

# JADE Buddha



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

647-258-7469

[www.cmacbeaches.com](http://www.cmacbeaches.com)

## Promotion Time

*Highlights*



*Here is Mr. Marshall's crest getting coloured in to represent the rank of Shodan First Degree Black Belt.*

*Congratulation*

*Make sure you are at the Black Belt Preparation seminar August 9 at noon till 3 or 4 pm. It will start at the Beaches dojo and move out from there, only \$50.*

**CMAC BEACHES DOJO  
IS NOW ON FACEBOOK**



**FOLLOW US ON FACEBOOK  
FOLLOW!**

### INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tip	2
Grading Results	2
Events Calender	3
Words for Teenagers	3
Thank God for Timmies	3
Short Stories	4
Black Belt Promotions	5
Got me	6
My Political Veivs	7
Bird Kung Fu	7
Keep it Simple	8
Sue Warren	8
Drunken Trucker	8

## Get the CMAC Book Series



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

## Beaches Newsletter

### Sensei's Note

So the other day a kid is telling her dad she doesn't like Karate, right there in front of me. So I say "I don't like Karate either!" She looks at me with a huge question on her forehead. So I said do you like being alive? She said "yes." I say "Do like swimming?" She says "yes, I'm a life guard." I said "Swimming is like self defence for the water, if you don't know how to swim you could die in the water. It's important just like self defence is to living on this crazy planet."

I think she got it, and she worked hard in her second class.

The dojo isn't like the soccer field, were you run around and kick a ball in a net, playing a game and having fun out in the sun. It's a lot of work, and discipline and you have to focus and pay attention, and sometimes you don't see any results, and it's painful, and you get bruises, bumps and broken bones. If you're looking for fun and games go somewhere else.

I wish I had a dojo when I was a kid, it would have taught me some valuable lessons that I could have used to have an even more successful life than I already have. The focus and discipline could have helped with school and work, the philosophy and psychology could have helped me communicate better, and the self confidence would have made me more out going.

I think all the benefits of the training out weigh the pain and adversity you endure while on your martial arts path. Not to mention the first time you get to use it to defend yourself it's all worth it. The psychological aftermath of an attack can linger for years even a life time, so why even take a chance, it's like life insurance that you actually use every day. It makes you strong and healthy to have a long and active life.

It's like I have this magic key to a door and behind it is a life that everyone wants. The first hurdle is to get me to open the door and the second is to have the faith and enough endurance to put the time in to get the reward.

## Training Tip

Here is a great tip that I use on a regular basis for the 4-7 yr olds.

It usually starts with a, "Oh nice stances Carys!" Then about 80% of the class sinks a little lower in their stances. Then I'll notice so and so has the fastest punch and the whole class wakes up a bit. Then this kid has the highest round kick, and most of the kids go for the highest kick. Sure it's psychology 101 but their young enough that it still works.

It would be nice if everyone just gave their best every time, one can dream of a perfect world.

## 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

### August

- 9 Super Seminar  
Beaches  
25-31 Last Summer Break  
Dojo Closed

### September

- 2 Dojo Open  
27 Kyu Belt Grading



## Words for Teenagers

Northland College principal John Tapene has offered the following words from a judge who regularly deals with youth. "Always we hear the cry from teenagers, what can we do?"

"My answer is this: Go home, mow the lawn, wash the windows, learn to cook, build a raft, get a job, visit the sick, study your lessons and after you've finished, read a book. Your town does not owe you recreational facilities and your parents do not owe you fun.

"The world does not owe you a living, you owe the world something. You owe it your time, energy and talent so that no one will be at war, in sickness and lonely again. In other words grow up, stop being a cry baby, get out of your dream world and develop a backbone not a wishbone. Start behaving like a responsible person. You are important and you are needed. It's too late to sit around and wait for somebody to do something someday. Someday is now and that somebody is you."

## Thank God For Timmies!

I don't know how interesting of a story this is but it happened last month. I was having my coffee break at Timmies, maybe I should have a theme and call it "My Timmies adventures" or "Another Timmies Story" or "Life and Times of a Timmies Supporter" or "The Things I'll Do For A Timmies" etc.

So I'm just leaving after a coffee and I see these two guys loading a 3000lbs. safe on the back of a 5 ton truck, and looking at the angle the safe was on it looked like it could go side ways at any moment, so I decide to watch. I have good timing for these kinds of things. My friend wanted to go to the beach and I was saying we should watch. Just as I was saying that the lead guy on the job is starting to panic cuz it is not going well. He is pushing with all his might to keep this thing from falling off the back. I jump into action and help him secure it.

I had noticed that there was a bob cat across the street working on the side walk, so I asked him if he wouldn't mind pushing this safe so they could get their pump truck under it. Ask and you shall receive, he came right over and without any effort at all, problem solved.

What does this have to do with training? Martial Arts is about paying attention to your surroundings. I see things happening all the time and I have to chose which thing I want to get involved with. Pick your battles. Like later that night I was at the bank by the Timmies and this kid was being pretty idiotic with his girlfriend, I watched for a minute or two trying to decide whether it was worth the hassle. I decided it wasn't any of my business and let that one go. There was a drunken fool at the world cup trying to ruin the mood, and I let that one go too. Trouble is never far away if you want it. I certainly don't mind jumping in, but life has taught me to be careful as well.

Life can change in the blink of an eye so we need to be eternally vigilant in our efforts to keep out of harms way, but at the same time we are all in this together, I could see that guy with the safe dying that day so I got involved, the kid and the drunk was for sure going to end with the police. Sometimes I feel like I'm tap dancing in a mine field and one wrong move and boom. Not sure if that helps you but that is what I have taken away from that experience.

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

## Two Shoe Salesmen

Two shoe sales men from London at the turn of the 20th century went to Africa to sell shoes. Upon getting there the first one telegraph back to London saying "situation impossible no one wears shoes here." The second one telegraphs back and says "situation prime for huge shoe sales no one has shoes here yet."

## Music Conductor

A famous music conductor once had a life changing realization, it dawned on him one day that without the orchestra he can make no music.

It was his job to inspire and coordinate the group. He came to look for shining eyes in his orchestra. He used to just think of them as instruments, but once he realized that these instruments were attached to human beings with personalities and the need for human interaction it all changed.

You know when you have people on your side when there is a light in their eyes when they see you. If the light isn't there you might want to ask yourself, why isn't it, why aren't they inspired to see me?

## Last Words

Here is a heartbreaker, but I think the message is super important.

During the dark days for WWII a family was on a train and off to the camps, the parents had been separated from the 2 children a younger boy 5 yrs old and the older sister 8 yrs old. The sister looked down at her brother's feet and noticed that he'd lost his shoes. This really upset her and she light into him about how irresponsible he was and how could he lose his shoes.

This was the last time she ever saw her brother or her parents for that matter. She went on to survive the camp, the only one of her family to make it out.

Leaving her brother that way made her think of the way she talked to people from that time forward. Never again would she say things to someone that she would regret if that was the last time she saw them.

## Servers Not Slaves

There was restaurant in NY NY that was having complaints about slow service and cold food. The restaurant owner wants to find out what has happened to his once perfect service reputation, so he hires people to look into the situation.

After reviewing old tapes of how things went before, and watching tapes more recent, they noticed that patrons would come in, sit down, order, eat, pay and go away.

Now patrons come in talking on their phones, get a table, and the waiter comes to ask what they would like and they are busy on their phones so they don't know what to order, so he has to come back 2 or 3 times before getting their order. Then when the food comes the waiter is asked to take pictures of them with the food and if the picture isn't right he needs to take it again, now the food is cold so it has to go back to be reheated, etc. It's exhausting just writing about it.

Here's a tip for ya, when you're out, focus! Put the phone away and order your food when the waiter shows up, they have a lives too, it's not always just about you. They are your servers not your slaves.

## Air Fire Water and Earth

In the spirit of Zen meditation you can tap into the elements of air fire water and earth by making the connection of the thumb and finger that relates to each element.

The index finger relates to the air element, middle finger the fire element, the ring finger water, and the little finger relates to the earth element.

Meditation may be a hard thing to do at first, but with practise everything gets better. So how to start is the next question. Simply sit in a comfortable position and touch your index to your thumb, it is the air meridian so breathe in through your nose and out through your mouth. The air meridian is the path way to a higher consciousness. Focus on your breathing and nothing else, this will help to quiet the inner chatter in your head.

The other elements relate to other levels of development but we can talk about that after you have done it for a while.



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

## Black Belt Promotions July 19/2014

Mr. Andrew Chan and Mrs. Cosima Pohanka also received their Shodan but not on promotion day.



Mr. Sava Drayton's Shodan Kobudo Promotion



Mr. Zack Marshall's Shodan Karate Promotion



Mr. David Walters Shodan Kobudo Promotion



Painting the Shodan tag, it is official, Well Done.



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

## 50 Surprise! Got Me!



Ok you got me! Good One.



Sensei Titus had me gripped in a conversation and my total attention, I was looking his way until we got to the pavilion and then he stopped and everyone yelled "SURPRISE!"

YOU GUYS GOT ME GOOD!

There was a great turn out of students old and new, so that was Funtastic. Sensei Titus was on the BBQ and cooked up a storm. The weather was rainy so it kept everyone close. Then after cake we went to Arnie's for another big party.

Thanks to everyone who came out and to all that did so much work organizing, it was awesome and very touching.





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



Who wants one?



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

# KEEP IT SIMPLE:



MISSING SOMEBODY?	CALL...
HAVE A QUESTION?	ASK...
WANT TO BE UNDERSTOOD?	EXPLAIN...
DON'T LIKE SOMETHING?	CHANGE IT...
LOVE SOMEONE?	TELL THEM...
WANT TO MEET UP?	INVITE...

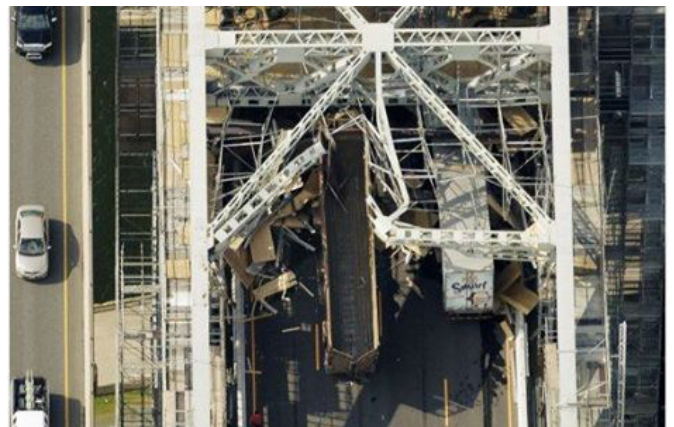


LIFE IS TOO SHORT FOR DRAMA.

Drama, I see it all the time when I'm out walking around. Just listen to the way people talk to each other these days, bickering and snapping at each other. I was up on the Danforth the other day and this kid kept trying to touch his mother and she laid into him big time about how annoying he was and could he respect her personal space for even just a minute. I felt bad for both of them. People need love and affection, and to be held etc. but people also need space and quiet on hot days, when you're sticky, tired and hungry. Of course a 5 yr old kid doesn't care about your needs so try and be nice and explain why you're not in any mood be touched or listen to their crazy noises. Sure it's easy for me to say, I didn't have kids. Zen is easy to practice when you live on a mountain, Zen is harder in the city.



Here is the yellow smoke coloured sky that has people stuck indoors in Yellowknife, because of the forest fires out there. Sue Warren has been dealing with severe air quality issues for the last month, thank God she is coming home soon.



This is the mess a drunken truck driver caused to the Burlington Skyway on the Friday on a long weekend during Caribana. If he thought life was hard before, man he hasn't seen anything yet. Life is tough enough, don't be stupid.