

THE JADE Buddha



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Class Pictures Are In



Your class pictures have been attached to a calender for 2015 so you can give them to your friends and family for Christmas, get them while there hot.

**CMAC BEACHES DOJO
IS NOW ON FACEBOOK**



*We need another trampoline
dojo outing*

INSIDE THE JADE BUDDHA

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Get the CMAC Book Series



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

Beaches Newsletter

Sensei's Note

Here's a story from 1990, and the reason I'm telling it is because I was doing a ladies self defense course in November and it was my opening story. I told this story because back in the day I did a ladies self defense course and two hundred women showed up for it.

I had just opened my Pickering dojo and the Paul Bernardo murders were under investigation. I was in Burlington visiting my mother on mother's day, like the good son. We were on the back porch talking about current events and Kristina French's body had been found up on #1 side road, which is just up the road from my folks. I know it cuz we call it the roller coaster, it's pretty hilly and fun on a bike.

After the visit I decide to go to where they found her body, I don't know why, I was on my bike, not the smartest decision I ever made let me tell you. So I'm there snooping around looking for clues, and the whole time I can feel someone watching me, (pretty creepy). After five or ten minutes I get on my bike and go to leave when I notice I didn't put my shades on, I pull over, look to my right and in the bushes I see a guy in camofluge, the cam job wasn't good, his ear was exposed so I could see it right away. The army taught me to spot these kind of things.

I'm sitting there on the side of the road with a few things running through my mind like, That's the guy! They always return to the scene of the crime....what should I do???? I put my kick stand down, took off my helmet and grab it by the chin guard, jump off my bike and run at the guy yelling and ready to smash him with the helmet. I know, so stupid.

All of a sudden three guys jump up, guns in hand, another guy running at me from across the street, they're all yelling at me to put the helmet down and hands up. It was the cops. I was lucky it was 24 years ago, today they would have blown me away. They didn't even hand cuff me or take me to the station. They just took my information and sent an investigator to interveiw me the next week.

Man was I nervous, they hadn't caught the guy yet, so I'm thinking I'm gonna be a suspect in the biggest murder investigation that was going on at the time. Just what I needed at this time of my life, with starting the dojo and everything. So the investigator came in asked me a bunch of questions and told me not to leave town. Lucky for me they caught the guy shortly after, but it was nerve racking for sure.

I find it odd that everyone doesn't train, we live in a world where all you see on TV is sex and violence and a total lack of humanity, compassion, or respect. Martial Arts should be part of everyone's development, not just for the self defense aspect but for the, "respect all living things" concept. If we thought of our fellow human beings as friends and family there would a lot less idiotic behaviour out there.

I wrote this before all the craziness in Ferguson but I think the last paragraph sums it up. People need training and guidance, respect, compassion and gratitude.

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

December 6 2014

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

BEACHES EVENTS

December

- 6 Kyu Belt Grading
- 6 Banquet
- 23 -31 Dojo Closed
- 25 Christmas

January

- 3 Dojo Open
- 17 Kyu Belt Grading

February

- 14 Valentines Day
- 16 Family Day
- 22 Black Belt Grading



Shoe Rack

Hey guys check this out! It's how the shoe rack works, you put your shoes on it. Please follow the example of the teen class, I didn't even have to tell them. Nice Neat.



Master Key

Just another day in the life of Sensei.

So Zach Marshall comes into the my office the other day to talk to me about a project he's working on. It's a school project, and the idea is to promote the Martial Arts through demonstrations at public schools.

Zach feels very passionate about spreading the Goju word, because he believes that, through the training and discipline of the Martial Arts it kept him on the straight and narrow. It is because of this training at such an impressionable age, he made good choices and saved himself from many bad experiences. He would like to share this with other kids and hopefully help some kids along the way, oh did I mention, it would also help with a credit from school.

Just as Zach was giving me his presentation a lady walk into the dojo, she is a teacher at Kew Beach and was looking for a demo team to perform on the upcoming PA Day. I looked at Zach and he at me with disbelief. I have to admit I was a little surprised too, although I was trying not to show it.

The power of creative thought is mind blowing. It happens to me a lot, but usually I'm the only one who sees it first hand, this time Zach witnessed it. I have to tell ya, most of the crazy stuff that has happened to me even I have a hard time believing it and I'm there! So

when I tell the story of this or that, people may think "No way?!" I remember one time I was thinking that I would like to have a race car, not even a month later I was driving around in a Z28 with \$40,000 of performance equipment under the hood. This car was ridiculously fast, I kept it for the summer then got ride of it, (I value my drivers licence). Did I mention I got it for free, but that's just off the top of my head, I'm gonna start keeping a record of all the unbelievable stuff that happens to me.

Anyway back to Zach, he was pretty shocked that everything was happening so fast. I think he expected it to happen in a couple months not a couple weeks. Well that's the way it goes, so be careful what you wish for, you just might get it.

I vollentold Sasha to help Mr Marshall, and then we thought it would be good if Andy joined in, Ms Nathwani did a fan form and Ms Crawley took the action shots.

Good for you Zach and thank you for propagating the art, also thanks to everyone who got involved.



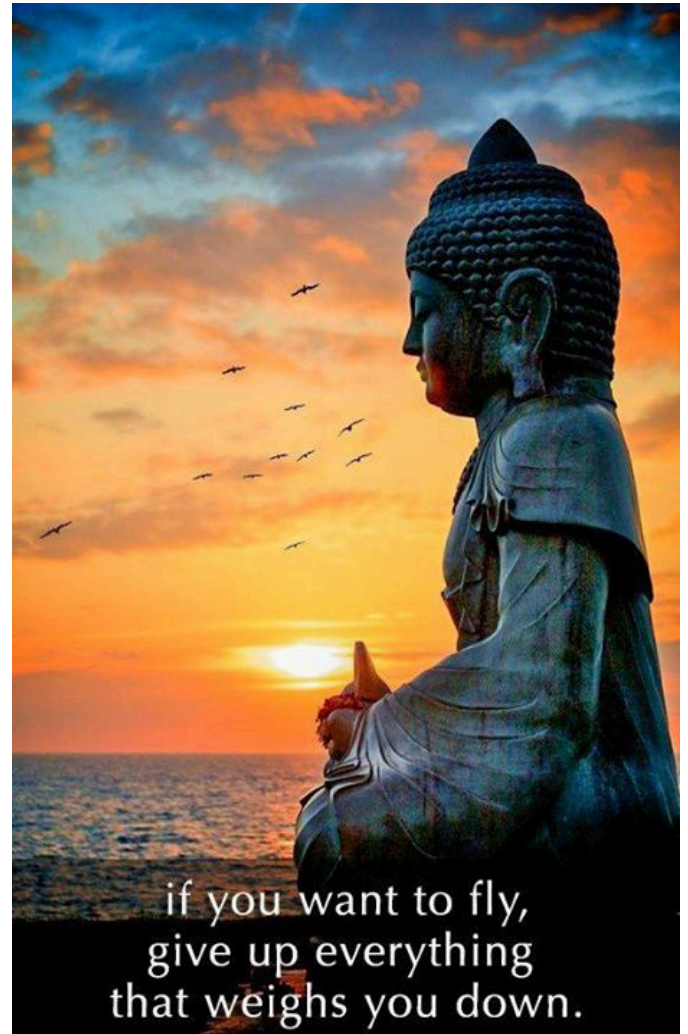
If you don't risk going too far you'll never know how far you can go.

A Modern Day Saint Arnold Abbott



Here is World War II Vet Arnold Abbott defying authorities yet again as he attempts to feed the homeless on a beach in Ft. Lauderdale. Police have issued the 90 yr old with a third citation for violating a newly passed city ordinance.

This is just another example of stupidity that is happening south of the boarder. The government has lost sight of the people they were elected by. They spend Billions on elections and punish those who are trying to look after those the government should be helping. They are building up law enforcement all over the USA, police have tanks, and body armor like the armed forces, what are they up too, or expecting?



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.

Black Belt Gradings 2015

February 22 Jaqueline Kortright, Shanta Nathwani, Joe Shoichet, Joel Gingras, Fuad Moussa, Glenn Barns.

June 21 Shanta Nathwani, Sean Delany, Chris May

Oct 18 ???????????

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

Toad VS Mantis



Here we see a classic case of speed and technique verses size and power.

The toad with the obvious advantage of size and power was taken by surprise by the mantis.

The toad took the first strike with his tongue and with lightening fast reflexes the mantis was quick and very precise, as he evaded the tongue of the toad. Moving to the left mantis could see and hear that the toad would breathe a certain way just before the lethal tongue strike. As the toad prepared to strike again, mantis would make another move but this time to the right and close ground between him and the toad. When the toad struck again mantis had covered enough ground to get in and attack the under belly of the toad.

Before the toad knew what had happened mantis had him on his back and was going to work on him, hitting every pressure point and rendering the toad paralyzed.

Zen Things

1. Do one thing at a time
2. Do it slowly and deliberately
3. Do it completely
4. Do less
- 5 Put space between things
6. Develop rituals
7. Designate time for certain things
8. Devote time to sitting
9. Smile and serve others
10. Make cleaning and cooking become meditation
11. Think about what is necessary
12. Live simply

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

Women's Self Defence Seminar



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

The seminars were at the request of Mr. Drayton. He had some friends and family that he thought would benefit from the information that is presented at the dojo.

We had a solid group and lots of students came out to help and assist. We covered a pile of information. The presentation was done in a way that they were working drills, punches and kicks so that at the end they could actually throw a solid punch or kick.

Everyone had a wicked time and by the end of it they were throwing some solid combos.

Mr. Marshall's Demo Team



Mr. Marshall's demo crew, Ms Nathwani, Sasha, Andy and Mr Marshall put on a very exciting and motivational demonstration.

Ms Crawley was there as well to take all the action photos. Thank you all.



Sasha is toe pitching Mr Marshall and he is cartwheeling out, a crowd pleaser for sure.



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

Found a tired bee?

**It needs your help!
Bees work hard and
sometimes they wear
themselves out. Feed it
some sugar water and it'll
be on its way!**

#SaveTheBees

Ok I know, so I pulled a few things off Facebook, sue me. I liked them.

Bees are important to the survival of many many plants, they need them for pollination. It's so weird that plants can't self pollinate, but who am I to question God. Be nice to Bees. Oh did I mention that without bees our food supply would dry up and we will all parish, so help where you can. Stop Bee killing pesticides!!!!!!!

The dog one is just funny they are all sleeping but one, always let sleeping dogs sleep.

Lastly you cannot teach the egotist because they know everything. Have you ever been in the room with someone who knows everything? It's boring, they know everything and they never shut up or want to know your perspective.

If you live exclusively for yourself you are always in immediate danger of being bored to death.

**Alarm has been
set: Ready ON**



German Shepherd Nation

CUTANDJACKED.com
EGO KILLS KNOWLEDGE.
AS KNOWLEDGE
REQUIRES LEARNING,
CUTANDJACKED.com
AND LEARNING
REQUIRES HUMILITY.



- ROLSEY

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

Body weight exercises, no gym membership required



PIKE ROLL OUT



MOUNTAIN CLIMBERS



FROZEN V-SIT



ARCHER PULLUP



CRUCIFIX PUSHUP



BURPEES



BURPEES



CLAPPING PUSHUP



Dragon Walks



FINGERTIP PUSHUP



HANGING KNEE TO ELBOW

NO TALKING!!!!!!!!!!!!

Ok enough is enough! My GOD.....What are talking about? Nothing kills the training mood more than someone constantly yammering on and on about.....NOTHING! It drives me crazy.

The other day I was watching the pigeons at the park walking around, and I noticed that whenever they moved their heads would move too. It's like God played a cruel joke on those birds. Take a step and the head moves forward take another step and the head moves backward. Then I thought of some of the students at the dojo, give them a new drill and their mouths start flapping, tell them to sit down, mouths flapping, tell them to line up - Flapping, before the class, after the class FLAPPING! More training and less talking, talk on your own time.