

JADE Buddha



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Trampoline Training :-)

Super Seminar in Newmarket

Sensei Titus working some Magic on the trampoline



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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

January had us up north with Yume Dappo in the wilderness doing outdoor winter activities like snowshoeing, hill kayaking, cook outs, bon fires, and sword training. February we are at the Northern Fist with five instructors and six trampolines, covering a pile of information that each instructor has a special knack for. The year is starting off pretty good for those that are taking advantage of it.

Why sit on the sidelines, why not get in the game? Life goes by once then God knows what happens. Or maybe you get reincarnated, but who cares if you get reincarnated, if you are a drag in this lifetime you'll probably be lame in the next one too.

I'll put it to you another way, when you are old and feeble you will look back at your life and think, I was so concerned about what other people thought of me, I was so worried that I might look foolish that I never tried so many things. Well you missed out on so many opportunities to experience life, which is what we are all here to do. These life experiences give us excitement, a zest for life, we vibrate on a higher level than most carbon based life forms.

I get children looking into a Karate class and are too afraid to go in, it is the parents job to guide them into the class. They are scared because they don't know how to do Karate, then once they are in they love it. You are like the child looking through the door and saying "No!" Try saying "Yes" Actually try watching "Yes Man" with Jim Carey. He's a waste of space because he does nothing, but once he changes his mind and starts to do things, his life turns around and he gets the girl. Sure it's just a movie with a guy that nobody takes seriously, but there's a good message there.

I knew the Seminar day would be awesome, and it was. I went up to see the trampolines and bounced around before I thought this would be an amazing idea. What does jumping around on a trampoline have to do with Martial Arts? Well it's great exercise for one thing, and it's fun! How Much Time Do We Get? You don't know, You have no idea, you could die tomorrow, next week, next year, we don't get to know, it's a big mystery! If you're not squeezing everything out of each day what are you doing?

I jumped on the trampoline, I had fun, I landed badly a few times, but I took it, got the scares to prove it, (waffle marks actually) who cares, I was way better the second time than the first time. Do I care that you saw me wipe out, no not at all, most you won't be around in ten years anyway, and those that are will have a good laugh about it. That is what these training trips are all about, life experiences, memories, Good Times!

I'm glad those that came were there, and judging by everyone's response they were happy we had this event, and we will continue to do things like this as long as you support them.

Grading Results

March 1 2014

Yellow Belt

Ross Ivano

Tobin Berglund

Anthony Zhang

Orange Belt

Palace Pete

Elsa Bienenstock

Red Belt

Joshau Britton

Aaron Britton

Jack D'Cruz

Arjun Jojal

Max Tomlinson

Green Belt

Lucas Hunt

Nolan Warfield

Next Grading

April 12 2014



When you harbour bitterness happiness will dock elsewhere.

BEACHES EVENTS

March

- 1 Kyu Belt Grading
- 2 Cmac Black Belt Grading
- 8-15 March Break
Dojo closed
- 23 Sky Zone 1pm-2

April

- 12 Kyu Belt grading
- 13 Ajax Super Seminar

May

- 17 Kyu Belt grading
- 24 Long wkend Camp

Ajax Super Seminar

We all had a fantastic time training at Sensei Tituts facility in February, so we are off to Ajax to train at Sensei DeQuetteville's dojo. There will be three mini seminars by sensei Dixon, Titus and DeQuetteville each roughly 45 minutes long and the focus will three different foreign kata, all Karate all day long.

Skyzone

More trampoline action March 23/14 at Skyzone in Toronto. More details as they come in. You don't want to miss this one.

Congratulations HyPark

High Park is celebrating 22 years of service to their community this March 23/14. Congratulations Sensei O'Connell and the dedicated students of the High Park Dojo, well done.

The Pros and Cons of being Punctual

Pros

- Being on time shows respect for those waiting for you.
- You will not stress, rush or panic, because you are there on time.
- People will know that they can trust you to be there when you are needed.
- Some people just make it on time, most people are late, and a very few are early. Early give you a chance to compose yourself and focus on what is about to happen.
- Being on time doesn't draw any un-needed attention to yourself.
- The world runs on time, not Love (as much as we wish it did, it certainly doesn't) and time is money. Understanding how that works equals a certain amount of success, a lot of positions have been given to people who are reliable and there when they are suppose to be.
- Being on time is a habit - a Good Habit, good habits are easy to live with.

Cons

- Being late gives the impression that you don't care about other peoples time. This is upsetting for those waiting. Believe it or not - No one likes to wait.
- Not being on time causes stress, not just for you but all those that are involved.
- Rushing because you didn't plan things out properly makes an opening for accidents that will make you be even later than already are.
- When you're late you miss all the things that happen before start time.
- Being late causes people to notice you in a less than positive way.
- The world turns and a very accurate measuring system was invented call time and clocks are used to tell us just what time it is. This system applies to everyone and by not being on time you show people that you didn't understand how the whole thing works.
- Being late all the time is a habit - a Bad Habit! Bad habits are hard to live with.

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

Health Tip

When should you drink water

Heart Attacks and Water

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night.

Something else I didn't know ...I asked my Doctor why people need to urinate so much at night time. Answer from my Cardiac Doctor - Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. This then ties in with the last statement!

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me. Correct time to drink water...

Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body

- 2 glasses of water after waking up - helps activate internal organs
- 1 glass of water 30 minutes before a meal - helps digestion
- 1 glass of water before taking a bath - helps lower blood pressure
- 1 glass of water before going to bed - avoids stroke or heart attack



I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by. - Say "heart attack!" - Say that you have taken 2 Aspirins. Take a seat on a chair or sofa near the front door, and wait for their arrival and ...DO NOT LIE DOWN!

A Cardiologist has stated that if each person after receiving this e-mail, sends it to 10 people, probably one life could be saved! "Life is our one time gift from God"

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

Beaches, Ajax, Northern Fist & Yume Dapo go to Newmarket



If there was ever anyone more at home on a trampoline I haven't met them. Sensei Titus makes it look easy as he front tucks and back flips, twirls and God knows what else was going on that day, Wow!



As you will see from the pictures to follow we had a wicked time training in Newmarket. Many things were covered in the mini seminars, from rapid punches and spinning elbows to the entering throw, stick fighting, the devastating reverse punch, and ground fighting. But the thing that was new for everyone was the trampoline, it was a great workout and so much fun.

For the instructors they each had a half hour to cover their chosen topic. Sensei Dixon started things off in the first gym that had a huge training area with a sprung floor which made the jumping knee kinda dangerous (no one was injured).

That first session flew by and everyone was warmed up pretty good for Sensei DQ to take the next session with the "Entering Throw" and all the different scenarios that you could use it. Sensei Bassels followed with his expertise on the stick and knife, always a crowd pleaser. We then had to pick up and head to Sensei Titus's trampoline facility, where we spent the next three hours. Senpai Tisdall did a fantastic job breaking down the reverse punch, you could see the light going in people's eyes as they came to truly understand the concept of "Power is rooted in the feet, developed by the legs, and directed by the hips"

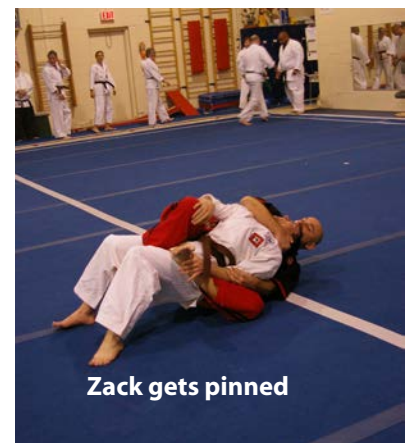
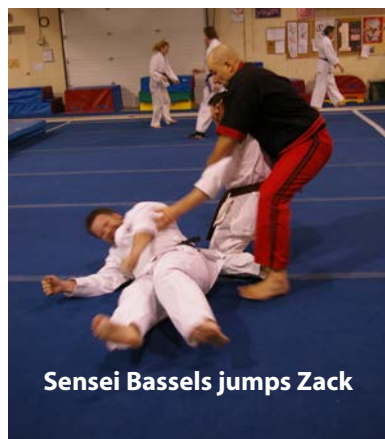
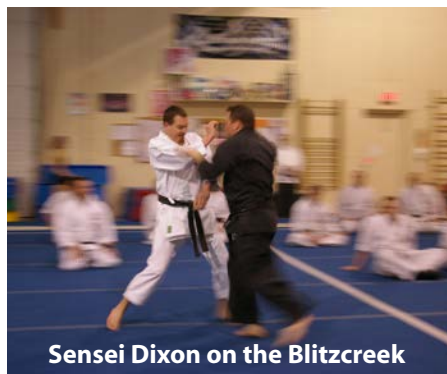
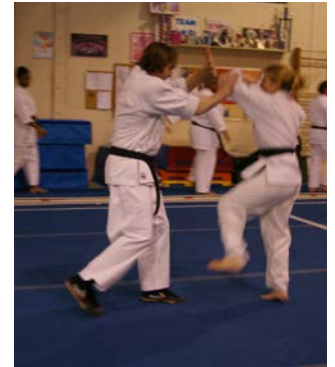
Lastly Sensei Titus took to the floor and to the air as he Owned the last hour and a half with just an amazing demonstration of ground fighting and aerial expertise. Sensei Titus had the students wrapped up and tapping out in seconds flat during the jujitsu part of his session, and flying threw the air, laughing in hysterics during the aerial trampoline session.

It was just a fantastic day in Newmarket with a great seminar concept.



Being kind is more important than being right.

Beaches, Ajax, Northern Fist & Yume Dappo Go To Newmarket



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

Newmarket Seminar Feb 9th

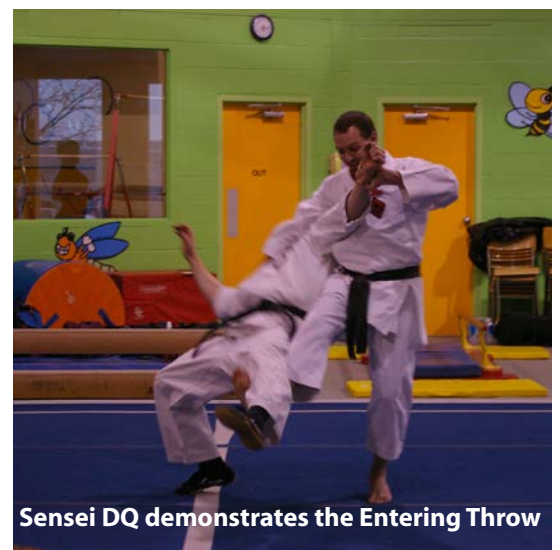
**6 Trampolines 5 Instructors
4 Hours**



Mr Steel takes down Al with Kotegaeshi



Ken throws Travis



Sensei DQ demonstrates the Entering Throw



Mr Delany is working the reverse punch



Everyone you meet deserves to be greeted with a smile.

March 2014 Kyu Belt Grading Highlights

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



Raptors Demo

February 21 was a big night for a few of the CMAC Dojos that had taken part in the Raptors demonstration at the ACC. Sensei O'Connell was the Quarter back on the job and Sensei Williams choreographed the student body that were there from Toronto, Oakville and Mississauga.

Although the music was lost and they had to go with that old reliable tune Kung Fu Fighting, everything went off very smoothly, a sign of true professionals.

