

JADE Buddha



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

647-258-7469

www.cmacbeaches.com

“May” Grading Highlights

CMAC BEACHES DOJO
IS NOW ON FACEBOOK



Here is Mr. May doing a sword presentation at the May Kyu belt grading



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Mind over matter, if you don't mind it doesn't matter.

Beaches Newsletter **Sensei's Note**

So the other day I'm out for a tour on my bike and I end up in Stayner at the Timmies for my afternoon coffee. While I sit and enjoy my oatmeal raisin cookie I notice an elderly group at the next table.

One of the old fellas says "I knew today was going to be a good day when I woke up." his friend says "Oh yeah, how did you know?" he replies "Because I WOKE UP!"

I smiled and thought AWESOME!

How many people out there wake up in the morning dreading the day? It could be for so many reasons, some valid and some reasons absolutely ridiculous.

An example of dreading the day would be for those held against their will, like those 200 girls that were kidnapped in Africa, their lives right now must be a living Hell.

Closer to home in Canada we are so fortunate, the thought of something like that happening to us never enters our minds, thank God. We like to complain about the weather and the taxes, the Gardner, our jobs, gas prices, the Mayor, etc.

I think that anyone in Africa (or most of the world for that matter) would rather have our problems than theirs. So get over it and get on with it. Try thinking like the gentleman from Stayner. Today is going to be a good day because you are alive and living in Canada.

Sure it may be difficult to think positive because you have to pay for the house, cars, kid's school, cell phones, cable, gas, Karate classes, hockey, and food, and barely have enough money to hit the pub three or four times a week. We are spoiled and living in decedent times, be happy for what you have.

Training Tip

Memories, what memories do you have of your Martial Arts training?

Think of your training like a journey, the journey could a fantastic journey or a short trip, it could be unforgettable or like a chapter in a book that you could barely stay a wake for.

For me the training has been a life long commitment that has taken me to some unbelievable places for some amazing life changing experiences. I have jammed a lot into this life of mine and if I live to 100 I'm only half way there.

Going to class twice a week and out for drinks with your Karate buddies aren't the memories I'm talking about, you need to do the other stuff, Black Belt grading, seminars, trips, demos and getting involved with dojo events.

Grading Results

May 24 2014

Yellow Belt

Johanna Bienenstock
Andrea Slonosky
Aaron Robertson
Chris May (Kobudo)

Orange Belt

Matthew Murphy
Devon Moussa (Kobudo)

Blue Belt

Mack Beatty
Devon Moussa

Mu Dan

Cozima

Next Grading

June 21 2014



*Spot the type O - feel the reverse punch. A Zen Riddle***BEACHES EVENTS****June**

- 21 Medieval Times
- 21 Grading
- 22 CMAC Black Belt
- 28-30 1st Summer Break
Dojo Closed

July

- 1-5 1st Summer Break
Dojo Closed
- 10-13 Summer Camp
Perry Sound

August

- 9 Super Seminar
Beaches

DOD*Department of Defence*

This was an interesting thing that happened at the end of April, I was already done the newsletter so here it is.

I was out with the guys watching UFC (yeah I know, first facebook now this, I'm not an impostor it's really me-Sensei) well one of the guys is an officer at Moss Park Armories. So of course we start up a conversation and before I know it I have been recruited to take the PT at 06:00hrs the next morning.

I was there on time accompanied by Arnie to assist in the jujitsu and drills, there was 18 soldiers ready for training. So after the introductions we were right at it with some running for warm up and one of them almost caught up to me. Then into some basic punch and kick drills. The CO (commanding officer) wanted me to keep it simple and not talk too much, boy did he pick the right guy, that's my whole approach.

We had a great session, they picked up a good portion of the information, and the CO was happy with the presentation, so who knows where that will go. One thing I do know is that if I hadn't of gone out that night I wouldn't have made that connection.

Is this a dance school or a dojo?

Try helping where you can with what you have.

One Wednesday the kids came to the dojo and on that day there was just a pile of little dancers in the dojo. Did the Karate students have a lot to say about it. I was surprised to hear that they weren't happy to be sharing their dojo with a ballet school.

This is CMAC providing a community service, it's also good karma by helping where you can, and it's good business.

Years ago I wouldn't have even considered the idea of subletting out my dojo to others, Period! But now after letting many people rent my space I have been enlightened, not only do others get the chance teach what they know to others who want to learn, but it helps pay the landlord.

How did it all came to be, well the story goes like this, one day I was walking on Queen St. and saw Suzy. I have known Suzy for many years, she used to teach palliates where Buzzy Bee is now. Well when I saw her she was upset, so I asked "what's the matter?" She told me that the church was being turned into condos and she didn't have a place to teach anymore. I thought for a moment and reluctantly asked her if she wanted to sublet from me. I thought I had just saved her life. She was so happy!

As luck would have it, it all worked out, and others came to me wanting to sublet, so I agreed again and again. Some have grown their business big enough to get their own space and some are happy with our arrangement.

I think this was a great decision and dropping my old dogma that wasn't helping me or anyone else. Once again the movie "Yes Man." Sometimes you just have to say "YES" and see where it takes you. I said "Yes" to UFC and because I was there I ended up teaching PT for the Airborne unit at Moss Park, it brought back many memories of being on the parade square.

If you don't risk going too far you'll never know how far you can go.

Summer Camp

No Perry Sound camp this summer, due to lack of interest. Well there was some interest but no real commitment. Unfortunately in order for these things to happen there has to be enough support to cover the event.

I have done piles of these adventure training weekends and they are all awesome! So to cancel one here and there doesn't bother me, but it should bother you, because this is part of your Martial Arts evolution, your memories.

Sensei Bassels was upset about it, I told him not to be, life is too short. "You can lead a student to knowledge but you can't make them think." He put a lot of work into his contribution of the camp and it would have been great. His energy wasn't wasted because he was working on his skill, polishing your art is always a valuable way to spend your time.

As for myself I was really looking forward to the photo op, if you thought the winter camp pics were over the top the summer ones would have blown them away. The combination of scenery, Japanese war flags and swords cutting through straw mats would have been mind blowing.

This kind of outdoor training in the bush are awesome, knife training, throwing axes, archery and making fires are all my favorite things to do. Archery is so zen and the bon fire is hypnotic, hiking through the bush, and swimming in the lake are just so healthy for you. A chance to get out of the city and be apart of something this cool doesn't happen that often so you never want to miss one.



Beaches Karate Super Seminar

Put on your calendar August 9/14, and get ready for another Super Seminar featuring several Sensei and Senpai from the Beaches, Ajax, and Newmarket.



Sensei Dixon DeQuetteville and Titus will be among the instructors there on the day.

Medieval Times

It will be Mr. Delaney's last show soon, and we want to see him one last time before he gets kicked upstairs.

It seems that he has been promoted and with that comes a whole new position. This promotion doesn't include a sword or riding a horse though. It's management so he will be riding a desk.

It is hard for warriors to lay down their weapons so you'll see more of him around the dojo in the weapons class I'm sure.

Book your tickets on line under CMAC reservation #401742 booking is 32sdeal www.medievaltimes.com

Congratulations Mr. Delaney

A slight change in perception can mean a huge change in reality.

Niten Itchi Ryu Etiquette

Training two person and double sword.



Here we see the beginning etiquette of the two person style, Niten Itchi Ryu.

To start the Uke with one sword and Shite with two sword. They close ground to Fujiwara and squat placing swords on the floor with tips pointing toward each other.



Each man places their right hand down to the floor in a fist with the thumb pointing toward the opponent with a slight head bow.



They pick up their weapons and stand up.



After standing up Shite goes to gedan no kime and Uke holds the tsuka in front of solar plexis with the blade facing to the right, they each take 3 steps back.



After their Futari or Kunitachi they return to Fujiwara repeat the etiquette. The purpose of the etiquette it to show respect for your partner but also to get focused and in tune with your partner.

Keep moving into the light and lead others from the darkness.

Nutrigals **For more info contact Kelly Greer nutrigal.ca**

2014 is the beginning of my fourth year in private practice. Yay, me! I've discovered so much from the wonderful women who entrust me with their health concerns. The most important lesson I've learned is that making, and sticking to, dietary changes is incredibly difficult for most of us and especially difficult for women who feel vulnerable due to the hormonal disruptions associated with perimenopause. It seems that food, once a source of great comfort, becomes our enemy.

Recently I was diagnosed with a rare genetic rheumatic arthritis and a dietary restriction was advised. In spite of my training as a Registered Dietitian, this diet challenged me, severely. I needed the support of a community of fellow sufferers, daily pep talks, and tons of cooking, shopping, and food preparation advice. I could not have made the changes alone, and

most days I still struggle to adhere to the diet.

I think of my clients, and I know my own experience is a validation of my working theory that dietary changes require ongoing support. Heck, if dietary changes were easy, there wouldn't be a multi-billion dollar diet industry. Even with the motivation of a pain-free body, I still find it a challenge to resist the foods that can send my body into a reactive tizzy.

It makes no sense for me to advise women on dietary changes and then abandon them to the misinformation and unhealthy advice in the media, on the internet, and from well meaning friends and family. I want my clients to rediscover their vitality and to rejuvenate their lives, to live freely and happily without pain, sleeplessness, fatigue, or feeling terrible about their bodies. I want to see success in all my Nutrigals.
Kelly Greer

Revenge

Revenge may stop the person from ever hurting you again but who knows where it could go karmically.

I watched the new Xmen the other day and it was the same night Mandella asked me about Martial Artists and revenge. I told him that Martial Artists don't go looking for revenge. It's Illegal! You have to see Xmen to get how good the timing was.

They say if you go looking for revenge you should dig two graves, one for the enemy and one for yourself.

Although getting revenge sounds good and righteous, the only way to do it is through the lawyers. Yes it's expensive and they will drag it out as long as possible because the longer they can drag it out the more money they can make. Is it ethical, of course not, but it's the system and the system was created by these kinds of people to ensure they make piles of money off those who didn't get a law degree, pretty slick eh.

My recommendation is choose your friends and business partners very carefully. Partnerships can be very

difficult so always think hard before you take the plunge.

We are training Classical Martial Arts, not for fun, not for sport, not for glory, not for revenge, but for self defence and the old traditions that polish the mind and refine the soul. Ultimately we are training to not use in reality what we are training. It is better to solve your problems without violence, fighting is the easy part, it actually shows your level of intelligence and maturity.

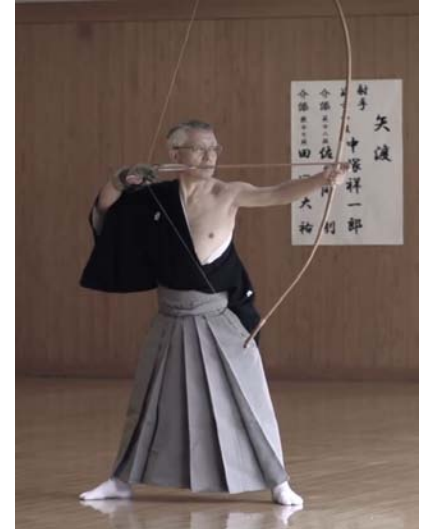
I know some Martial Artist who have never been in a real fight in their lives, that impresses me more than one who is constantly losing their minds and having problems with this person and that person. Getting along is the real challenge, because people are selfish, egocentric, inconsiderate, uncooperative, greedy, and many other annoying character traits.

I guess the secret is, to understand that's what you are dealing with, and let just it roll of your back. Of course there are limits and no one should be a door mat, so choose your battles and know the rules.

The future holds the best for those who have faith in it.

Kyudo

The ancient Japanese art of archery.



For the last 60,000 years man has used the bow and arrow, all cultures have used them for battle. Then the gun power weapons came and made the bow and arrow obsolete on the battle field.

Kyu do the ancient japanese art of archery is an art form. Traditional Kyu do is to focus the mind and calm the body. The etiquette of drawing the bow is a long and drawn out process, that develops patience and focus.

Movies have been trying to promote archery in popular new movies like "The Hunger Games" and "Avitar".



Sensei giving an archery lesson at the 2013 kids camp.

Compound bow power!

Old Russian camera for effect.

It is the vary mind itself that leads the mind astray and it is that mind that you have to be mindful.

Grading Highlights May 24/2014

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

