

JADE Buddha



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Tough Mudder

Highlights

CMAC BEACHES DOJO
IS NOW ON FACEBOOK



Look at how happy Sensei DeQuetteville
is breaking someone's arm during the
last Super Seminar.

Here is Sensei Titus in the Mile of Mud!
See more of your favorite Beaches Yohai conquering the
Mudder on page 6

Make sure you are at the Black Belt Preparation seminar September 20
at noon till 3 or 4 pm. It will be at the Ajax dojo only \$50.

Get the CMAC Book Series



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

Beaches Newsletter

Sensei's Note

Back to reality! Wow what a great summer, I thought the weather was amazing, and I had piles of time to enjoy it. Although the schedule didn't change much other than cutting the Saturday morning Tai Chi, I found myself off Wednesday nights thanks to Mr. Shoichet who wanted to get some teaching hours in. Also Ms. Nathwani, Mr. Gingras and Mr. Moussa would cover Saturdays, which was totally awesome.

For having so much time off from the dojo, I found myself busier than ever. I was able to demo some houses with my brother, and cut down trees with my nephew, work on bikes, build a shop to work on bikes, swim, scuba, travel, ride my bike, archery, and train almost everyday.

I ran into an old student at the gym this morning and she said "Don't you ever take a break?" I said "Yeah I took Friday off." But Friday I cut down four dead ash trees, I didn't tell her that. We had to lift two pieces of tree trunk that was 500 lbs. each onto the back of a pick up. Anyway she says "What are you training for?" I said "Life!" "The way is in the training!" Your body is your vehicle to get you through this reality and the stronger and healthier it is the more things you can do. The harder you work at developing yourself the easier life should be. I like to do physical things, action, it's what makes me happy. Just sitting here writing this right now, during a beautiful sunny afternoon on my holiday is killing me but the pen and the sword must be in accord so here I sit to relay this message of discipline to you.

Back to reality! Is how I started off this Sensei's note so I should probably talk about that. We have a Black Belt grading coming up very quickly so lets dig in and go hard for the next for the next 7 weeks, take a breath then go hard again till Xmas, take a breath then go hard again till March. Let's just go hard till it's time to take a breath and I'll tell you when that is.

Training Tip

Make sure you are out for the next Super seminar, September 20th Location to be announced.

There hasn't been a lot of events happening as an organization lately, so the Beaches has coordinated several seminars and events with Ajax, Northern Fist, and Yume dappo. This seems to be a good working relationship, so we will be doing more and more things with this group within the organization.

As a Martial Artist it is in your best interest to be part of these things, sure you could get by just coming to the dojo a couple times a week, but what fun is that! You're here to get the total experience, and by missing trips, and seminars or events you're losing out.

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

September

- 2 Dojo Open
- 20 Super Seminar
- 27 Kyu Belt Grading

October

- 19 Black Belt Grading



New World Order

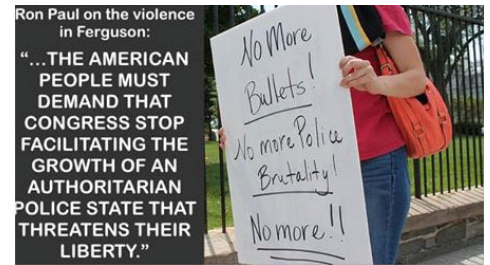
Not to put you into a big panic, but the New World Order is coming!

It starts with dumbing down society. Check.

Take away your rights in order to protect you against the evil people wanting to kill you. Check.

Increase law enforcement strength, to stop you from protesting your discontent about losing all your freedoms. Check!

Control you, enslave you, work more for less because you are paying so much tax to the people who hold the shackles. CHECK!!!!!!



Black Belt Preperation Seminar

Just a great day of training here at the Beaches Dojo, the turn out was excellent, and the instructors were right on the money. The information was all you needed to know to do a CMAC Black Belt grading, each instructor had a section to cover for an hour or so and they just kept it simple and did a lot of repetition.

Sensei Dixon started it off by picking one basic (round kick) and working a variety of different ideas. Many round kicks were thrown both in a group format and in a drill scenario. Moving onto Ippon Kumite which really got the energy going. To finish off the first section was Futari No Kata.

The floor was then handed over to Sensei Titus who was in charge of rolls and break falls and the shock shove exercise that is a constant at all Black Belt gradings. To end his part Sensei Titus really worked the naked choke. It went very smoothly and every one lived through it.

At the next part I had planned to go outside but we had such a good vibe going I didn't want to mess with it, so we stayed in the air conditioned dojo and Sensei DQ took everyone through push hands, and self defence. He did a fantastic job.

Last instructor to take the floor was Sensei Bassels, his job was knife fighting, which is a second Dan requirement. As you all know Sensei Bassels is pretty good with a knife, and has married into one of the biggest knife fight families in the Philippines, his skill with a stick and knife is probably the best in the organization right now. So that was time well spent.

I thought this was one of our better Super Seminars, and for me it's great to bring such talent to the students so everyone can benefit. Not only do the students get to have a great seminar experience but the instructors also get to teach a good size class with students who haven't really seen them teach before. You have all seen me break an arm a thousand times, but when someone else does it it's so much more exciting, I get excited and I know it's coming so I get it, and it's all good. So make sure you're at the next one September 20th.

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



The wrong guy

He was more concerned about breaking stuff than he was about the thief or his knife. Very Cool.



Here's a reason to train for ya.

This store clerk was robbed at knife point and he had the guy in an arm lock and out of the shop in the blink of an eye.

How was that possible you ask? Well he is a Black Belt and close quarter combat instructor in the army.

I don't know why everyone doesn't train? You live in a world full of people who have lost their way and want to take from you by force.

Nothing beats the thrill of fighting back for what is yours. Having some pride.

His comment was "I was worried about the cigar rack getting smashed and when they went into the chips and they blew up my thought was OH NO the CHIPS!"

ALS Ice Bucket Challenge

Did the ALS ice Bucket challenge, my niece challenged me God Bless her.

This was quite the promotion for awareness of ALS. I knew nothing of this disease before that day. I did it, didn't even think twice about it.

People had a lot to say about this promotion, most positive, some negative. People are funny and always have so much to say about everything, it can be exhausting.

I did it after classes, it felt so good I could have lived in that bucket. I went on to nominate Joe and Joel.

There are lots of causes to be sure, so many things wrong with the world, only so much money. Just walking down Queen Street for a coffee could run you \$20 for the homeless. Is throwing money at a problem always the answer?

We have been throwing money at cancer for decades, and that home wrecker is doing nothing but getting bigger and stronger. With greed and corruption everywhere maybe money isn't always the answer. Wouldn't it be ironic if a bucket of ice to the head is just what you need to fight ALS.



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

Da Po Pickle Plum

Sensei Bassels had his painting seminar last month, really great stuff how the brush and sword relate and compliment each other.



Incase you forgot

You're	You are.
Your	It belongs to you.
They're	They are.
Their	It belongs to them.
There	A place.
We're	We are.
Were	Past tense of are.
Where	A place.
Then	A point in time.
Than	A method of comparison.
Two	The number 2.
To	Indicates motion.
Too	Also or Excessively.

Loose Wire

Up on the Danforth today for more social study and content for my newsletter, when I see an old guy on his seated scooter behind a little old lady. His scooter pooches out cuz he had to stop for the lady. He huffs and puffs then growled out a cuss. I said "hey buddy what's up?" Thinking he's broke down and I'll be wrenching on a scooter, well he hits his handle bars, and says "She made me slow down!" Then the connection took and he took off.

Ridiculous but kinda funny how intolerant people are of each other. But what's even funnier is he has a wire loose, the irony is too much. It reinforces the idea "The outside world is a reflection of the inside world." Often people will show what's wrong with them inside by their environment in which they have created.

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

Tough Mudder!



Start



First Hill



Mud Mile Before



Mud mile



Bared wire
leopard crawl

As you can see it was a very wet and muddy Mudder. I thought the weather conditions were just perfect, temperature was cool, so it was good for the pace we had set. I even got to hug an OPP officer at the finish line.



Arctic Enema
Yikes!



Shock Therapy 10,000 Volts



More Mud



OPP!

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

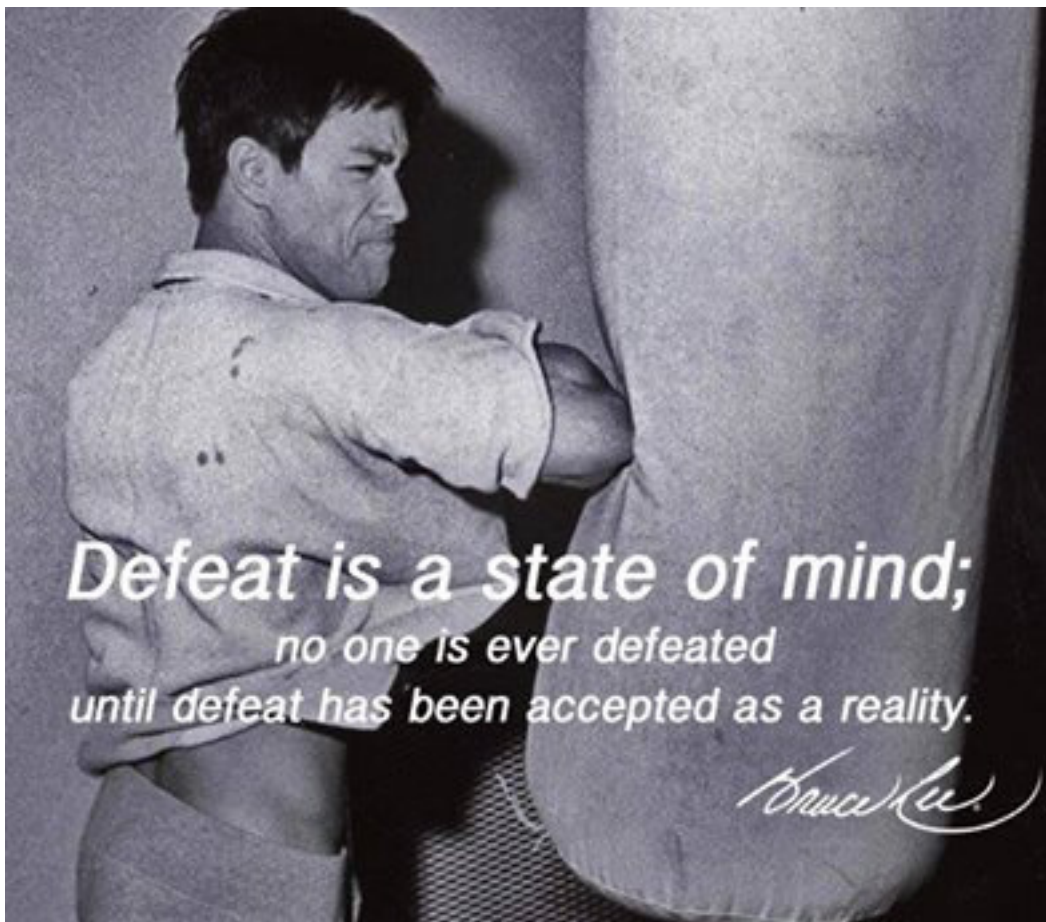
Life's Daily Battles

Take a good look at this picture. Did you notice there is no driver in the car that has me blocked in? That means he parked and left. Did you also see the empty spot beside me? Well it was empty! And so was the one beside the silver SUV. Plus there is another one out there you can't see.

As I sit in my Jimmy hitting my horn, buddy comes out and gives me attitude. I couldn't believe it. Some peoples kids.

Thank God for the years of training. I was able to stay in my truck and wait patiently while he glared at me and drove away.

I wouldn't have mined if there wasn't a spot but there was 3 all around me?! How hard is it to park? It was truly a test. I believe we get tested everyday. Life is 10% what you make it and 90% how you take it. Fighting is easy, just look at the U.S. that's their solution to everything, it's not fighting that is the real battle, it's not fighting.



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

Super Seminar Highlights

August 9 had us at the Beaches dojo for 4 hours of great training

