

# JADE Buddha



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

647-258-7469

www.cmacbeaches.com



WINTER CAMP 2014

## CMAC Black Belt Grading

March 2/2014 1pm

Year of the Horse  
January 31 2014



Here are the Black Belt candidates for this Springs CMAC Grading  
Senpai Tisdall, Ms. Nathwani and Sava Drayton

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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

I don't want to say "No!" to my kids. That is some new age philosophy that the parents of today are bringing up their children with. God help us all!

More stories about my life. When I was young I had to go 5am hockey practice in a freezing cold arena, power skating up and down the rink. I didn't want to go, but when I was there I did what they told me to do. If I had my way, I wouldn't have gotten out of bed. Same for swimming lessons! That morning air was cold, the pool was cold, swimming was tiring, but I did it anyway. I would have stayed in bed where it was warm and dry. Same for football, same for the army, same for work, same for early morning meditation.

I hated going to early morning practice, but it taught me that there are some things you don't want to do, but do them anyway! I hated getting into a cold pool, but, because I did it I know how to swim. The discipline I learned from that helped me show up for training, training helped me with work, work helped me afford adventure, adventure made my life more interesting and rewarding.

Now looking back at all those things I have done. I've done a lot of things! I have memories and real life experiences that I can share with others, and through experience I have gained wisdom that helps with important decisions. As much as I hated getting out of bed to do these things when I was young I appreciate it now, because I had a life then and have a great life now. I'm glad my parents were parents and taught me the power of commitment and following through. Sure, they could have said "that's ok. You don't have to go if you don't want to," and taken the easy way out. I was a kid, what did I know? I knew the bed was warm, and rink was cold and so was the pool. What's a kid going to choose? Once I was on the ice I worked hard, and once I was in the pool I swam hard, and that was the way it was back then.

I think that this new approach to raising children by letting them decide what they want to do is a little backwards, but I never had any children of my own so who am I to judge? I think that if a child is putting up resistance and their parents give into their will, then the child loses out on life experience and gains the knowledge that they can manipulate their parents by putting up a fuss. I think this will come back to haunt the parents in the future.

We understand our responsibility for training our animals for everyone's safety, and yet we skirt the same responsibility with our own kids. If our dog is trained when it is young the dog owner has many enjoyable years with a great dog. If you don't bother to send the dog to a trainer, take the time yourself to do it, or even read a book about dog training for tips to use yourself, the dog ends up barking all the time, begging, jumping up etc. and having lots of bad habits. Bad habits are hard to live with while good habits are easy to live with. If parents want an easier life they have to pay the price when the kids are young, let the child know who is in charge and mold the kid into someone they can be proud of.

## Grading Results

January 25 2014

### Yellow Belt

Peyton Melanson

Loïck Côté

### Orange Belt

Avery Kettlerborn

Betrix Harvie

Bella Bienenstock

Tristan Côté

Jack Chalmers

Hunter Pohanka

Carson Pohanka

### Red Belt

Aurora Drygas

Hendricks Pleau

### Green Belt

Emily Waplinton

Sebastian Dobrowolski

### Blue Belt

Jessica Young

Cindy Koury

## Next Grading

March 1 2014



*When you harbour bitterness happiness will dock elsewhere.*

## BEACHES EVENTS

### February

- 14 Valentines  
21 Raptors Demo

### March

- 1 Kyu Belt Grading  
2 Cmac Black Belt Grading  
8-15 March Break  
Dojo closed

### April

- 12 Kyu Belt grading

### May

- 17 Kyu Belt grading  
24 Long wkend Camp

## 47 Ronin

Here is a classic ink woodblock print of the 47 Ronin storming the main gate at Kira's mansion.

Recently there has been a Hollywood movie of the 47 Ronin, it missed the mark, like the Karate kid missed the mark, but such is the way of movies today.



Japanese Samurai warriors who go to great lengths to avenge the wrongful killing of their Master Lord Asano.

To the left is the grave site of the 47 Ronin next to their Lord Asano, above they are storming Kira's Castle.

## Wuji

You've all seen the two fish in the dojo, they are called 'Wuji'. 'Wu' translates as: without, no, not to have, nothingness. 'Ji' translates as: roof ridge, highest/utmost point, extreme, earth's poles, reach the end, attain, exhaust.

Originally Wuji meant 'Ultimate' or 'Ultimate Nothingness' or 'Limitless' or 'Infinite' but came to be defined as "primordial universe" prior to the Taiji "Supreme Ultimate" in the Song Dynasty.



The fish point to north and south, as does the Yin Yang symbol. Often when one concept, or style, religion or tradition evolves into the next generation of thinking there is parts that are very familiar to the old ways. Like Pagan worship and our Christian holidays.

Ultimate Nothingness, Wuji, evolved into Grand Ultimate Fist, Tai Chi Chaun.

The Yin Yang almost look like the two coy fish.

The symbol is used to describe the seemingly opposite or contrary forces as interconnected and interdependent in the natural world, and how they give rise to each other as they balance and interrelate with one another.

Light and dark, high and low, hot and cold, fire and water, life and death, male and female.

Light is yang and dark is yin, and as you can see, there is a little light in the dark and a little dark in the light, symbolizing there can be no shadow without light.



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

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## Training Tip

Two topics today; The first is understanding the need for training. This goes out to all you that survived the winter ice storm/black-out and embraced the situation. By that I mean dug in and made the best of it, took from it a wake up call and learning experience. Some simply packed up and moved into a hotel, or infringed on a family member and rode out the storm at someone else expense, you don't count. Others jumped on a plane and went to Cuba and waited it out on some resort somewhere (actually that was my plan but I never lost power).

Those that took matters into their own hands and bared the cold at home came out of it with a new found appreciation for what we usually take for granted, power, heat, light, warm water, etc. They worked around it and discovered how hard it is without hydro.

Since the event those who dug in have been more aware of things like survival, buying candles that burn for 30 hours, other heat sources that will boil water, and generators, hatchets with magnesium strips for starting fires, etc. etc.

I relate this to training because, once you experience the pain and discomfort of an event like that you don't want to be unprepared again, so you prepare, by thinking of things you need and stock piling. When I was young I saw violence, and not wanting it to happen to me I prepared, I trained my mind, body and spirit for the event. As most of you haven't been in a life and death fight you don't really get the importance of being ready.

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The second topics is Mushin, no mind - the trust in your training. I was talking to someone the other day and there was a huge break through in her training, her fighting had gone to another level. She mentioned that she had stopped thinking on how to get in and just let her body do what it was trained to do. So I explained she had experienced Mushin. It's like hitting auto pilot on a plane, it's been programed to fly by itself, your body has been trained to fight, so just let it do what it has been trained to do.

Think of it like riding a bike, in the beginning you aren't very good, but with practice there are no limits (You tube bike parkour, awesome!). Same with Martial Arts, often when people start they aren't very good at it, even those with experience in one style may not be so good in another school. But after some time in you get it. It's all about time in, focus and commitment. Those guys on the bikes jumping onto this and that, doing the impossible spend crazy hours practising tricks so it becomes second nature, no thought required.

It's like walking or tying your shoe, most of you don't have to think of these things any more, you want your fighting to be the same, you want your reactions to be without thought. Imaging if you had to think about everything you do, or your body does, like breathing, your heart beating, there are so many things going on that don't require you to think about, just have faith that they are happening, why should fighting be any different.

When it comes to fighting just hit the fight switch in your mind and let your body do the rest. Mushin comes to you but it takes work, hard work, don't be afraid to work hard. I went on the other day about hard work and let it get away from me a bit, I like to work smart and use resources so that I don't have too work hard, like accounting I have an accountant so it's covered, other jobs I don't like I delegate, easy. But there are things you have to do for yourself, training is one and that's the one you have to do hard and smart, if you don't go hard you don't benefit, and if you don't do it smart you get hurt.

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

## Winter Camp 2014 Beaches & Yume Dapo

Winter camp 2014 in Perry Sound was absolutely a winter wonderland. Our cottage housed 25 bodies no problem and there was even room for more. We had an amazing time, hot tubbing then jumping in the snow then back into the tub. We snowshoed across a pristine lake and through the forest to the swamp where there was some huge heron nest. Then we stopped for a chilly lunch cook out on a beautiful bon fire, everyone helped to gather fire wood and make the process go smoothly. After lunch we snowshoed to the middle of a lake and made a big circle where we closed our eyes and listened to the silence and went through the mudras from the morning chi gong session, it was unbelievable.

We didn't do a lot of training in the sense that it was a bunch of Martial Artists expecting to do lots of Martial Arts, but every day was full. We used our Karate forward stances to push out cars and vans that had got stuck in the snow, we used our stances and internal chi power to stay on top of the snow instead of sinking in up to our waist. We even used Ki to push over trees for fire wood and then carry the trees out to the middle of the lake to build a 20ft teepee to set a blaze. We went on a 5 hour snowshoe excursion, which took it's toll on some of the tender foots. We climbed up and down hills in the snow, so as far as a work goes the great white north can be pretty demanding, but the fresh air and beautiful scenery made it easy enough to bare.

There were many highlights to be sure, my favorite was the sword training just before we left, it was like a scene out of Kill Bill, we were on the frozen lake with the snow and wind blasting us in the face, drawing swords and cutting through the snow, it was Awesome!

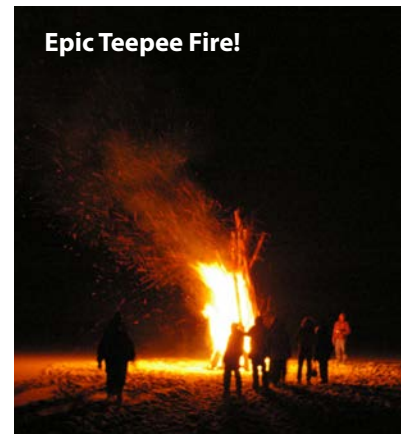
Thank you Sensei Bassels for all your hard work putting this together, it was truly an event to remember!



Snowshoeing



Heron's nest



Epic Teepee Fire!

*Being kind is more important than being right.*

## Winter Camp Beaches & Yume Dappo



Ki drop demonstration



Ki drop demonstration



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



Joe and Sam are  
Samurai Reincarnaige



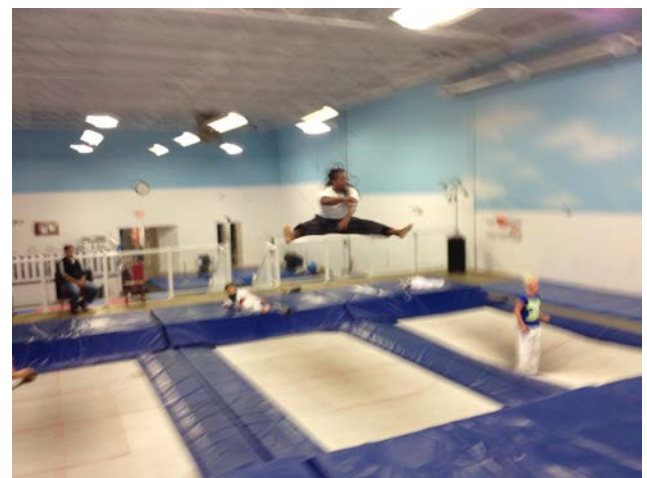
## Newmarket Seminar Feb 9th 4pm

Do not miss this seminar, 5 instructors under one roof, Sensei Dixon 6th Dan, Sensei DeQuetteville 5th Dan, Sensei Titus 5th Dan, Sensei Bassels 4th, and Senpai Tisdall soon to be 4th Dan.

Sensei Titus shares a facility that has a padded floor like ours and is roughly the same size as the Beaches dojo. But the unique feature here is that there is seven trampolines and as luck would have it Sensei Titus is a trampoline and gymnastic coach.

I have a plan as to how things will go, we will have squads of 6 and each squad will have a half hour on the trampolines while the other groups have one or two instructors doing mini seminars on the main floor. The seminar will go for three hours and each instructor will have one or two half hour seminars to teach.

**7 Trampolines 5 Instructors  
3 Hours**



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

## January 2014 Kyu Belt Grading Highlights

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

