

JADE Buddha



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Medieval Times

Highlights

**CMAC BEACHES DOJO
IS NOW ON FACEBOOK**



Here is Mr. Delaney sword fighting on horse back during the Medieval Times show. This was his last time as a knight and he finished strong and on top. Congratulations!



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

Beaches Newsletter

Sensei's Note

Back your senior belt!

Years ago I had a senior belt, he was like my big brother, he would always spend time with me to train this or that. In the beginning he was the senior and there was a pile of students between him and I than as the years pass I found myself standing right beside him in the line up.

He would take class and we would do what he had planned for us. There was never any attempt to sabotage his class by arguing a technique, or correcting a move or interrupting his sentences. We had his back and would help to make things run smoothly for the betterment of class, training and the dojo over all.

Lately I have noticed students adding in their two cents worth here and there. Maybe you think you are helping. Here's a tip, if I'm not asking for your opinion keep it to yourself. Sometimes a conversation spontaneously happens and to be Brutally honest with you, I'd rather be kicking and punching then getting into some diatribe about the position of this or that. It takes the momentum out of what I'm doing and quite frankly it upsets me.

Training Tip

Gradings are fun. Yes they are! And they are a necessary. They make you work harder, and focus, the added focus makes you learn the lessons that are sometimes missed.

You get out of the training what you put in. If you only come to the dojo to get through the class and put in a half hearted effort, then your results will be directly proportional.

Sensei Platt mentioned at the last Black Belt grading, that he has noticed some of the students coming up to Shodan with the absolute bare minimum requirements. I have seen that things have changed over the years. The cold hard reality is that, times change, people change. When I graded for Shodan 25 years ago we went through the ringer. Not just at the grading but way beforehand, tournaments, trips, seminars, assisting classes, helping out at the dojo and building other dojos, and pretty much whatever was needed. Sensei lead and we followed.

The other day I went into the 8-11 yr class and these kids were out of control, (full moon and end of school) kids were talking and caring on. It actually made me raise my voice in a way that I meant it, I was so upset, I ended class 3 minutes early. The next time in that class I said we are playing the quiet game, but if you break silence I kick you out of the class. It worked and class was good.

Here it is, come to class, say hi, don't talk during class time, train hard, get involved where you can and practice on your own time. Your training experience will be so much better. I'll do the talking, students didn't pay to listen to you.

Grading Results

June 21 2014

Orange Belt

Loik Cote

Blue Belt

Fin Donalds

Even Huff-Bribler

Tristan Cote

Sho Dan

Cozima Pohanka

Zack Marshall

Andrew Chan

David Walters (Kobudan)

Sava Drayton (Kobudo)

Next Grading

July 26 2014



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

BEACHES EVENTS

July

1-5 1st Summer Break
Dojo Closed

26 Kyu Belt Grading

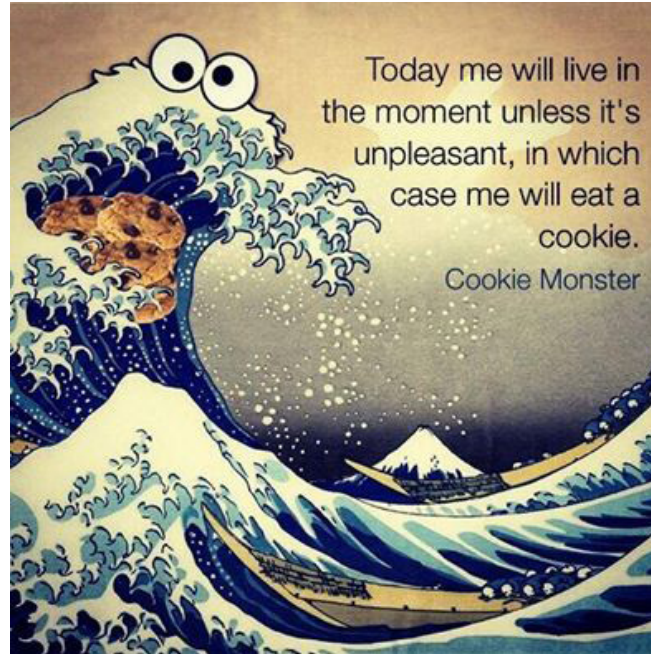
August

9 Super Seminar
Beaches

25-31 Last Summer Break
Dojo Closed

September

2 Dojo Open



Getting results from your training

Here's a good story about getting results from your training, but not the results you'd expect.

So the other day I'm at the gym and we are up to the usual madness. I decided to load up the grip machine, I've always liked this thing for two reasons; it's great for my clutch and throttle hands, and it's amazing for my Goju Grip. I put 6 plates on, they are 45lbs each and did 10 reps, also I got Steve to take a picture for future reference (I often forget my limits).

Later that day I went to get my bike at the bike shop, it's been there so long my buddies call it a Shop King, instead of a Road King. So I'm talking to the owner of the shop and he's talking about working out and I'm talking about when is my bike gonna be fixed. Anyway I pull out my phone and show him the grip pic, he looks at it, the jaw drops and he says "Aw Guys lets get Mr. Dixon's bike put back together so he can get on his way!"

I was on my bike an hour later, how's that for getting results? I couldn't believe it.



6 plates 270lbs

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

Last Knight



We all had just a funtastic time at the last Medieval times, what a great show! Mr. Delaney has been promoted up the corporate ladder and will no longer be sword fighting every night. His duties will be more along the lines of management, so I'm both happy and sad for him. Life can be bitter sweet at times.

The picture above is Sensei presenting Mr. Delaney with a CMAC Humanitarian award for his good work in the Philippines. A storm had wiped out a school so Mr. Delaney and some of the other knights from Medieval Times helped to rebuild the school. This award is the first one of it's kind and it was presented to Mr. Delaney after his last show. Sensei Platt also made the presentation at the CMAC Black Belt grading and Sensei Titus received it for Mr. Delaney.

Here's the story on the Black Wave Master.

I was taking Miss Kortright out for her Birthday breakfast and on our walk we see this dusty but in perfect condition Wave Master at the end of this guys driveway.

It looked like it was up for grabs.

There was someone in the back of the building, so I say to the guy "Hey Buddy what's with the Wave Master?" He says "It's all your's Bro!" I'm thinking Sweet!" I threw it over my shoulder and said to Miss Kortright "Happy Birthday"

Sasha cleaned it up and it's better than new, cuz it was FREE!

Rainbow Land



Here is a picture I took on Sunday June 29 2014. The rainbow hits the Dairy Queen sign.

I like to watch the sunset at the DQ at the top of Pottery Road sometimes, it's a great view, and there's ice cream.

Yes I know who cares, but as I saw this amazing rainbow on Pride parade day it got me thinking (not like that). We live in interesting times when on Canada day weekend you see more rainbows than Maple Leafs. There was a time when you would see Canadian flags in everyone's hands and now it has turned into something else.

Just an observation.

New Wave Master



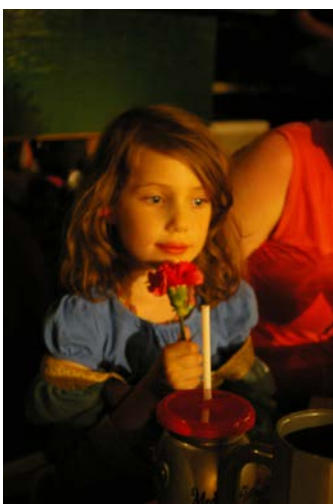
A slight change in perception can mean a huge change in reality.

Grading Highlights June 24/2014 MuDans



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

Medeval Times



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

CMAC ACHIEVEMENT AWARDS

Just before summer break a few awards were presented to some of the kids who have really trained hard this year.

Most improved: Charlette MacDougall

Assistant: Regan Gillies, Tayler May, Callum Gillies, Rita Reidstra, Nikko Hunt.

Warrior Spirit: Mike Tonner, Callum Gillies, Johnathan Armstrong, Emily Armstrong, Max Tomlinson, Jack D'Cruz.

Musashi: Matthew Tonner, Lucas Hunt, Nolan Warfield

Natural Talent: Andrew Waslen, Rita Reidstra, Nikko Hunt, Palace Pete, Fin Donald, Jovana Shrestha.

Leadership: Colin Goodman, Michelle Redburn,

Appreciation: Sasha Decker.

Smoken Round Kick: Regan Gillies, Jaya Vos, Emily Armstrong, Carys Beatty, Aurora Drygas.

Super Side Kick: Joshau Britten, Aaron Britten, Elliot Drygas.

These next two awards went to some people in the adult program.

Student of the Year: Jessica Young.

Humanitarian award: Sean Delaney.

Super Seminar August 9/14

Make sure you get out to the next Super Seminar, it will be happening in the Beaches and we will be covering a number of topics; knife self defence, Jodo and Niten Itchi ryu (two sword).

Sensei DeQuetteville will be teaching knife self defense, Sensei Titus has the Jodo session, (the sword against the short stick), and Sensei Dixon will be doing the Niten which two sword, (short sword the shuto and the long sword the daito).

The seminar will start at 1pm and go to 4:30 each session will go for an hour and we will be at the beach. You'll need some equipment, tonto, jo, bokken and a wakasashi.

Don't miss this seminar only \$40 we will meet at the dojo at 1pm be on time or find us at the beach somewhere.



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

Junior Boxer has got some fast hands



Now here's a father and son team, dad holds the focus pads for his kid and coaches him to box. This kid had super fast hands and serious focus for a 6yr old it was mind blowing. This a great bonding time for dad and son, dad wants to teach his boy a useful life skill, and the son wants to make his dad happy, they both grow from the experience. With dad's encouraging words his boy works harder, getting stronger and faster day by day. Dad will never have to worry about this kid at school, he will be confident and disciplined because he knows with good work comes results and this makes his father happy.



TRAGIC

This poor child does not own a computer and has never experienced the joy of being on FACEBOOK.

Life is for the living.