

JADE Buddha



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Super Seminar Ajax

Highlights

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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

Here's something to meditate on. Here we are on this planet earth and we have been for sometime. God gave us the power over all the animals and the fish, (we take full advantage of that), and fish and hunt things to extinction. Aren't we smart.

I saw this thing on the fishing industry once where they were having no luck fishing in one area of the South Pacific so they went out further and fished deeper, well they stumbled across the mother load of Orange Roughy. They had never caught so many fish. Boats came in from all around to fish, dragging their nets along the bottom and filling the nets to the brim with Orange Roughy. Oh those were good times indeed, but for some reason they couldn't sell all the catch, so truck loads of dead fish were dumped in the landfill. What a horrific waste.

One day the catch was so small, it was as if the mother load had been fished out, so this went on for weeks, no fish were caught. Someone got the brilliant idea to look into the situation and what they found was that this school of fish had members that were 100 years old. These fish lived in the perfect spot with no predators and just the right conditions for a long and enjoyable live. They didn't need to breed as much because it would upset the natural balance, so they didn't reproduce as fast as other fish do.

Ok enough about the poor Orange Roughy and the greedy fishing corporation. Where I was going initially was - we have been here for a long time, how is it that we can not communicate with the other inhabitants of this planet, like the birds and the animals, you know like Dr. Doolittle. Our closest relatives in the animal kingdom are the monkeys, their DNA is almost the same as ours, but good luck communicating with those guys. Sure they can do a trick for a banana, like your dog can roll over for a snack, but you're not going to talk Quantum Physics with your pooch.

On another level, we live in Canada and there are people from all around the world living here, some can speak English and some can't, it's hard communicating with them if there is a language barrier. We are suppose to be smart, top of the food chain, lords of our domain, we can't even communicate with people who don't speak our language, we can't even understand the opposite sex most of the time, and they know us.

So lets take it one more level, lets say Aliens are out there, and they have figured out time and space travel, why would they want any thing to do with us? We are like the annoying kid in the sand box smashing everything and throwing sand in your face. We don't play well with others! For humans it's all about greed, anger and ignorance, who wants to hang out with that guy. Sure we know some things, but 100 years ago we were on horse back, 200 years ago we discovered electricity, 300 years ago the world was flat. We are infants in space. Our top scientist and the best minds we have would be as smart as the family dog to them, maybe we're pets and don't even know it, like an ant colony. Meditate on that.

Grading Results

April 12 2014

Orange Belt

Ethan Goonaradne

Nicolas Molina-Healy

Green Belt

Matthew Tonner

Fuad Moussa

Mu Dan

Zack Marshall

Andrew Chen

Next Grading

May 24 2014



Spot the type O - feel the reverse punch. A Zen Riddle

BEACHES EVENTS

May

- 17-19 Long wkend
24 Kyu Belt grading

June

- 21 Medieval Times
22 CMAC Black Belt
Grading
30 Summer Hours

July

- 1 Long wkend
11-13 Summer Camp



Mr. Fingers



This is the reason why we call Senpai Busbridge Mr. Fingers look - he has 6 fingers on his left hand. Not even photoshopped.

What's Stopping You?

I'm injured, I need to rest and recover. Aw, poor baby got an ouchy?

The only way to get over it is to get on with it. All too often people shut down when they hurt themselves. Studies are beginning to show that staying active and working around the injury is a better approach.

When we exercise and sweat, the feel good neurotransmitters that are produced can act very much like drugs, making exercise our healthiest mind altering activity. Having that hit taken away can be clinically depressing.

Too much rest is more than just unwise, it's medically unhealthy.

Evolution of the Canadian Flag 1534-2014



Flag of France at time of Jacques Cartier (1534-1604)



Merchant Flag used by Champlain and French merchants (1604-1663)



New France Flag (1663-1763)



The Great Britain Union Flag (1763-1800)



The United Kingdom Union Flag (1801-present)



Flag used (1868-1921)



Flag used (1921-1957)



(1957-1965)



First flag proposal to Parliament, the Pearson Pennant



Flag of the Royal Military Collage of Canada



Earlier (1964) version of the proposal that was adopted



Current flag (1965)

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

The Planet Earth

The Planet Earth is where we live.....for now.

The corporations have declared a clearance sale and everything on the planet must go for their main purpose of greed, ignorance and arrogance.

I just want to know where they plan on going once the planet is cleaned out of all it's natural resources?

I heard that all the fish will be gone by 2050! I'll be 90 by then if I live that long. This is why I didn't have kids.

I think that if we were being studied by Aliens and they were looking for signs of intelligent life, they would move on to the next star system.



Our Solar System

Here is a picture of all the planets in our solar system; Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune.

None of these planets are suitable to sustain human life. As it is right now a one way trip to Mars would take 156 days, and there's no Tim Hortons there yet. Breathing is difficult there too, because there's no plants, trees, oceans or an acceptable atmosphere. All the water has dried up for some unknown reason, maybe humans lived there before moving here.

Milky Way

The Milky Way is a barred spiral galaxy, about 100,000 light years across. If you could look down on it from the top, you would see a central bulge surrounded by four large spiral arms that wrap around it. Spiral galaxies make up about 2/3 of the galaxies in the universe.

The Milky Way does not sit still, but is constantly rotating. As such, the arms are moving through space. The sun and solar system travel with them. The solar system travels at an average speed of 515,000 miles per hour (828,000Km per hour). Even at this speed, the solar system would take about 230 million years to travel all the way around the Milky Way. Meditate on that.



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

Superman Punch with a follow up Hook Kick :-)



Here's Matt with the superman punch.



Whilst still in the air, he hook kicks with the other leg. Look at the clearance this kid is getting, right over the bag.

Keep the Body Guessing?

"Alternate your workouts to keep your body guessing, otherwise you won't lose any weight": TRUTH

The experts say: "With exercise, your body adapts and becomes efficient in what you've been asking it to do, eventually reaching an exercise plateau."

The key to avoiding this plateau is to put together a workout plan that involves what the experts call "periodisation" - dividing your plan into small stages that progress over time.

This progression can be achieved by regularly pushing yourself through increasing the frequency, intensity and duration of your workouts. When it comes to exercise, change is good and should be challenging.



Students to Instructors

Every once in a while I hear the question "There are so many kids, what is the student to instructor ratio?"

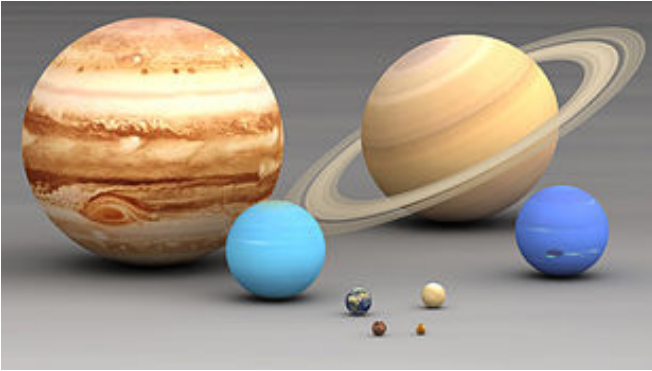
Yes there are a pile of kids. There's one Sensei and hopefully there are a good amount of assistance. Sometimes I have a bunch of assistance and sometimes it's just me and a small army of ankle biters!

Assistance in the little kids class are great and really help things moving smoothly. Of course I can handle it with or without assistance, I've been doing it for ages.

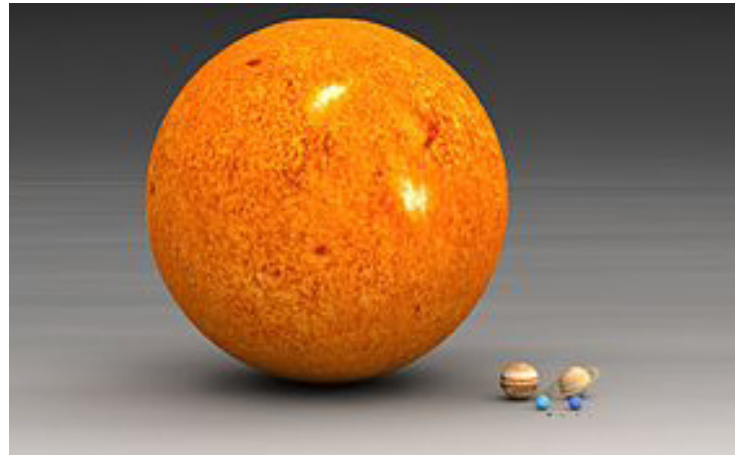
Those little kids are awesome and if you can be part of their Martial Arts experience it's good karma, you may even learn a thing or two.

Being kind is more important than being right.

More Cool Space Stuff



Here's a look at the size of the planets in our solar system: the two little ones in the front are Mercury and Venus, behind them, Earth and Mars, the blue ones are Uranus and Neptune, then the two big guys are Jupiter and Saturn.



Here's a look at the sun in relation to our planets. In our Milky Way Galaxy there are millions of these solar systems. Outside of our galaxy there are millions of these galaxies flying around. The Andromeda galaxy is on a collision course with the Milky Way in about 7 Billion years, just had to add that.

Ajax Seminar April 13th

The Seminar in Ajax went for 3 hours and there were 3 major kata being presented; Kusanku dai, Wan do and The Wave.

Sensei Titus started things off with Kusanku dai which translates to Gazing Heavenward, this kata can be traced back to China and the White Crane system. Then as the birth of karate goes, a Chinese diplomat from Fukien named Kusanku brought the form to Okinawa and eventually became part of the Shotokan curriculum. Sensei Titus did a fantastic job with this amazing form, he always has a good time with whatever it is he's teaching and that always translates to everyone having a good time. The bunkai work was also a lot of fun to train.

Next up was Sensei DeQuetteville and his kata was Wan do, which translates to "The Kings Way" the history of this form has pretty much the same story. Sensei DQ went through this form with his usual flare, the jump turn crescent kick that landed him up on the stage was a crowd pleaser for sure. The interesting thing about what happened during the seminar was that Sensei Titus's form had a lot of similarities

with Sensei DQ's, now the dilemma for Sensei DQ was to show different bunkai to the moves that repeat in Wan Do. This was not a problem for him at all.

Both Sensei DQ & Titus are very talented and have been training since back in the day, I always enjoy watching them teach. They have a real passion for the training and a special way to leave an impression on the student body so that something gets in.

I finished things off with The Wave, it is a White Crane form as well, that I brought back from China in 2007 (we trained with the White Crane Master of Fuzhao). Everyone seemed to do pretty good picking up the information. We really needed another hour or two to review all that happened, but that's the way it goes sometimes.

We rapped on time, but just before the last bow Mr. Sava Drayton was presented with his Karate First Degree Black Belt (Sho Dan). Congratulations Mr. Drayton. Also Thank you Sensei DeQuetteville for hosting the event, and thanks to Sensei Titus for being there as well (he did the seminar in between takes while shooting a movie).

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

Ajax Seminar April 13th

**3 Foreign Kata 3 Instructors
3 Hours**



Everyone you meet deserves to be greeted with a smile.

Grading Highlights April 12/2014

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

