

# JADE Buddha



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## CMAC Black Belt Grading

*February 22nd 1pm Burloak - Be There!*



**CMAC BEACHES DOJO  
IS NOW ON FACEBOOK**



*This is looking like a banner group heading for grading this February 22nd. Make it out to show your support and watch all the excitement.*



**Grading Highlights**

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## Get the CMAC Book Series



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

## Beaches Newsletter

### Sensei's Note

Kids today!!!! So this kid and her dad come in to check out the dojo and do a class. I introduce myself and Bruce says "Hi" then he says to the daughter "Say hi to Sensei" and she says "I KNOW - HIII SENNNSSSEIIIIIIIIII!!!" Attitude through the roof.

Then she grabs a hold of the curtain at the threshold of the dojo and I say "Oh don't grab that it's not really attached on there that well." so she let go and two minutes later she grabbed it again and her dad says "Sensei just told you not to touch that!" and she says "I didn't hear that!" So I raised an eyebrow at her dad.

Then, there was another flag on the play, so I said to the dad "I don't need any new students at the moment that have all kinds of attitude. I have a pile of kids in this class and right now I'm dealing with one kid who..." he cut me off and said "I'll have a talk with her." I don't know what he said to her, but she didn't want to come in after that. He might have not like what I had to say, or she didn't like what dad had to say either way I don't have to deal with that kid.

Karate and the Martial Arts can do wonders for any one, but you have to get through the door first. I scan and evaluate everyone who comes in here, if you never make it into my office it was probably for a reason. Sure I want to help people, but you gotta meet me half way.

Etiquette, manors and protocols are all important, we do them for a reason. Knowing how to treat people can be the difference between success and failure, and in some cases life and death. I know what you're thinking...Life and Death really? Sure upsetting the wrong guy at the wrong time could be bad for everyone.

### Training Tip

Ous is really all Sensei wants to hear when he answers a question, or gives a correction, or tells you to do something. Our training roots go back to Feudal Japan, the age of the samurai and military leadership. Military leaders don't like to have discussions with the junior ranks, they just tell the troops what to do and they do it.

Imagine for a second, Grand Master Platt correcting you, and you give him some song and dance about why you were doing what you were doing. He would think to himself for a second...why is this person telling me that? Then he would think...what dojo is this person from? Then he would think...What kind of operation is that guy running over there. There would be hell to pay. So thanks for that.

Try using Ous to answer most question or statements, like; "How are you?" Smile nod your head and say "OUS" in a positive kind of way. Or if someone says, "Wow that's some weather out there!" You look at them and shake head, grit your teeth and say "oouuss..." Or someone gets a nice shot in on you, and then they say "Oooh are you ok?" Give them some stink eye, and in a deep voice say "OUS!" For any other questions or situations you can use your imagination.

## Grading Results

January 17 2015

### Yellow Belt

Dylan Pletch  
Micah Olfert  
Jacob West-Macot

### Orange Belt

Talia May

### Green Belt

Fin Donald

### Purple Belt

Tyler May

### Blue Belt

Sabastian Dobrowolski

### Mu Dan Jan 17/15

Glenn Brana

## Next Grading

February 21 2015





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

## BEACHES EVENTS February

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

## March

- 9-13 March Break dojo closed
- 14 Dojo open
- 28 Kyu Belt grading



## Congratulation Adrian Hillyer

Here is a picture of a young Adrian Hillyer, Sensei Dixon's very first student 25 years ago with his yellow belt and full on splitz. Adrian is a Black Belt Hall of Famer as well.

Adrian recently received his 4th Degree Black Belt in the Kuro Tora Association.

Congratulations Adrian! OUS!



## Shen Men The Gate to Heaven



The first thing you should do is get rid of all destructive emotions. Do not keep them in yourself. Then, remove the physical effects. Psycho-reflexology can help you a lot. The fact is, nature has created certain anti-stress points in the body. You should just massage these points to relieve stress.

Ancient Chinese called this point Shen Men or "The Gate of Heaven," because its treatment brings celestial energy to your body. Shen men is a deep, miraculous point that strengthens the overall health of your body, decreases stress and boosts the energy flow.

This acupressure point also suppresses inflammation and addiction, and its treatment relieves pain in every part of your body. Massage the Shen men point on your ear to relieve stress. Shen men or the Gate of heaven is located in the center of the upper third part of your ear.

## Butterfly Kick

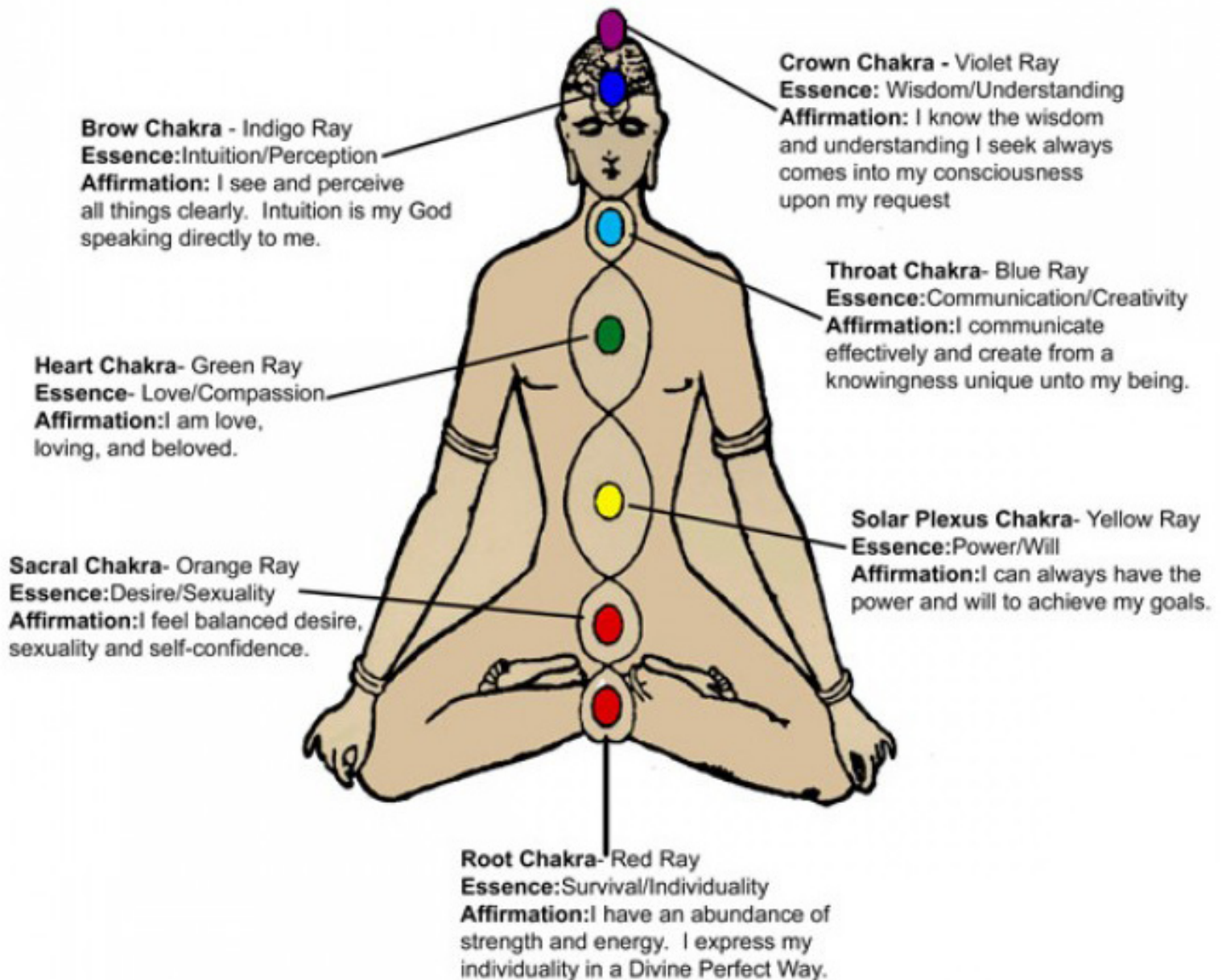


Here are the teens pulling off the butterfly kick. These kids are awesome and there's nothing they can't do.



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

## The Chakras



In Sanatana/Hindu and tantric/yogic traditions and other belief systems, chakras are energy points or nodes in the subtle body. Chakras are part of the subtle body, not the physical body, and as such are the meeting points of the subtle (non-physical) energy channels, called nadiis. Nadiis are channels in the subtle body through which the life force (prana), or vital energy moves. Various scriptural texts and teachings present a different number of chakras. There are many chakras in the subtle human body according to the tantric texts, but there are seven chakras that are considered to be the most important ones.

Their name derives from the Sanskrit word for “wheel” or “turning”, but in the yogic context a better translation of the word is ‘vortex or whirlpool.

*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.

## Year of the Goat

Goat people are elegant, charming, artistic, gifted and fond of nature. People born under this sign are also the most creative. They are also very delicate, their good manners and charms always bring many admirers and friends.

Goats are insecure. They need to feel loved and protected. They are easily drawn into complex predicaments. This being so, they usually shy from confrontation, pull back when faced with heavy decision-making and blatantly refuse to take an unpopular stand in a conflict.

Goat people are dreamers, sometimes, they are pessimistic, hesitant and over-anxious worriers! They can be lazy sometimes. If Goats have any choices, they would definitely choose to marry a wealthy person and sit back for the rest of the lives. Also, they are obsessed with their appearance. This plays an enormous part in their sense of personal stability. If they don't look their best, they may be afraid to go out the door to pick up the Sunday papers.

Due to their indecisive nature, Goats like to study the esoteric to know more about the unknown. They enjoy reading books about horoscope and fortune-telling.

Therefore, it will not be unusual to find Goats working as astrologers or fortune-tellers. Disorganised as they are, business is definitely not the strength in a Goat. Instead, the Goat will make a good craftsman or artist or writer and can confidently take up any career demanding artistic talents and creativities.

Goat people are very romantic sensitive, sweet and darling. In relationship, they could be sometimes a little bit bossy and lazy, but with their gentle and caring nature, it will be hard to resist Goat people



## So what's new?

The other day I was out have dinner with Senpai Kortright and a friend sits down at our table and wants to have a chat with us so she keeps asking what's new. So after the second time she asked I realized that the usual

response wasn't cutting it so I told her about my last few days, consisting of axe throwing and most recently spent Tuesday afternoon training straight sword with Master Sifu Derek Cheung who taught Choy Young Fat sword for "Crouching Tiger Hidden Dragon" it was really awesome. Just another day in the life.



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

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## Tips for Facebook

I'm pretty new to the world of Facebook and find it interesting and time consuming. It is putting you out there in the world so you may want to think before you post.

Think of Facebook as a bulletin board for the world to see, so don't put anything on there that you will regret later.

Avoid conversations that will draw in too much heat, like politics, race, gender, religion, gun control.

Avoid friends that are too negative.

Post things that are interesting, funny, up lifting, motivating and light.

Facebook gives everyone a voice and sometimes that's just not a good thing. I've been having fun with it for now, but I'm not sure how much longer I'm going to bother with it. I had a conversation with one guy about gun laws and he said it's ok to kill people. I'm of the opinion that it's not ok to kill people. I'm a civilian, it's against the law for me to shoot people. He had a bunch of things to say about Nazi's etc I don't know I could read all the non sense. Mind you, if big brother is out there reading these post they might want to check out that guy.

I don't like to get involved with controversial topics very often, it's just like tap dancing in a mine field, you are sure to upset someone, like that gun guy. It's always been a strong feeling of mine not to upset someone with a gun, but I think I had a good sane position on the topic.

That's it for now - be safe out there and think before you post.

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## Safety Tip



Smoke alarm battery burned this guy house to the ground. Most people change their alarm batteries when they change their clocks, well the battery arcted and a fire started.

It's good to re-cycle batteries but these 9 volts are dangerous so make sure you put electrical tape over the terminals so you don't run the risk of starting a fire.

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

## War - What is it Good For?



The idea here is that if the world spent a twelveth of what they spent on war and spent it on the eradication of poverty, there wouldn't be any poverty.

If that is the number why hasn't it happened?

Do you believe for a moment that things aren't that way they are for a reason?

Poor and uneducated are easily controlled.

Think the powers to be want you to be happy and content, instead of being on the hamster wheel working for the man? Work, pay your taxes, live in fear of terrorists, this is how you are managed, controlled and manipulated.

Maybe if everyone out there had what they needed and a mutual respect for neighbouring countries there wouldn't be a need for huge armies....

Greed, anger and ignorance is what keeps us where we are. Enlightenment on a global scale is really what needs to happen. We are all in this together, all life is important, we are all connected.



Look at this bear, he likes to eat fish and fumenting apples, he's ok why would you want to make a rug out of that guy.

Even hunting for food, why not try eating something that's healthier for you like veggies.

If the thrill of the hunt is something that you enjoy trade your gun for a camera, nature is beautiful.

I didn't always think this way of course, I was a soldier when I was young and the thought of killing things didn't bother me I was numb to it. I have changed and grown to understand the pain of loss. Live and let live.



*Focus is like the sun and magnifying glass.*

## Kyu Belt Grading January 2015

