

# JADE Buddha



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## OCTOBER KYU BELT GRADING

*Check out that ROUND KICK!*



*The October Kyu Belt grading was TOTALLY AWESOME. Steve was jump graded right to Green Belt the second he threw that beautiful round kick.*

CMAC BEACHES DOJO  
IS NOW ON FACEBOOK



*Classic Jessica*

### INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tip	2
Grading Results	2
Events Calendar	3
Banquet	3
Winter Camp	3
KYOSHI	3
Masami Tsuruoka	4
Raptors Demo	5
Stick Seminar	5
Grading Highlights	5
Women's Self Defence	6
Fallen Soldier	6
Grading Highlights	7
Grading Highlights	8

## Get the CMAC Book Series



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

## Beaches Newsletter

### Sensei's Note

When should you call Sensei by his first name?

I don't like students calling me by my first name, White belt, or Black belt, if your my student call me Sensei.

Parents, I'd rather be referred to as Sensei. When you're talking about me with your child and not calling me Sensei it gets confusing, before I know it, some little 5 yr old white belt is calling me by my first name, then the dojo falls into disorder, chaos, mayhem if you will.

Non students don't have to call me Sensei. Usually when someone comes into the dojo to see about a membership I just introduce myself as Sensei. Then they ask me what my name is, I say "Sensei." I had one guy ask me like 5 times what my name was before he stormed out cuz I wouldn't give it to him. I had another guy say "That's not your name it's your position." I smiled.

I'm always screening people. Sensei is all part of the screening process.

I remember one time someone called my Sensei by his first name, I took it as an insult and got my back up, but then realized he wasn't a student. I see this in my own students when this kind of thing happens. They think "Who is this guy?" Then when I don't correct them, they figure "Oh it must be cool then."

Understand that the position of Sensei is not only in the dojo but every where. I think Sensei is really the only name I want my students to know me as.

Don't think of it as a power trip, it's just the way it is. My Sensei doesn't put up with it and I see why. I've been with him for 30 years, travelled with him around the world and was closer to him than any of the other students, still I only called him Sensei. Calling him by his first name isn't something that I have any interest in.

I remember going to my high school reunion and I saw one of my old teachers there, I said "Hi Mr. Goddard" I even stood up straight. I didn't go up and slap him on the back and say "Hey Tom how's it going?"

I've had people relentlessly hassle me about it. I think it's weird how they carry on about it. Then when I give it to them they go out of their way to say it over and over, it takes me back to public school. People are a study, they enjoy rocking the boat, poking dogs with sticks, kicking the hornet's nest, and getting their way, even when it really bothers the person they are hassling.

Anyway to sum up the issue of when should you call Sensei by his first name? The answer is Never! End of story!

## Grading Results

October 25 2014

### Yellow Belt

Benjamin Drummond

Rolland McKay

Teagan Barreca

Holly Benison

Thomas Lear

Zarrah Shinwari

Shafeullah Shinwari

Liba Shinwari

Rashidullah Shinwari

### Orange Belt

Tobin Bergland

### Red Belt

Jack Chalmers

### Green Belt

Max Tomlinson

Valerie Johnson

Mike O'Niel

Patricia Crawley

Steve Barreca

### Blue Belt

Fuad Moussa

### Brown Belt

Cindy Koury

Jared Cardiff

Jessica Young

### Sho Dan Oct 19/14

Mona Fullerton

Travis Kearns

Anne Vos

## Next Grading

Deceber 6 2014

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

## BEACHES EVENTS

### November

22 Dojo Picture Day

### December

6 Kyu Belt Grading

6 Banquette

24-31 Dojo Closed

25 Christmas

### January

3 Dojo Open

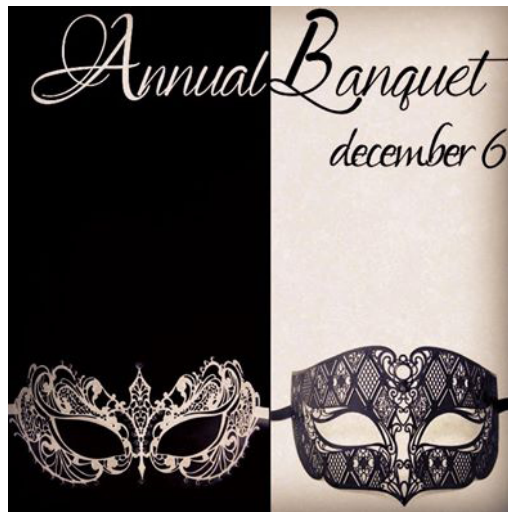
16-18 Winter Camp

### February

14 Black Belt Grading

14 Valentines Day

16 Family Day



## Seventh Dan KYOSHI



Sensei O'Connell, Sensei Dixon, Sensei Platt, Sensei Williams, Sensei Skoryk



Here is Sensei Platt the head of CMAC standing with longest training student and senior belt Sensei Dixon holding his 7th Dan certificate, presented October 19th 2014.

October 19th was a big day for CMAC as far as momentous occasions go, four Seventh Dan promotions were handed out. That has never happened in the history of CMAC.

Promoted in belt order, Sensei Chet Dixon, Sensei Patrice Williams, Sensei Martin O'Connell, Sensei Gregg Skoryk.

The Black Belt grading started with a demonstration from Sensei Platt, the above mention Sensei, Sensei Titus, Senpai Globe, Senpai Hinton, Sensei Kenney, Sensei Bassels, Sensei Sukys. After a group form, Sensei Platt backed up to the back of the group and called out Urban Han for the group to preform, after the kata Sensei Platt Stepped up and did a form that he has never taught anyone, so that was interesting.

The feedback we very positive, it's not very often that the students see their Sensei preform at that level. The energy was quite high and mood intense.



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



## O'Sensei Masami Tsuruoka

**With Deepest Sympathies the Tsuruoka Karate Organization regrets to inform you that O'Sensei Masami Tsuruoka, the Father of Karate in Canada, has passed away October 10, 2014 at the age of 85.**



Masami Tsuruoka (Tsuruoka, born January 12, 1929) Ont was a Japanese Canadian karate instructor and practitioner recognized as "The Father of Canadian Karate" by Black Belt Magazine. Although mainly responsible for establishing the Chito-ryu style in Canada, Tsuruoka is also known as founder of his own karate style known as Tsuruoka Ryu. Masami Tsuruoka kept Chito-ryu karate before the Canadian public from 1958 to 1968, through newspaper articles, magazine articles, and frequent public appearances, demonstrations and exhibitions across Canada. Tsuruoka formed the National Karate Association of Canada (presently called Karate Canada) in 1964, followed by the Tsuruoka Karate-do Federation in 1979. Tsuruoka was appointed a member of the Order of Ontario in 1998 for his significant contribution to martial arts.

Mas Tsuruoka was born in Cumberland, British Columbia. The Tsuruoka family, as was standard with Japanese families living in Canada at that time, was placed in 'Internment Camps' during World War II, first in Tashimi, B.C., and later at Roseberry. In 1945, after the end of World War II, Tsuruoka moved with his father to Japan and at age seventeen began the study of Chito-ryu karate in Kumamoto, Japan, under Dr. Tsuyoshi Chitose. He received his first degree black belt at age twenty, and after continuing his study and receiving his third degree black belt, moved back to Canada in 1956.

When Tsuruoka began studying with Chitose, karate was at the point where two eras crossed, the old ways of Okinawa and the new ways of post-war Japan. Tsuruoka was one of the first students of the group that was to reshape modern karate.

In 1979, Masami Tsuruoka stepped down from his position as director of the Canadian Chito-kai, and with the help of his chief technical director, Ron Fagan, founded his own organization, the Tsuruoka Karate-do Federation. His former senior student, Shane Higashi, assumed leadership of the Canadian Chito-kai (Chito-ryu Karate Association). On Wednesday, May 27, 1998, Master Tsuruoka received the Order of Ontario presented by the Lieutenant Governor of Ontario, the Honourable Hilary Weston. On May 13, 2006, Tsuruoka received his 10th-Dan rank, awarded by the National Karate Association.

Tsuruoka Karate is named for its founder O-Sensei Masami Tsuruoka, 10th Dan. Its foundation is in Chito-Ryu and Shotokan and it blends in effective techniques from many martial arts.

***O'Sensei was a teacher and mentor both in and out of the dojo. His dedication loyalty and passion affected thousands world wide. He will be remembered in the hearts of many and in the karate legacy he leaves behind.***

*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.

How do you say 3 cats drown in French? "Twa cat sank."

## Grading Highlights





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

## Women's Self Defence Seminar



Every Sunday in November the CMAC Beaches dojo will be offer a women's self defence seminar from 2-4pm.

This seminar was at the request of Mr. Drayton. He had asked if I would be interested in doing a seminar for women who don't train but would like to know how to defend themselves.

This course will go for the first 4 Sundays in November (i agreed before seeing there is 5 Sundays in November) if there is a desire for a 5th class we will have another class on the 30th of November.

\$80 is the fee paid up front.

## FALLEN SOLDIER



It's hard to believe that it happened, but only because these kind of things don't usually happen in Canada. We have been lucky - very lucky to have had such a civilized life over here in Canada, while being at war with other countries.

War is hell and people die, now we have a Canadian soldier dying on Canadian soil. God Bless CPL Nathan Cirillo, a young patriot struck down by a total zero waste of skin.



CPL Nathan Cirillo

I always thought it odd that we let people in our country that we are at war with? This tragedy will certainly change things around here, our freedoms keep disappearing every time someone does something awful.

I was in Jamaica when this all happened, and it felt like 911 in a way. It didn't seem real. Canada under attack! I felt angry, then sadness. I was glad that the Sergeant-at-Arms from the parliament building took him out, (so many emotions). This violation makes us look at these people with hatred and anger, but always remember that when your anger goes forth withhold your fist, when your fist goes forth withhold your anger.



Dead Terrorist thanks to Sergeant-at-Arms Kevin Vickers.



Racial profiling is becoming a big deal these days. Cause and effect, people, that's what happens. Some young adults have been doing social experiments and have noticed when they dress, act, and talk a certain way, (culturally), people react either nice or not so nice. Be careful out there and think before you go into situations.

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

## Grading Highlights

*Great turnout for the October 25th Kyu belt grading, the energy was high. Everyone did very well and casualties were light, which is ok, just learn from it and don't let happen next time.*





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

## Grading Highlights

