflict with China. The Satsuma clan earned considerable profits from trade with China during a period in which foreign trade was heavily restricted by the shogunate.

A Ryukyuan embassy in Edo.

Although Satsuma maintained strong influence over the islands, the Ryukyu Kingdom maintained a considerable degree of domestic political freedom for over two hundred years. Four years after the 1868 Meiji Restoration, the Japanese government, through military incursions, officially annexed the kingdom and renamed it Ryukyu han. At the time, the Ta-tsing Empire asserted sovereignty over the islands of the Ryukyu Kingdom, since the Ryukyu Kingdom was also a tributary nation of China. Ryukyu han became Okinawa Prefecture of Japan in 1879, even though all other hans had become prefectures of Japan in 1872. In 1912, Okinawans first obtained the right to vote for representatives to the national Diet which had been established in 1890.

A quarter of the civilian population died during the 1945 Battle of Okinawa. The dead, of all nationalities, are commemorated at the Cornerstone of Peace. After the end of World War II in 1945, Okinawa was under United States administration for 27 years. During trusteeship rule the United States established numerous military bases on the Ryukyu islands. During the Korean War, B-29 Superfortresses flew bombing missions from Kadena AFB, on Okinawa, over Korea.

In 1972, the U.S. government returned the islands to Japanese administration. Under the Treaty of Mutual Cooperation and Security, the United States Forces Japan (USFJ) have maintained a large military presence. 27,000 personnel, including 15,000 Marines, contingents from the Navy, Army and Air Force, and their 22,000 family members are stationed in Okinawa. Since 1960, the U.S. and Japan have maintained an agreement that allows the U.S. to secretly bring nuclear weapons into Japanese ports, and there is speculation that some nuclear weapons may be located in Okinawa. Both tactical and strategic weapons have been maintained in Okinawa. U.S. military bases occupy 18% of the main island, while 75% of all USFJ bases are located in Okinawa prefecture.

Banquet for the Beaches Dojo and Yume Dappo

The Banquet is at: The Delta Hotel at the airport 5444 Dixie Rd, Mississauga 7pm- Nov 30th (Saturday)

Price is \$70 per guest- includes everything except the Bar (first drink is included in price)

This is a formal event. The evening begins with a few rounds of poker to break the ice and get people in the mood. Next a few words of welcome, followed by dinner, awards, and party.

Life is tough - be tougher!

Sensei Titus

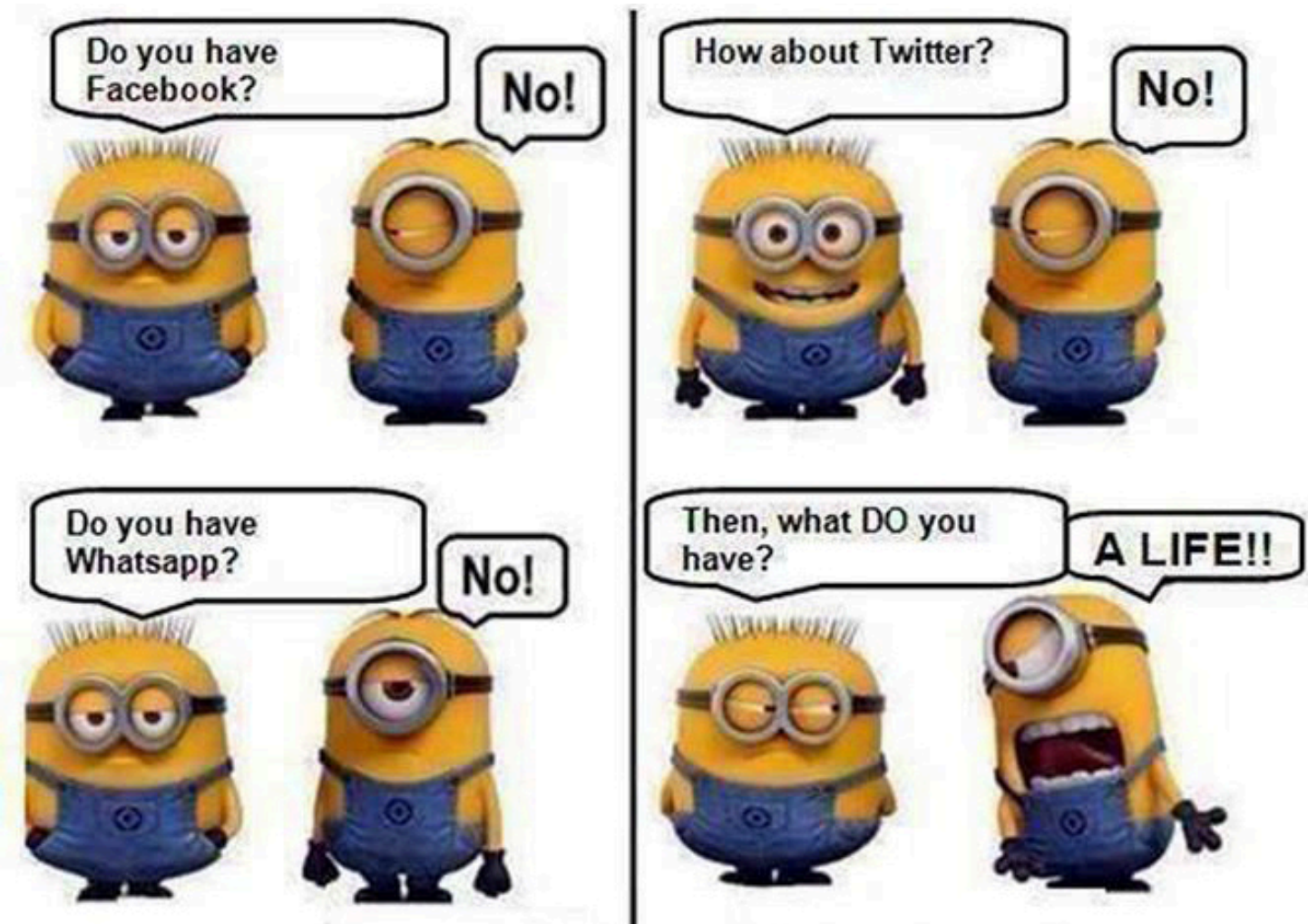


Life is short remember to have fun.

Recently on a surprise spot inspection I ended up at Sensei Titus's Dojo in Newmarket to see him jumping and bouncing to his hearts content on one of the many trampolines that are at his facility.

So I just had to join in on all the fun. Wow I forgot how much fun they are and good exercise, since I haven't been on a trampoline for about 20 years. Kids get to have all the fun, as adults we should do more of these things, but somewhere along the way we grow up and forget how to have fun.

The Beaches dojo will be going up to Newmarket November 22 for a seminar at Sensei Titus's dojo so make sure you get there for some fun and training.



Everyone you meet deserves to be greeted with a smile.

October 2013 Kyu Belt Grading Highlights

Really good job you guys, all that hard training is paying off.

