

JADE Buddha



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CMAC Black Belt Grading

Black Belt Highlights



CMAC BEACHES DOJO
IS NOW ON FACEBOOK



Year of the Goat



Good work and congratulations to all those that went for the next level at the February CMAC Black Belt Grading in Oakville.

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

Here is a recent trend, and I don't like it!!!!!! Kids are missing class to do school work. What is that about? You pay good money to go to Karate and to ditch training to do school work blows my mind. You're in grade school.

Should you do your school work, of course you should. It's called time management! Karate class is one hour long twice a week, add a half hour per class to get here and change and get back home, that's three hours a week. There are 168 hours in a week less 56 hrs. for sleeping, 40 hrs. for actually being at school 10 hrs for dinners = 62 hrs. - 3 hrs. for training = 59 hrs. to do home work!

Mind you that's total hours a week but still it's a lot of hours. How much time do you have after school? Six, seven hours? Less an hour for dinner and travel, that's still five or six hours to do school work on a school day, then there is the whole weekend. How long does it take to do home work? If it's taking more than a couple hours I would have a talk with the teachers.

Kids need to be active, kids are active, parents today have their kids in so many activities they are always busy. Karate is a part of their development, sure Karate is fun, but just because it's fun doesn't mean there's no value. There are so many benefits from training, but you have to be here to get them. Martial Arts works the mind, body and spirit, and teaches things like; nothing is impossible, be reliable, be consistent, be on time, don't complain - do something about it, excuses are the tools of the unsuccessful. The list goes on and on, but one thing is for sure, the Martial Arts training is important.

Lastly, the exercise will help stimulate their minds and bodies, sitting doing school work for hours is brutal on the body. Just how effective do you think these little kids are after plowing through hours of boring school work then come home and do hours more. Send them to Karate so when they get home they'll be activated and productive.

Training Tip

Fight class has been moved to Thursday night after the adult class, so we are tackling on another half hour to the class. You have the option to stay for that half hour or bow out at 8:30.

Sunday Kata class will happen as long as someone wants to run it, and next up is Mr Marshall.

We are thinking of a new class on Sundays from 2-4 Jodo and or Iaido.

I want to leave you with this thought: The path is hard and the benefits are seldom obvious, but if you want a path with heart this maybe the one you are looking for.

Grading Results

February 21 2015

Yellow Belt

Alex Ertel-Oxenborell
Christopher Holland
Austin Barrett
Oliver Trentman
Emily Tarr
Sakina Phelan

Red Belt

Nicolas Molina-Healy
Matt Murphy

Green Belt

Andrea Solnosky
Johana Bienenstock

ShoDan

Glenn Brana

Ni Dan

Joe Shoichet
Joel Gingras
Fuad Moussa

2nd Level Tai Chi

Sean Delaney
Sava Drayton
Vojka Miladinovic

San Dan Kobudo

Shanta Nathwani

Next Grading

March 28 2015



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

BEACHES EVENTS

March

- 14 Dojo Open
- 16-20 March Break dojo closed
- 17 St Patty's Day
- 21 Dojo open
- 28 Kyu Belt grading

April

- 1 Special surprise
Ninja Master visit
- 25 Kyu Belt grading

Memories of the Shaolin Temple 2007



CMAC & Shaolin Instructors



500lbs Marble



Training Buddies



Pillars of Pain and Anguish



Whatcha lookin at it's my lunchbox.

2007 Northern Shaolin Temple

Wow seems like yesterday, here are a collection of pics from our China experience in 2007.

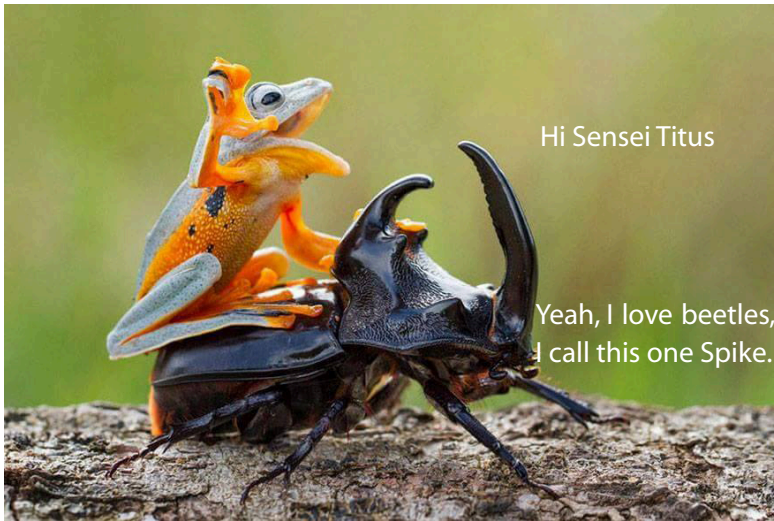
I remember going into the training park and thinking how great it was to be there finally. So many things to work on, the pillars of pain, the balance bowl, a 500lbs marble to push around, there were many other training aids, the wall of sorrow, a 1000 lbs concrete wheel, monkey bars, etc.

I love it when I get what I think about, going through the gates of the Shaolin temple is a memory that will last for ever.

Sensei and Ms Warren on the Balance Bowl

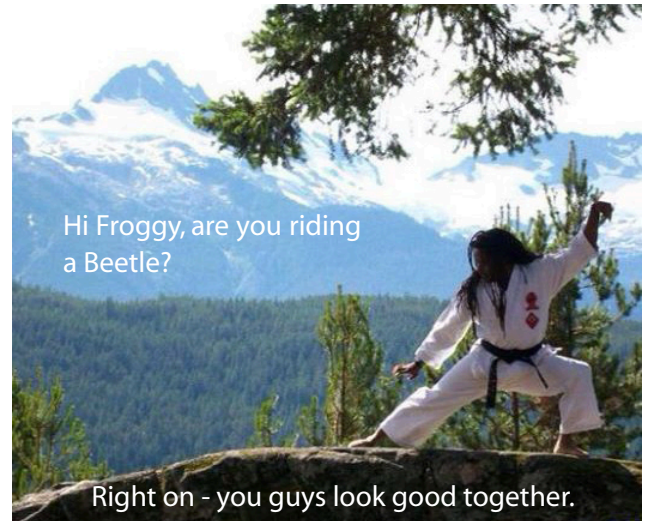


A wise man once said.....nothing.



Hi Sensei Titus

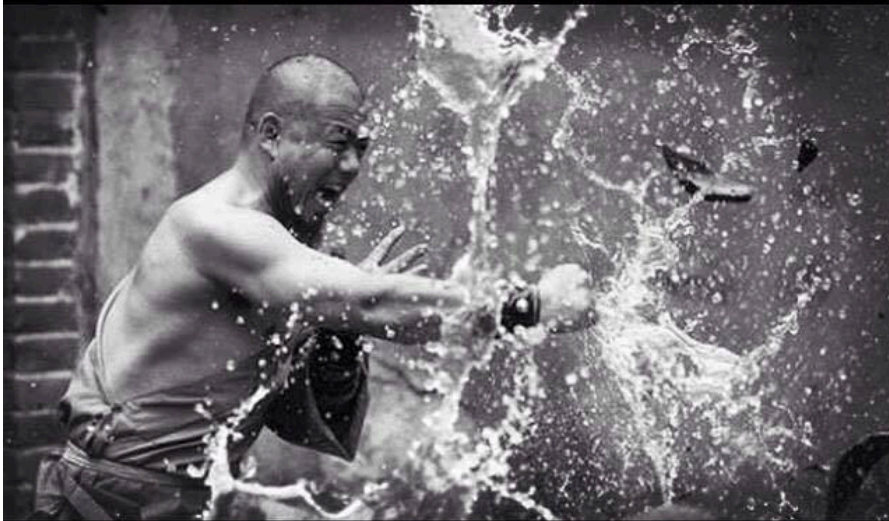
Yeah, I love beetles,
I call this one Spike.



Hi Froggy, are you riding
a Beetle?

Right on - you guys look good together.

**You want to know *the difference*
between a **master** & a **beginner**?**



The **master has *failed* more times
than the **beginner** has even *tried*.**

You will never get to be a Master if you never get into the dojo.

As a Sensei I know it's my duty to motivate students to train harder and inspire them to do better, and I do, but you have to make me want to first.

I got attitude from yet another teen last week as she came in for an interview. So that didn't go over very good and I did my best to dissuade her from coming in. The mother really wanted her to train for obvious reasons, but I wasn't interested in having her energy in class. She watched class for 2 minutes then left, crisis averted.

Martial Arts can straighten out most people it true, but you have to get into the dojo first then you have to show that you are worthy. You have to work, I can not do it for you, just like in life, you have to apply the lessons at the right time, I can not do it for you.



UFO

February 18 2015 a disc crashed in Winnipeg. The Canadian Military has been all over it, but no one is talking about it. The usual "Nothing to see here, it's a Military training exercise."

My question is "Why are these things always crashing?" They are maneuvering the Galaxy, you would think they'd know how to land.

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.

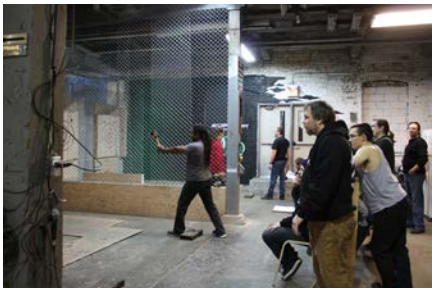
Black Belt Gradings 2015

February 22 (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 (TC) Ms Kortright (KA) Ms.Nathwani,(Ka)Ms Crawley, (Ka)Mr Delany, Mr May, Mike and Val.

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

Valentines Axe Throwing Party *Next axe throwing event May 9 4pm you gotta check it out.*



Here are some pics of the big axe throwing event, as you can see it's pretty crazy. Personally I love it, it's way more fun than darts. I can see this thing going international, but right now it's just in Ontario, with plans to open in Ottawa and Calgary.

The competition was pretty tight, I was surprised and even lost for the first time against Mr. Gingras, then Sensei Titus beat me on a

rematch and took me out of the finals. I gotta tell ya, I felt a bit of a pinch. But what was a total shocker was that an absolute novice who had never thrown an axe before beat seasoned axe thrower elite, Sensei DeQuetteville.

We all had an amazing time and look forward to the next time.



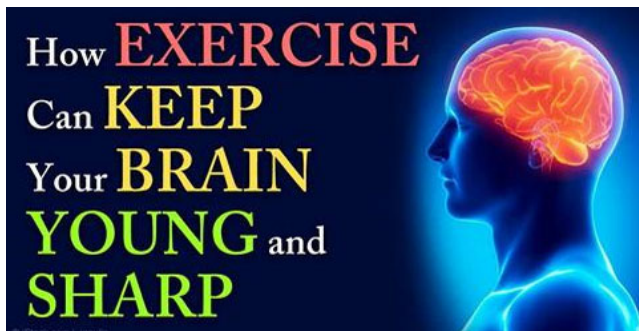
A Perfect World

We live in Canada and as far as a perfect world goes it's pretty close. Fighting is considered a crime and is punishable by law, criminal records are given, lifestyle limitation, and privileges are taken away. This is a serious deterrent for most people, but not for everyone.

Children in the school yard don't get criminal records, but they do get suspended and marks on their school record. Kids may or may not care about that either.

We try to explain to the kids that the training is super important and needs to be taken seriously, they may need it one day.

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



Scientists have been linking physical exercise to brain health for many years. In fact, compelling evidence shows that physical exercise helps build a brain that not only resists shrinkage, but increases cognitive abilities.

For example, we now know that exercise promotes a process known as neurogenesis, i.e. your brain's ability to adapt and grow new brain cells, regardless of your age.

Exercise is one of the "secret weapons" to overcoming depression, and studies have shown its efficiency typically surpasses that of antidepressant drugs. In fact,

Stay Mentally Sharp

research has shown that in most cases these drug-swork no better than a placebo – and can also have serious side effects.

One of the ways exercise promotes mental health is by normalizing insulin resistance and boosting natural "feel good" hormones and neurotransmitters associated with mood control, including endorphins, serotonin, dopamine, glutamate, and GABA. Exercising your muscles actually helps rid your body of stress chemicals that can lead to depression.

Recent research has also shown the clear links between inactivity and depression. People who sat for more than seven hours a day were found to have a 47 percent higher risk of depression than people who sat for four hours or less per day. Those who didn't participate in any physical activity at all had a 99 percent higher risk of developing depression than people who exercised.

Safety Tip - Do not try this at home alone

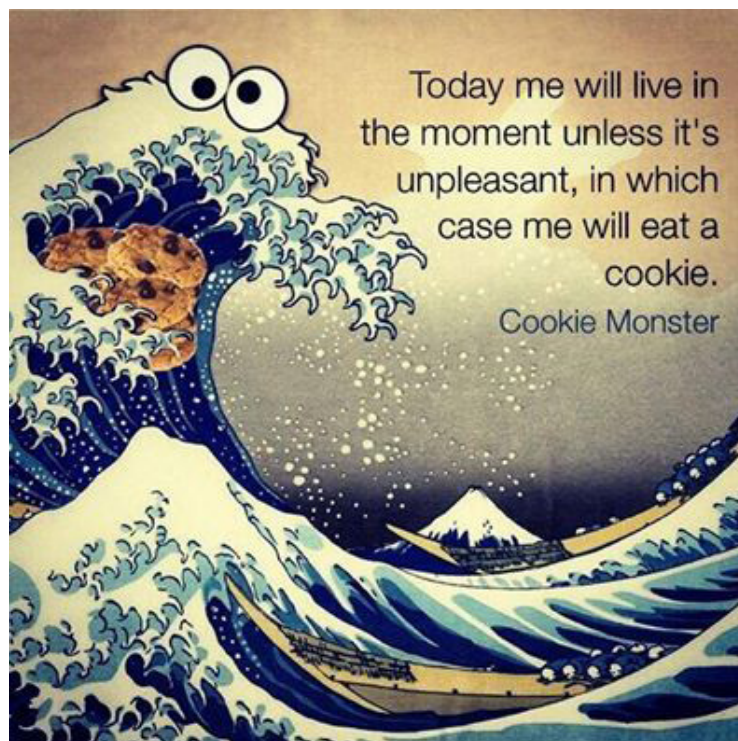


Getting blood to your brain is important, but these are trained shaolin monks they do this as part of a meditation exercise that is not only good for the blood to brain benefit but also the mind over matter factor. They can hold this posture for long periods of time, I don't recommend you trying this at home or anywhere for that matter unless you have a good spotter.

One other thing to keep in mind - these guys are young and weigh about 115lbs. This is not for any one over 200lbs, spotter or not.

What is the purpose of Life? Living it.

Grading Highlights Feb 2015



Zen and Cookies

Take a Zen lesson from Cookie Monster, he will live in the moment because all we really have is this moment. The past is behind us, to live in the past, dwelling on the negative events can only take away from the present. The best way to deal with the past is to learn the lesson and throw away the experience. Get over it!

Cookie will not be apprehensive about the future because it hasn't happened yet. Worry is negative goal setting. In this reality we get what we think about, it's called, "Law of Attraction" and it is directly related to the power of creative thought.

Now is all we have, learn to live in the moment, unless it is unpleasant, then eat a cookie. Cookie Monster loves cookies so that works for him, it may not work for you, this is where you need to find your own happy place and zen through the hard times.

Focus is like the sun and magnifying glass.

Kyu Belt Grading February 2015

Good work you guys

