

JADE Buddha



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CMAC BLACK BELT GRADING

CMAC BEACHES DOJO
IS NOW ON FACEBOOK



Here's Drekken

*Get out to support the Black Belt candidates at the next
CMAC grading October 19/14 in Burloak 1pm.*

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

What is it all about? What are we doing here? What are we? How did all this happen? Do you ever think about these things? It could really blow your mind.

The other day someone mentioned it, I didn't want to talk about it, because the whole thing is just too unbelievable. Here we are on a planet that travels through space at an incredible speed, it orbits the Sun at 66,700 miles per hour and the Sun moves in a cluster in the Milky Way at a speed of 373 miles per second. All the while the Earth rotates so consistently that we as humans have been able to come up with an exact form of measurement. That alone should freak you out.

So how did we get here? Millions of years of evolution? God put us here? What about how long have we been here? Lost civilization, all the pyramids all over the planet that were built in alignment with certain stars in our Galaxy. That part is pretty tripy for sure.

What are we, and what are we doing here? Humans are amazing on both ends of the spectrum. We are incredibly smart, able to create and destroy to unbelievable levels. But for the most part we are happy to let other people do the thinking for us. Religions have been so successful for thousands of years because people believe that their God will make the after life a beautiful and peaceful one.

Personally I think that is a form of control, and it is a perfect racket, because the guys running the show can say whatever they want, "do this and you will be rewarded, do this and you will be punished."

It is call cause and effect! Good begets good and evil begets evil. It's karma. We live in such an amazing time, and I'm pretty sure what we are suppose to do while we are here is to be cool and get along with each other.

I saw this thing the other day, it was about Yellowstone park and they had too many deer so the wolf was re-introduced to the wild there. After several years something amazing happened, other animals were able to flourish. You see the deer would eat everything and the other animals couldn't survive. So many other animals were effected by this one seemingly benign creature.

With the growing concerns for our environment why are we having so many children? How many people can this ship hold? I'm not saying we need to bring in wolves because there's too many children, but I can see how you would come to that conclusion with the last paragraph. But honestly what's going on out there? Some Corporations are raping and pillaging the planet. All we can do is watch it while they get filthy rich and leave a path of destruction.

Do we even know what oil's function is to the earth? We just keep sucking it out like there's no tomorrow, wouldn't it be weird if the earth was a living thing and the oil was like it's blood and we are killing our own planet. Could be a movie.

Grading Results

September 27 2014

Yellow Belt

Dillon Gingras
Mila Vrba
Ruby Jarrett

Orange Belt

Morgan Beaty
Johanna Bienenstock
Andrea Slonosky

Red Belt

Elliot Drygas

Green Belt

Jonathan Armstrong
Emily Armstrong
Cameron Moses
Carys Beaty
Tyler Lions
Jaya Vos
Jonathan Dobrowolski
Mike Tonner
Drekken Pownz

Purple Belt

Jovana Shrestha
Alexander Armstrong
Ross Ivano

Blue Belt

Nikko Hunt
Rita Riedstra

Mu Dan

Mona Fullerton
Travis Kearns

Next Grading

October 25 2014

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

BEACHES EVENTS

October

- 19 Black Belt Grading
25 Kyu Belt

November

- 22 Dojo Picture Day

December

- 6 Kyu Belt Grading
6 Banquette
24-31 Dojo Closed
25 Christmas

January

- 3 Dojo Open
16-18 Winter Camp



Life Doesn't Suck!

I'm pretty sure I've talked about this before, but it's a thing I feel pretty strong about.

The other day I ran into an old student who I haven't seen for a couple years. So I ask her how she's doing? She's 15 years old and says to me "Life Sucks!" I'm like "What's the matter?" "Oh my friends Blah, blah, blah and my this and that." I say "Life doesn't suck! Your out look sucks, change it. You're young, pretty, and you got your whole life ahead of you. Maybe your friends suck, so find new friends."

When I was young, the world was going to end because the Russians were going to Nuke us in the cold war, then we were running out of oil, gas, water, food, clean air, then aliens were coming, pandemic, sars, Y2K, the earth's core is slowing down, climate change is melting the polar ice, GST, HST, Eboli, Terrorists, Carrot Top, clowns, the list goes on and on. It's all pretty nuts, I spent some years thinking why try when we are all dead any way. Well 40 years later I'm still here, and I might have played things a little differently if I thought I was going to live this long.

There's a saying "Live each day as if it were your last, but plan as if you are going to live to be 100."

We are so lucky to live in Canada, we have everything we could ever want or need. There are countries out there that would love to be able to dump a bucket of water on their heads for a cause, but to them water is more precious than gold. You complain about your friends, you're lucky to have friends! You're scared about the environment, cancer, and terrorist, sure all valid problems. I suggest that you help where you can, watch what you eat, exercise your mind body and spirit, recycle, get involved with a charity for the cure. As far as the terrorist goes well.....not sure what to tell you about that one, other than we are Canadians, people still like us as a nation so we are ok for now.

To rap things up and in conclusion, I would like to say, "Stop worrying about everything!" If your friends suck, get new ones, if your job sucks, get a new one, if you're concerned about the future, do something about it. All we get is this life, this time around don't waste it, max out your days, live, love, laugh, and make good choices.

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

Toe Pitch Fun




Just another crazy Saturday with the 8-11 year olds. Here's Ana on her second class throwing Sensei with a toe pitch. Second line of pics is Hendrix throwing Sensei. Sensei weighs in at a lean 200lbs. No kids were crushed during this exercise, but there were lots of smiles, laughs, bulging eye balls, and for a second there, I thought some one was going lose their breakfast, but all went according to plan. Hendrix get your foot up, Buddy.

Ross and the hair

How Great is this Kid!





5 Lessons in Life from Dr. Seuss

1. Today you are You, that is truer than true. There is no one alive who is Youer than You.
2. 'Why fit in when you were born to stand out?'
3. You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.
4. Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.
5. Today I shall behave, as if this is the day I will be remembered.

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

Raptor's Demo

Sensei O'Connell has organized two demonstrations, February 8th and March 22nd.

Last years demos went very smoothly, Sensei O'Connell organized it, and Sensei Williams was responsible for the choreograph.

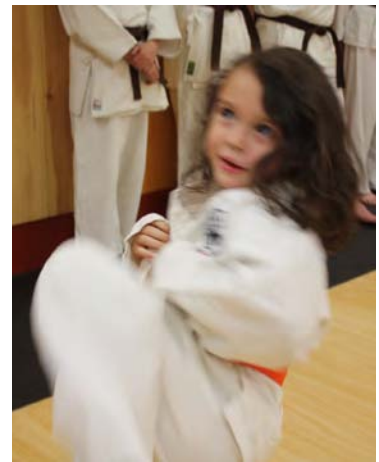
If anyone is interested in being part of next years demos let me know and I will make sure there is room for you to demo. There is limited space.

Stick and Knife Seminar

Sensei Bassels has a stick Master coming up from the States in November for a seminar weekend at his new dojo, (The Dai Ni dojo) in Mississauga.

Let me know who is interested in going so we can make sure it make sense to set it up. If we don't get the numbers we need to cover the expenses it won't be happening.

Grading Highlights



Some Hair Mona



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

The Four Agreements

by Don Miguel Ruiz

1 BE IMPECCABLE WITH YOUR WORD

- a. Speak with integrity.
- b. Say only what you mean.
- c. Avoid using the Word to speak against yourself or to gossip about others.
- d. Use the power of your Word in the direction of truth and love.

2 DON'T TAKE ANYTHING PERSONALLY

- a. Nothing others do is because of you.
- b. What others say and do is a projection of their own reality, their own dream.
- c. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

3 DON'T MAKE ASSUMPTIONS

- a. Find the courage to ask questions and to express what you really want.
- b. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
- c. With just this one agreement, you can completely transform your life.

4 ALWAYS DO YOUR BEST

- a. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick.
- b. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

Teen Toe Pitch Action



Experience the power
of a bookbuck



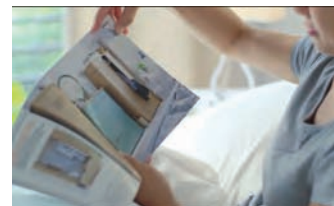
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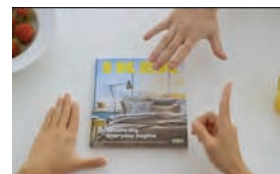
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To refresh go to the mailbox.

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

Family Class

Ok parents here's a great opportunity for you, Family class! Sunday mornings at 11am to noon. I thought since so many little guys sign up in September, it would be a great chance to have some family time with your little guy.

Yes I know you don't know any Karate, well either do they, chances are you will pick it up much faster than they will so you can help them here and at home. I've done this in the past and everybody wins, the kids get to train with you and you get to learn how to throw a block punch and kick. You will be surprised at just how great it is.

Not sure how long this class will go for so get involved while this opportunity is here, pay as you go.



Drekken got a crest

Well done Drekken, one more crest to go.

The CMAC crest goes right under the fist just how I have it lined up here.



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

September 20 had us at the Beaches dojo for 4 hours of great kata training in preperation for the up coming Black Belt grading.

