

JADE Buddha



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CIA-Chivalry in Action

Mr Delaney in the Philippines



CMAC BEACHES DOJO
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COMING HOME



Welcome Home to our troops who have been in Afghanistan. After a 12 year mission Canada has folded up the last CND flag and has come home. May 9th is a welcome home parade for our soldiers that served in Afghanistan.

Get the CMAC Book Series



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

Beaches Newsletter

Sensei's Note

Etiquette in the dojo is there so that things go smoothly and peoples positions are recognized and respected. In the Beaches dojo it has always been enforced on a subtle and non threatening manner, the juniors will follow the example of the seniors. This is the way it has been passed on from one generation of students to the next.

When Sensei Platt or myself enter the dojo for the first time during the session or class the students should stand up and bow, after that you don't need bow every time we come and go.

The senior student should take the warm up, or if they don't want to, they have the choice to pass it down the line to the next senior.

Your uniform should be clean and have the crest sown on properly. Your gi is a representation of your character and your attention to detail, if your gi is sloppy, un-cared for with the crest sown on but in the wrong place and crooked you look unfocused right off the bat. Take some pride in you appearance, learn how to tie your belt on the first class not three years later! Tie the ties up so strings aren't dangling everywhere. If it is slushy outside change at the dojo so you don't get your uniform covered in dirt on the way over.

When you come into the dojo say "Hi Sensei". When you go to your friends house you don't just walk in and help yourself to what's in his fridge like he isn't even there. Saying hi is just good manners, and try smiling when you do it, you will be surprised just how much a smile will change any one's mood.

The bow is a whole page worth of information alone. The bow is like your hand shake, if it's done wrong you are judged by it. The bow should start by coming to attention, feet together, back straight, shoulders back, head up, arms to the side. Then bow at the waist to 15 degrees and hold for a second or two depending on the importance of the event and come back to attention. The eyes should look straight ahead and not move as you bow. Some will argue that you should maintain eye contact as you bow, but I believe it to be too threatening or showing a lack of trust, and inadvertently challenging the person you are bowing to. Actually a good strategy at tournaments, but not for the dojo. I've seen a pile of ways how not to bow and I'm not going to get into it, but what I would like to say is that if the bow isn't taken seriously you may come off as arrogant among other less than positive character traits.

When you are training with your partner, your training begins and ends with courtesy and respect. Treat them how you would like to be treated. Train hard but do it in a way that they'll enjoy working with you, which means stay engaged in what it is you are learning and training and try to do your part to the best of your ability, don't fool around or talk too much.

When you leave the dojo say "Bye Sensei" or "Thanks".

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

April

- 12 Kyu Belt grading
- 13 Ajax Super Seminar
- 18-21 Easter Weekend
Dojo Closed

May

- 17-19 Long wkend
- 24 Kyu Belt grading

June

- 30 Summer Hours

July

- 1 Long wkend

Ajax Super Seminar

We all had a fantastic time training at Sensei Titus's 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 be three different foreign kata. All Karate, all day long.



Facebook cmacbeaches

Yes, the rumors are true. CMAC Beaches finally got on board with Facebook, thanks to Drekken. I always thought that facebook wasn't for me (I have my reasons, let's leave it at that), but after a talk with Drekken and a comment he made about being stuck in 2002 got me thinking that I needed to wake up and smell 2014.

So far it's been fun, so follow us on facebook.

Combinations

Here is an idea for ya, try to follow up a move with another one. As I watch people fight I see that they only throw one thing at a time, then the opponent has a chance to respond. This begs to ask the question "Why are you giving them a chance to respond?"

I remember a time in the Aikido dojo, a Sho Dan found out I did Karate and he wanted to try out a move against my punch, so I came in with a lunge punch at about 70% power. His move didn't work so he asked me to repeat. It still didn't work and he bloodied my lip in the process, so I said "You cut my lip!", and instead of being sorry he looked at his sleeve to check for blood. Well, that wasn't the right response, so I came at him with a flurry of punches and kicks, not making any kind of serious contact but still chasing him all around the dojo.

I'll never forget his comment, "Stop! I need time to think." I kept up my relentless attack and said "NO TIME TO THINK!" Every time I saw him after that he would give me a deep bow and say "Ous!"

I'll put it to you another way: one shot at a time or fully auto. Being a one punch wonder is great, don't get me wrong, but some people can actually block the first punch. Try being a one punch wonder with just a pile of follow up. Besides punching and kicking is fun so throw as much as you can. Sure you will get tired but the more you practise this style the longer you will last.

I was looking at the MK-19 the other day (don't ask why). It is a vehicle mounted, belt fed, air cooled 40mm grenade launcher and what I thought was, "WOW! What an amazing thing." Not only can it throw grenades 1,500 meters down range, it can do it rapid fire at 375 rounds per minute. So, it got me thinking, sure the M79 is a great launcher, it's light weight, easy to load and fire, but it only shoots one grenade at a time then you need to reload.

Of course, it all depends on the job. Sometimes you don't have the luxury of APC to carry the big guns and you are forced to use the weapons at hand. Make sure you are handy with what you have.

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

Training Tip

The difference between learning and training. Sometimes when you come to the dojo you are learning a new kata, move, self defence, choke, lock, trap, or combination, and sometimes when you come in you're not learning anything at all, just repeating things that you have already learned.

Learning is new information that has to be digested and assimilated. You are slow and busy thinking about what to do next, and you need to take some time to train it so it gets in you. When you have assimilated this new information you can take thought out of the equation and just let your body do what it has been trained to do. You will not believe how much faster you can be when you no longer have to think about every little move.

In our CMAC system we have a mind blowing amount of information, which is great! There is enough information to train for 10 life times.

In the Beaches Dojo we don't do everything that Sensei Platt has been doing over the last few years, due to the fact that I just can't get to class as much anymore at the times he has for the head instructors. At this point I only have enough stuff to work on for 8 life times, so I'm good. I like training, so I will train what I have.

The power of the student body.

We are fortunate in the Beach to have a good size student body. There are many different people to train with and learn from, and benefit from their unique ways of moving and thinking. You are part of that dynamic.

When you are in class it has an impact on the rest of your Rohai (dojo brothers and sisters). When you are not here your absence is felt.

When you come in to the dojo, try to be serious and put out a good effort. Of course I want you to enjoy yourself, but that doesn't mean talking and joking around all the time. That takes the right energy out of

Getting new information is great if you have the time to work it. If you don't have the time to truly train it and you're leaving the dojo with question marks all over your forehead it can be frustrating, I understand that, so my approach is.... less is more. Would you like to know a pile of things that you can only do at a below average level or would you like to have a smaller pile things that you can do very well with no questions in your mind.

I have always managed to produce good fighters with strength and sharpness in their techniques and a good understanding of the art. It is through this idea of learning and training that you get results. There is a lot of power in repetition. You shouldn't mind working hard on something you already know, because you're getting faster and stronger every time you do it, provided you are practising with the right mind set.

There are some of you that only need to see something once and you have it, and that's awesome and also a curse. Learning things fast is great but because you have it so quickly you tend to work things less. It's the hard work that gives you the reward. Don't get lazy because of your natural talent, use it to inspire others and if you need more information, I will keep it coming until your head explodes.

the class atmosphere and replaces it with a less than productive energy level. I have been known to tell the odd story here and there, but I like to save it for the end of class if I can. Also, being Sensei gives me the option to talk when I feel the need.

You will be surprised at just how much you will get out of the training if it's done with the right mind set. People learn best when they are having a good time, so try your best to keep the vibe up and not do things that drop the energy level.

If you aren't feeling right ie: sick or cold you might want to stay home. If you're just feeling down, you might want to come in anyway, you will leave feeling better. This is the power of the student body.

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

Sensei & Sensei Titus on Conflict Resolution

A talk with Sensei Titus. Being a TTC driver puts Sensei Titus in the front line of conflict resolution. A TTC driver has to deal with people that are in a rush to get to where they have to go and it is always the drivers fault that they are late, so the driver listens to all kinds of abusive language from these ungrateful passengers, who threaten the drivers with violence or to go over their heads to management.

Sensei Titus has trained in Martial Arts for over two decades and has a fifth dan in CMAC. He has his own part time dojo in Newmarket, and has been called in to do security work for the TTC, so he can handle himself. To see him, he's big enough to intimidate any sane person. The problem is there are a lot of crazies on the TTC, plus he is wearing a uniform so people think that they can abuse him and nothing will happen to them. And they are right. Punching people out that are being abusive to you is against the law and will get you fired.

Just because you have the power to drop someone who is picking on you with words, doesn't give you the right to do it. It's a game, learn how to play the game. Do not use your training unless you have no other options and even then don't make the first move. If you attack first you will be charged with assault, and that will haunt you for the rest of your life.

So, this one day on the TTC Sensei Titus had to cut the route short as it was a request from dispatch, so Sensei Titus makes the announcement that the bus will be making route change and everyone on the bus starts complaining and carrying on. Sensei Titus tells them that they can catch the next bus that is coming and it will take them the rest of the way. More words and insults come at him, so he pulled over the bus and kicked everyone off. So they say they will report him, so he picks up the phone and gets dispatch on the line, and says I'm listening to all kinds of abuse so I'm kicking everyone off the bus. Everyone quickly shut up and said, sorry could you just take us up to the next stop. So he did, and that was that.

He has had many many situations like that, and the TTC sides with him because they know that people are selfish and abusive and that Sensei Titus doesn't take any crap but will resolve the problem without sending anyone to hospital. If punching out arrogant bullies was free you could do it all day long because there is no shortage of them out there, but it isn't free.

This March break I was up on the Danforth at Timmies having my morning coffee and some wacko was at the opposite table telling some violent story to a guy seated there, who wouldn't look at him. I get up to throw out my cup, and he got up as I went by, and now he's between me and my girl. She deeks around so I'm between him and her, and I'm following him toward the door, and he turns and says he's Jesus Christ and makes a move like he is going out the exit but then gets between her, so I shoulder him a bit, and he reaches behind himself and says he has a gun, so I moved in on him. No gun was pulled out but I had my position between her and him and we made our way out of there.

The next day I'm back at the same Timmies and the server who saw the whole interaction says "That guy from yesterday stabbed someone to death." The cops had closed the place down for 8 hours right after we left. I thought to myself, that was a close one. I remember the comment she had, "You just can't let your guard down."

No, you can't let your guard down, but at the same time you can't smoke someone just because they are acting like they're carrying a gun. I don't think he had a gun, his clothing wouldn't have supported it, but who knows for sure. All I know is, I didn't get my hands up and I am a free man today because of it. But because I didn't, someone is no longer among us. Brutal.

Being kind is more important than being right.

Crabs in the Bucket

Crabs in the bucket! More talks with Sensei Titus: this one is about a young Fritz Titus in Jamaica catching crabs from the ocean. They'd had an excellent catch, so good that they had two buckets of crabs. Well, the one wasn't as full as the other and the crabs worked together and climbed on each other to pile up enough to push over the bucket and a bunch of them got away. The other bucket had crabs that pulled other crabs down from the edge so they couldn't escape the bucket.

Sensei Titus had a great insight about the two buckets of crabs. The one bucket was full of crabs and they wouldn't help each other and would even sabotage those who were about to achieve their goal of freedom, and the other bucket with less crabs all working together.

But my favorite insight from Sensei Titus is about religions and how they're coming full circle. In the beginning people worshipped the sun and the water and the earth, then other ideas came along and many wars were fought for religious control. Now people are starting to see the importance of the sun and the water and the earth again.

We're like crabs in the bucket. If we have enough room we will work together for the greater good. If the direction and purpose is clear we can accomplish amazing things. The crabs managed to push over the bucket.

If we are crammed in and stressed out, if we don't have any guidance, any understanding of karma, or good and evil, bad judgement will happen all day long. By only thinking of ourselves, no one wins.

So, in your daily life, notice what bucket of crabs you're in. Working together can be anything from helping a stranger who fell on the ice, to not giving the TTC driver a hard time for something that wasn't his doing, to standing together for the environment. It can be easy enough to get pulled down by other people or things, so it is up to you to be there for those around you first. In life you get what you give, but you have to give it FIRST! Your life is not just about you! You're not an infant so stop acting like one and realize that, the more you do for others, the more rewarding your life experience will be.

Lastly, you may do something for someone and they might not reciprocate. Don't lose your mind over it, it's in the bank and at some point it will come back to you. Good or bad it will come back to you. So simple.

Grading Tip

The last Black Belt grading had three students from the Beach challenge for different ranks. These challenges represented the dojo very well. Leading up to the grading they were at all the extra training sessions, seminars and trips.

Crunch time! I did it, most people do it, and those that don't well, it shows. It's not like cramming the night before a test, you can't slack up to test time and then stay up all night reading and studying at the last minute.

Crunch time is months beforehand working kata, running, hitting the gym, the bag, training with a partner,

riding your bike to get your cardio up, basics, basics and more basics. You need to drill it well in advance so it takes all the guesswork out. On grading day there should be no question whether you are ready or not, you should be full of confidence, power and intensity, ready for any and all challenges.

One of the best things I used to get me through my gradings was to think of them as just another class. When I go to class I'm not worried or concerned that things could go sideways. I trust my Sensei and know that he won't put me in harms way, and when he says I'm ready, I'm ready. I trust him because he has been doing this for a long time and he knows what I'm capable of, so I follow his lead.

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

Ajax Seminar April 13th

Add April 13th to your calender for another Super Seminar of Senior Instructors! Look forward to three new foreign kata, by three high ranking Sensei for three hours.

Sensei Dixon, DeQuetteville and Titus will be taking you through Kusaku Dai, Wando, and a surprise form. Look forward to working drills and bunkai relating to each one.

This time we will be heading out to CMAC Ajax. Sensei DeQuetteville's has a dojo in the fascility of a Good Life Gym.

Direction and start time to be posted on the events board.

Those that are on the list for the June Black Belt grading will not want to miss this event.

3 Foreign Kata 3 Instructors 3 Hours



CANADIAN AFGHANISTAN MISSION IS OVER!

Our Troops are coming home after a 12 year mission in Afghanistan. More than 40,000 Canadian troops had been deployed since October 2001.

We lost 158 soldiers over the time there, sadly.

Prime Minister Stephen Harper has designated May 9th as a national day of Honour to commemorate Canada's mission in Afghanistan. In Ottawa and across the country there will be commemorative events, including a parade from the Canadian War Museum in Ottawa to Parliament Hill.



Everyone you meet deserves to be greeted with a smile.

Mr. Delaney & Medieval Times on a Mission in the Philippines

CIA - Chivalry in Action; as some of you may have heard Mr. Delaney and some of the Knights from Medieval Times went to the Philippines on a humanitarian mission to build a school that had been devastated by storms this year.

The people there were so happy to see the Knights coming to the rescue, that the kids from the school put on a show for them with singing and dancing. One of the Knights even got up on stage and danced with the kids during the show. Well, this spontaneous act of camaraderie won the kids hearts, so Jason the Knight was their new Hero and the kids followed him everywhere.

The Knights put on a demonstration of their fighting skills for the kids and as you can imagine, all the boys and girls were all about it.

In their off hours the Knights kept up their training, using a secluded spot at the hotel for sword practice. The Hotel security wasn't sure about the Knights with their swords at first, but once they saw that the Knights were just trying to kill each other and not the guests it was ok.

Their mission was a great act of compassion and selflessness, it had a huge effect on all the lives that were touched. Well done, Mr. Delaney and the Knights of Medieval Times!

