

# JADE Buddha



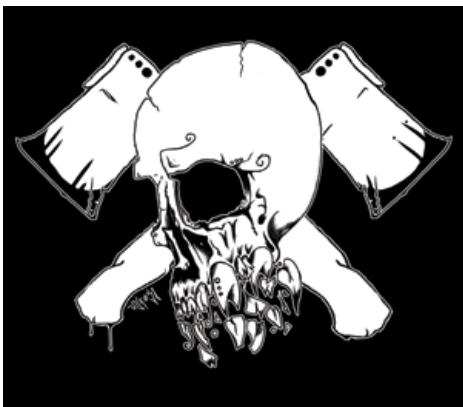
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## Come Celebrate Ms Nathwani's BDay at BATL

CMAC BEACHES DOJO  
IS NOW ON FACEBOOK



*It's gonna be FUN*



*January 24th we will heading to Pickering to celebrate Ms Nathwani's Birthday with a night of axe throwing excitment at the Backyard Axe Throwing League*

## Get the CMAC Book Series



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*Thought without action is a dream, action without thought a nightmare.*

## Beaches Newsletter

### Sensei's Note

With all the gun violence these days and the cops doing some of the shooting I thought I would try and explain how to survive a police interaction. Most of the kids getting shot today by the police are just doing stupid things. So here are some things you might want to pay attention to.

#1 Don't do crimes or hang out with people that do crimes. Criminal activity draws the police closer to you, the closer they are the better your odds of getting shot, because they have guns, and don't mind using them.

#2 If you are being pulled over do it immediately. Trying to out run the police only upsets them. Safety tip - don't upset someone with a gun.

#3 If you're talking to the police be nice, be polite. Picking a fight with the police is only going to end badly.

#4 Don't make any sudden movements when their guns come out, don't reach into your pants, your coat, or your car, people usually hide guns in those places.

#5 If you are not driving the car, only talk when are spoken too.

This may sound like common sense, but one thing I've learned is that common sense is becoming less and less common.

What makes me an authority on the cops and guns subject? Well the cops have pulled guns on me two and a half times and I have survived. I know what you're thinking...how is it that a hard working, law abiding, well adjusted citizen goes about having cops draw their guns on him 2.5 times and how does the .5 work?

Last months newsletter tells about the first time I was drawn on by the police, and the point five was the police lady went for her gun because I was in a bad mood when she pulled me over, notice number 3. Anyway I was giving her some serious attitude and she went for her gun. I said "Go ahead and jerk that pistol and see what happens!" she decided not to and told me to relax, then she left. Those were dark days for me. I was in the right but in a terrible mood, so she realized it wouldn't have went well for her in court. Not proud of that one.

The second time the cops drew their guns on me I was in the States in a suburb of Chicago driving Truck. I was parked in a parking lot, training outside, and it had just stopped raining. I was behind my truck when I saw all the police lights flashing off the wet pavement. I thought to myself "Ok, here we go!" The cop on the speaker says "Come out from behind the truck or we'll let the dog go!"

I reached into my pocket and pulled my wallet out before they could see me, so I had my hands up when I came out with my wallet in hand. As I came around the back I see 3 cars and 6 cops pointing guns at me. I said this is my truck I'm a driver from Canada. They searched me, asked some questions and let me go. Easy.

## Grading Results

December 6 2014

### Yellow Belt

Ana Humphries  
Eden Humphries  
Violet Tarver  
Clara MacKillop  
Lucas Hadley  
Evan Minchev  
Andrew Kearns  
Paris Tarver  
Olivia Wasberg  
Eli Pearson  
Sasha Decker  
Zach Marshall  
Scot Jarrett

### Orange Belt

Aaron Robertson  
Anthony Zhang

### Red Belt

Elsa Beinestock  
Bella Beinestock  
Betrix Harvie

### Green Belt

Aurara Drygas

### Blue Belt

Callum Gillies  
Matthew Tonner

### Brown Belt

Allan Tonner  
Rebecca He

### Sho Dan Oct 19/14

Mona Fullerton  
Travis Kearns  
Anne Vos

## Next Grading

January 17 2015

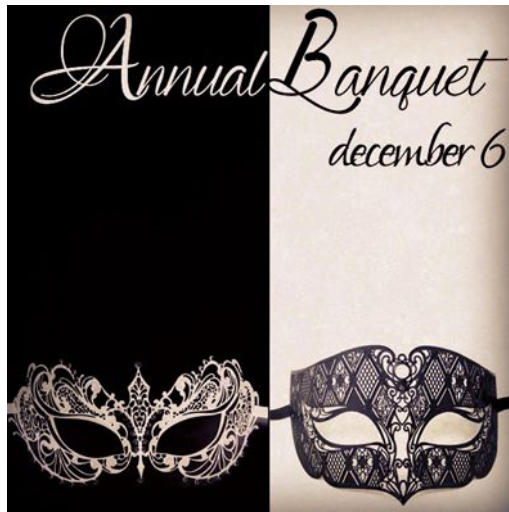


*Spot the type O - feel the reverse punch. A Zen Riddle***BEACHES EVENTS****January**

- 3 Dojo Open
- 17 Kyu Belt Grading
- 24 Ms Nathwani's  
BDay and Axe throwing

**February**

- 14 Valentines Day &  
Axe throwing night
- 16 Family Day
- 21 Kyu Belt grading
- 22 Black Belt Grading



A very nice event hosted Sensei Bassels at his new second location in Mississauga.

Many appreciation awards were given out that night, to all those that help out around the dojo and for their efforts and support.

Also Mr Date was awarded a 4th degree Black Belt certificate. This promotion was awarded to him for his continued support to Sensei and the Beaches dojo. Senpai Date came on board back in 1991 and has been through some serious life challenges, he has the heart of a true warrior. Congratulation Senpai.

**Axe Night!!!!**

Happy Birthday Ms Nathwani and to celebrate we are going to Pickering to throw AXES!

I checked it out last month and Mr Shoichet did it for his birthday, it's just like darts but with a serious edge to it. When I walked through the door I thought to myself "Honey I'm Home!"

The one at Cherry Beach has a real interesting atmosphere, loud tunes, chain fences, tats, pierces, beards and everyone throwing axes. We didn't book that one for the birthday so we are going to their new location in Pickering. Don't be sad because we are going to Cherry Beach for round two February 14th, that's right Valentine's Day. Nothing says I love you like a night of Axe Throwing.

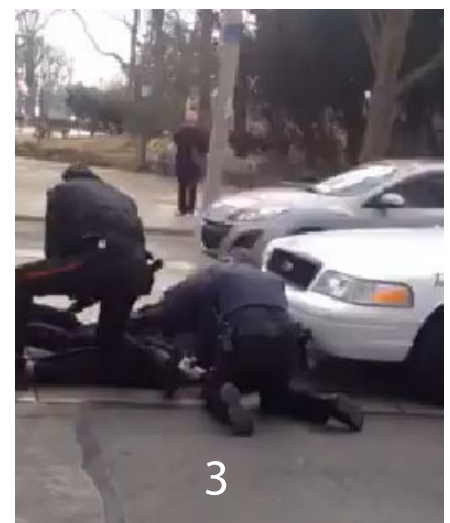
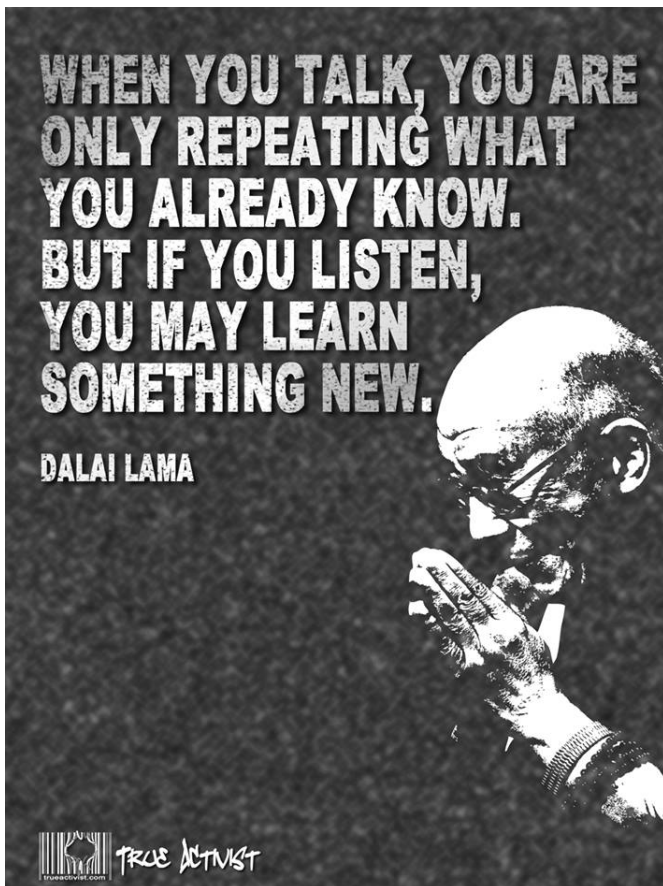


Here are some axe throwing tips.

- 1 If you are right handed put your left foot forward.
- 2 If you hit with the top of the axe, move forward a bit.
- 3 If you hit the handle, move back.
- 4 Focus and have faith it will happen.



*A wise man once said.....nothing.*



Want to go to jail? Easy as one two three, just act like a crazy person and walk over a police cruiser and stomp on the lights while you're at it. Well that's what this fellow did on Queen and Bellefair December 22 at noon. It didn't go the way he wanted it to, he thought the cops would shoot him and put him out of his misery.

He was very upset with everyone who looked at him I could feel his bad chi from a block away. The cops were called and closed down Queen St. this guy was telling them to shoot him in the chest, but no guns were out. I saw the whole thing and I believed the cops handled the situation very well.



*Opportunity knocks once or twice, but it doesn't break the door down.*

## 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 (T)Jaqueline Kortright, (Ko)Shanta Nathwani, (T)Sean Delany, (T)Sava Drayton, (T)Vojka Miladinovic, (Ka)Joe Shoichet, (Ka)Joel Gingras, (Ka)Fuad Moussa, Glenn Barns.

June 21 (KA)Shanta Nathwani, (Ka)Pat Crawley, (Ka)Sean Delany, Chris May, Mike and Val.

Oct 18 ?????????? If you think you should be on the list talk to Sensei.

## December 2014 Kyu Belt Grading

*Here the highlights of the December Kyu belt grading. Just a fantastic group, lots of kids and adults challenging for the next rank. There were a few Sho Dan promotions at the beginning of the grading, the Mu Dans that were waiting for their Black Belts had a 6 week wait that may have felt like eternity, but they handled it well. Congratulations to everyone.*



*If your anger goes forth withhold your fist, if your fist goes forth withhold your anger.*

## The Gates to Heaven and Hell

One beautiful sunny afternoon in Japan a few hundred years ago, a samurai was walking through the streets of Edo. He sees a Buddhist monk walking toward him, and feeling very good about himself and decides to ask the monk a question.

As the monks gets closer he stops the monk and the samurai asks "What is the path to heaven?" The monk looks and him and says "Oh you stupid samurai, you have no brain in that thick skull of yours!"

The samurai couldn't believe his ears and quickly went for his sword, as he drew it half way out the monk said "The gates of hell have just opened!"

The samurai paused and returned the sword to it's scabbard, the monk said "The gates of heaven have just opened." The samurai thanked the monk and they went their separate ways.



## #Illwalkwithyou

I don't like to talk politics or religion in the newsletter, those are two topics I don't like to talk about with friends, family, or people I have just met. So why am I breaking protocol and doing it today??? Last month was a big one for the Taliban and Isis so I thought I would say a few things.

The Australia cafe shooting was disgusting, but no worse than a kid running a muck at an American school with an assault rifle. I think it's like the kid that was bullied his whole life decides he's not going to take it anymore and wants to go out with a bang, just like these guys, they're people that didn't get enough love or attention when they were young. Now these fanatics have all grouped together under this Isis banner and are out there causing problems.

The Ozzy's didn't go on a hate rampage and start beating up every Muslim with a birka, they came up with

#Illwalkwithyou - this sends a message of love and not hate.

By loving and treating people with respect you are paying it forward. Love and hate is contagious, love is positive and constructive while hate is negative and destructive.

These bands of terrorists are being dealt with by the pros, so don't let them get under your skin, this is how they win by you being afraid. The unfortunate thing is you can't fight them like real warriors because they hide in plain sight, attack people that are unarmed, women and children. They have no honour, they are cowards, be strong and fearless, this how you beat them.

The world is at war, you have to be prepared to do what is necessary, train your mind body and spirit, don't give them that satisfaction of being afraid.



*What is the purpose of Life? Living it.*



Thank you to everyone who help with the new dojo equipment this year, it is sure appreciated, the other matts are barely hanging on. The matts are awesome, I was just trying to get some before the women self defence course, but was unsuccessful, glad you guys came through. Look forward to breaking them in this year.

What a year 2014 was lots of good training and adventures, looking forward to all the excitement of 2015. Get involved where you can you'll get more out of the Martial Arts experience.

## 5 Common Regrets in Life

Nurse reveals the top 5 regrets people make on their death bed

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.

"This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honoured even a half of their dreams and had to die knowing that it was due to choices they had made, or not made. Health brings a freedom very few realize, until they no longer have it."

2. I wish I hadn't worked so hard.

"This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret, but as most were from an older generation, many of the female patients had not been breadwinners. All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence."

3. I wish I'd had the courage to express my feelings.

"Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result."

4. I wish I had stayed in touch with my friends.



"Often they would not truly realize the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying."

5. I wish that I had let myself be happier.

"This is a surprisingly common one. Many did not realize until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to themselves, that they were content, when deep within, they longed to laugh properly and have silliness in their life again."



*Focus is like the sun and magnifying glass.*

## Kyu belt grading December 2014

