

# JADE Buddha



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## Newmarket Seminar

February 9/2014 4pm

Year of the Horse  
January 31 2014



*Here are a few of the instructors for the up coming Newmarket seminar hosted by Sensei Titus. On the roster in Belt order: Sensei Dixon, DeQuetteville, Titus, Bassels, and Senpai Tisdall*



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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

December 2013 was a good month around the dojo, all the class pictures turned out, the grading was very exciting, and the students presented me with a Jade Buddha award which was totally awesome and unexpected. Thank you.

2013 was a good year in general, did a lot of cool things with the Yume Dappo dojo, so look forward to more of that in 2014.

It was a year of first for me as well, I tried a couple things that I had always wanted to do like getting my scuba license, and snow boarding. I have been to a lot of places around the globe travelling or skiing, now I can either scuba or do snow boarding, changes things up a bit. I like to ski and will ski any mountain without a worry, but Boarding, Wow, what a nightmare! The first time out I spent the whole day on the bunny hill, sure my ego took a hit, but I kept at it, if I quit I would never learn how to do it. So the next time I was suppose to go out with a bunch of rookies but they all bailed on us, so it was just me and Arnie, and he can board like a pro, 20+ years on a board. So he says "No problem I'll have you boarding by the end of the day." So I think, great today is the day I learn how to board. Well the first 2 times down the Green hill I'm going fast, I'm in control, I'm thinking Wow This is Awesome! Arnie taught me how to do it in less than two hours. Anyway the Blue hill was too much too soon and I ended up renting skis for the rest of the afternoon so I could keep up with Arnie, the next day it felt like I went 10 rounds with Mikey Tyson.

They say by the third time out on a snow board you should have it, so that will be my next time, then I should have it. When I was in the zone it was awesome so I see that I will learn it, but it is a matter of sticking with it and not always doing what I'm good at. I think this kind of thing is very valuable, because as a snow boarder I'm a white belt, falling, awkward, and feeling the frustration, but to see people that can do it, cutting their way down the hill with grace and ease, it looks so amazing that it inspires me to keep trying.

Quitting is easy, it's so easy! But quitting doesn't get you anywhere. Of course we all know this, but every once in a while some kid might read this (it could happen) and if they understand that we all have to start at the bottom and not every one is a pro right out of the gate, it might help them stick to something. So many kids don't want to try new things because they don't know how. Well you have to try, you have to make mistakes to learn how things go, you have to test yourself, the more things you try the more interesting your life can be.

I learned to scuba, never did it before, and that's way more dangerous than snow boarding, fortunately I was better at that than snowboarding. So some things come easier than others.

In closing I would like to say that "I might be a Martial Arts expert but there are many things out there to learn and experience, and I don't want to miss them because I may not be a pro right out of the gate."

## Grading Results

December 14 2013

### Yellow Belt

Matthew Murphy  
Alex Armstrong  
Thalia May  
Gabriel Mucci  
Franchesca Giner  
Morgan Beatty

### Orange Belt

Patricia Crawley

### Red Belt

Cameron Mosses  
Jonathan Armstrong  
Mike Tonner  
Matthew Tonner  
Carys Beatty  
Emily Armstrong

### Green Belt

Alex Brooks  
Amelia Brook  
Angelo Frangos

### Brown Belt

Anna Tisdall  
Andrew Waslen  
Sasha Decker

## Next Grading

January 25 2014



*When you harbour bitterness happiness will dock elsewhere.*

## BEACHES EVENTS

### January 2014

- 6 Dojo Open
- 17-19 Winter training  
(Sold out)
- 25 Kyu Belt Grading

### February

- 21 Raptors Demo
- 23 Cmac Black Belt  
Grading

### March

- 1 Kyu Belt Grading
- 15 Phillipines Trip

## No More Okinawa Trip

Sorry everyone who was looking forward to the Okinawa trip, but we have decided to cancel it. Apparently the damage from the tsunami in Japan is more than we originally thought and we just don't think it wise to expose our student body to it.

On a positive note, a trip to the Philippines is happening and is about half the price. Sensei Bassels has a good in with the stick fighters over there. Plus there is an amazing sensei from Miazato's dojo that we will have access to.

There is also talk of Vietnam, Cambodia and Thailand, all those places are pretty awesome, they are exciting, exotic and the food in Cambodia is unbelievably good. When I was in Thailand I spent some time in Bangkok for the Thai fights, but I much preferred the coast, and Vietnam has some beautiful country side. The people in all of the places were very friendly so that will be nice to go back.

Sensei Bassels will be quarter backing this operation so with his connection in FMA I'm expecting a great stick training experience.

## Disarm Toronto Police

Now here's a new organization I would like to support - They are called "Disarm Toronto Police". How many more kids need to get blown away before the police get their guns taken away.

Sure the cops have a dangerous job to do, but it is illegal to attack them, and usually there is a pile of them that show up, so the sheer numbers should be enough to stop any nutter with a pocket knife. Plus they have body armor, the odds are totally in their favour, where is the sport, it's like hunting with a tank.

The picture below is of protesters burning a effigy of a pig outside the Eatons Centre, they are outraged at the most recent shooting of a teen. The group organized after Sammy Yatim was shot eight times and killed by Toronto Police in July, he had a pocket knife and was the only person on the street car. That police officer was charged with second degree murder.

This most recent shooting had four police shooting one kid. What will happen to them? Will they get the same charges? What happens to cops when they are in jail?

Being a police officer is a tough job, you couldn't pay me enough to do it. But violence isn't the solution, pulling your gun out every time you see a kid with a knife or gun is just going get someone killed. Most of these kids don't even know how to use the weapons they are pulling out.

I pulled out a knife on Queen street the other day to open some bird feed for the pigeons, I looked to see if any cops were around first, I didn't want to get shot for feeding birds, how embarrassing would that be.

They are suppose to protect us, but lately it just doesn't seem like they have our health and wellbeing at heart. Take their guns and give a confused teen a chance to see twenty, God knows there's enough teens out there making bad decisions, but they are just kids.





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

## Training Tip

You may have noticed that the Newsletter was a few days late this month, if you were trying to pull it up on the site [www.cmacbeaches.com/newsletter](http://www.cmacbeaches.com/newsletter) well truth be told I was late, 6 days late. Yes I know - terrible. I apologize to all of you who were trying desperately to read the latest addition on January first only to see that it wasn't there, then to keep you waiting for 6 more days.

Yes the time off has been too long and made me soft, out of focus, and lacking discipline (only human). It was so long that I had to have an improve class on Saturday Jan. 4th just to try and feel normal again. Thank God I did because if I didn't I wouldn't have a training tip, and if I had of done the Newsletter when I was suppose to you wouldn't have this training tip. See everything happens for a reason.

Well the Saturday class was a back to reality class, I eased everybody back into with the usual warm up and basics, ippon kumite, but to my surprise even that was too much for about 75% of the class, so we worked a very easy block counter drill for a good half hour just to get back into the swing of it. Then some follow up free style take downs which got out of control, because I didn't show one or two take downs, so that was stopped quickly, sparing was???? a couple causulties but nothing major. The kata was also rusty.

I have to admit, I took a break over the holiday, only worked out a few times, mostly ate, drank and took mid day naps, (living the dream) and as great as all that sounds I really didn't feel that good. I have a great daily routine of training in the morning, and whatever needs to be done in the afternoon then classes in the evening. The morning workouts really help to start off my day, and the evening classes help close out the day.

We are meant to be physically active, rest is also a part of your training, but don't relax too much or you really lose your edge. It's kinda like trying to start you car after it has been sitting for a few days in -30\* weather, it - the engine (your body) doesn't like it, but run it for an hour or two every day and its always good.

## Found Treasures - New Tai Chi Book

So for years people have been asking about a Tai Chi book, well look what I found in the deepest darkest resourses on my pc. I put this book together 3 or 4 years ago and for whatever reason it got lost in the great pc crash of 2010. Any way Mr. Gingras got a hold of it and did a fantastic job on putting it together.

This little Tai Chi flip books has commentary and bunkai, plus the way it is put together you can flip it and it shows you the Beijing short form. Very cool even if I do say so myself and just \$10.

Roll your weight to the left, and draw the right hand back to prepare for pushing elbow.



Place your left palm in your right elbow and move your weight to the right.



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



CROSS COUNTRY SKI



BEAUTIFUL SCENERY



WARM CAMP FIRES



GREAT ACCOMMODATIONS



RE-ENERGIZE



## 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.



*Being kind is more important than being right.*

## Newmarket Seminar February 9 2014 4pm

Looking forward to the Newmarket seminar hosted by Sensei Titus with 4 guest instructors; Sensei Dixon, DeQuetteville, Bassels, and Senpai Tisdall. It's sure to be an awesome training experience.

Training starts at 4pm to 7pm. Cost \$40. Directions - google maps Airborn Trampoline club 1176 Gorham st. Newmarket, 404 north to Mulock Dr. go west to Leslie st. go north to Gorham st. turn right east and it's on the south side.



## Jade Buddha Award



Here is a picture of Mr. Gingras presenting Sensei with a Beautiful glass Jade Buddha award. Mr. Gingras mentioned that the books written by Sensei have been very helpful to the progress of the student body.

Sensei felt very honoured to receive the award. Everyone waited for a nice speech and some encouraging words, but Sensei just said thank you and that he was touched and left the Dojo with the award and a big smile.

The book series was quite an undertaking for sure, but so many of the students got behind each one, and to be very honest if it hadn't been for Senpai Busbridge the last three books wouldn't have been done. He came to Sensei and asked if he could write a book, Sensei said he should co-write some first. Book #5 was 85% done already so they finished that one in no time, and that was so exciting that the next two came together pretty quick as well. Now they want to write a weapons series.

*Lazy hands make a man poor, but diligent hands bring wealth*

## Kongorikishi

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 including China, Japan and Korea in the form of frightening wrestler-like statues. They are manifestations of the Bodhisattva Vajrapani protector deity and the oldest and most powerful of the Mahayana pantheon. 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. Nio-Vajrapani is also seen as a manifestation of Mahasthamaprapta or the Bodhisattva of Power that flanks Amida in the Pure Land Tradition and as Vajrasattva, the Dharmapala of the Tibetan tradition.



## Caught in the Act

Here is Sensei burning the Kongorikishi at the front of the dojo. It was a bit of a process, but the effect was well worth the effort.

Miss Kortright had her hand in it as well, she had a crucial role in the final out come, if it wasn't for her expertise in the hands and face department the end result wouldn't have been what it is today.

First the images had to be sketched in pencil, which didn't take that long but the detail in the face and hands did take some time. Then the wood burning kit came out (could have used a soldering iron and saved myself \$30). To finish it off, a blow torch was used to bring it to life.

This was the first time I ever tried something like this, the blow torch part was the most fun, but could have ruined the whole thing in a second so it was also the most stressful part.



Agyo



Ungyo



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

## December 2013 Kyu Belt Grading Highlights

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

