

JADE Buddha



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Black Belt Promotion

Sho Dan Ni Dan and San Dan Promotion



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

Ms Nathwani 3rd Degree Kobudo

Mr Shoichet, Mr Gingras, Mr Moussa 2nd Degree Karate

Mr Delaney, Mr Drayton, Ms Miladinovic 2nd Level Tai Chi

Glenn Barna 1st Degree Karate

March Kyu Belt Grading Highlights



**CMAC BEACHES DOJO
IS NOW ON FACEBOOK**



BATL May 9 Be There!

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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

April 1990 I opened the Pickering dojo, I was 25 years old and a First Degree Black Belt, 25 years later I'm running the Beaches dojo and I'm a 7th Dan. Time flies when you're having fun.

A lot has happened over that quarter century, many people have come and gone, and come back again. Recently a couple Black Belts from years ago have made their way back into the fold and it is great to have them back on the floor.

Life is different for all of us and sometimes things happen where you have to take time off, and that's ok. The great thing about the training is, it stays with you for a long time. Sure the old saying "If you don't use it - you lose it." may apply for some aspects of the training like; exact details on this kata or that drill, but with a little guidance and some effort it all comes back.

I want your training experience to be exciting and memorable. I want the people you train with to be motivating and compassionate. It is important for me that the student body understands that the training isn't just about them, it's about everyone. Self centered, egotistical attitudes can go some other place to work out.

Martial Arts is about your personal development absolutely, and the way to enlightenment is understanding that we are all in this together. To try and bring yourself up by knocking someone down (or through a wall for that matter, sorry couldn't resist) isn't what the training is about. This is a reason CMAC doesn't host tournaments anymore.

Lastly, Martial Arts can be very dangerous if not practiced with the right intent, you can really hurt someone. All the students that come in have been scanned by me, so you don't have to worry about some crazy snapping you in half. More control in your sparring would be appreciated.

Training Tip

We now have a two hour Jodo/ Iaido class Sunday 2-4pm. This is mainly for the Kobudo class, but if it is something that might interest you talk to Sensei about getting started.

Jodo is a Martial Art that puts a four foot wooden stick against a samurai sword, sound amazing? It is! Sound impossible? It's not. The only man to ever beat Miyamoto Musashi in a match was Muso Gonnosuke, his weapon of choice, a jo stick.

We will be working mainly on Jodo for the time being, there is much to do. As things start to move along we will then move focus to a split class of sword and jo.

These two hour classes have been great, looking forward to upping the quality of your training.

Grading Results

March 28 2015

Yellow Belt

Jack McLaren
Ethan Govindaraja
Killee Gaskovski
Beck DeKoker
David Velik

Orange Belt

Dillon Gingras
Zarah Shinwari
Zach Marshall
Sasha Decker

Red Belt

Palace Pete

Purple Belt

Alexander Brooks
Amilia Brooks
Marcus Chefe

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

April 25 2015



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

BEACHES EVENTS April

- 1 Special surprise
Ninja Master visit
- 3-6 Easter Wkend
Dojo closed
- 25 Kyu Belt grading

May

- 16-18 Victory Day
Dojo Closed

Memories of Japan 47 Ronin - 2000 Tour



This picture is amazing and I took it in Japan in 2000. It is at the burial sight of the 47 ronin. Look at the black raven in the sun light looking at the water basin. The water basin was for washing trophy heads of fallen enemy warriors. The incense burning in the background adds a nice effect, and the two big head stones made for just a brilliant shot if I do say so.

Hey Parents train at home and at the dojo with your little ones.

Parents of the 4-7 year olds I have noticed a huge difference in a few of the little guys. After class I was mentioning how much improvement I have seen from some of the kids and their common response was he/she loves karate and we practice at home.

Practice is a huge part of your Martial Arts success or anything for that matter. I encourage you to practice

with your kids at home or come and train at the dojo in the adult class as well. I have seen parents join with their children in the past and notice a strong bond grow between them.

Parents and children training together gives them something in common. It also keeps you healthy in your older years.



So you'd rather be hanging by your toes eh? This standing on your head not fun enough for ya?! Well, you can look forward to plenty of that just as soon as I find out who stole all the shirts! Who likes shirts? Let's shirt it up.

Of course I'm joking about the monks to the left, I like to joke around. But seriously there are many different meditation postures and once you have learned to escape the pain of the body by the development of the mind, you will be able to hold uncomfortable postures for long periods of time.

Transcendental Meditation is the gateway to greatness. By transcending inward to the Unified Field of Consciousness you will experience bliss, insight, the absence of negativity, and ultimately enlightenment.

Begin your journey to inner peace, not by walking, but by sitting.

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

HaChet Man



As most of you know by now I'm in the Backyard Axe Throwing League or BATL for short. I'm holding the league trophy for taking first place in the league. It was a close competition, closer than expected and closer than I liked, although it made for a very exciting finish.

I had held top position in the league pretty much since the beginning of the league and had never lost a match, so I was feeling pretty confident about a sure victory. I didn't practise that week because of whatever, mostly because I felt that I didn't need to. I did meditate on the bull's-eye however.

I started off strong winning the first 3 or 4 matches, then Lieberman beat me in a close match. That was the first time I had lost a match in the league, it gave people hope. All it did was put me into the B list, and the winner of the B list goes back in to the A List to go for Second place and the Second place goes against the First place, anyway it was me and Lieberman again going for first place. I had to beat him twice because he beat me earlier. Oh it was close in the first match but no contest in the second match. All I was thinking was "I really should have practised."



Miyamoto Musashi

Miyamoto Musashi (1584 – June 13, 1645), also known as Shinmen Takez, Miyamoto Bennosukeor, by his Buddhist name, Niten Doraku, was an expert Japanese swordsman and ronin. Musashi, as he was often simply known, became renowned through stories of his excellent swordsmanship in numerous duels, even from a very young age. He was the founder of the Hyoho Niten Ichi-ryu or Niten-ryu style of swordsmanship and the author of The Book of Five Rings (Go Rin No Sho), a book on strategy, tactics, and philosophy that is still studied today.



Gerry Roper

Here is the latest white belt to join the Karate program, CMAC Beaches let me introduce you to Gerry Roper.

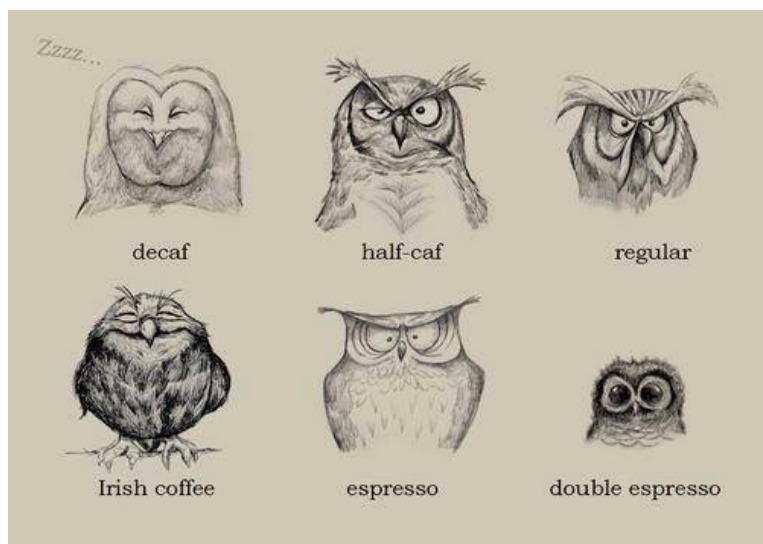
At age 74 he has decided to take Martial Arts, just a month ago he started Tai Chi and once he watched a Karate class he said "I wanna do that!" So I threw a gi on him and he's been in the dojo kicking and punching like a man on a mission.

Good for you Gerry and Welcome aboard.



**Happy Birthday
Doctor Moussa**

People are all concerned about the planet we are leaving for our children, how about being concerned with the children we are leaving the planet with.



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.

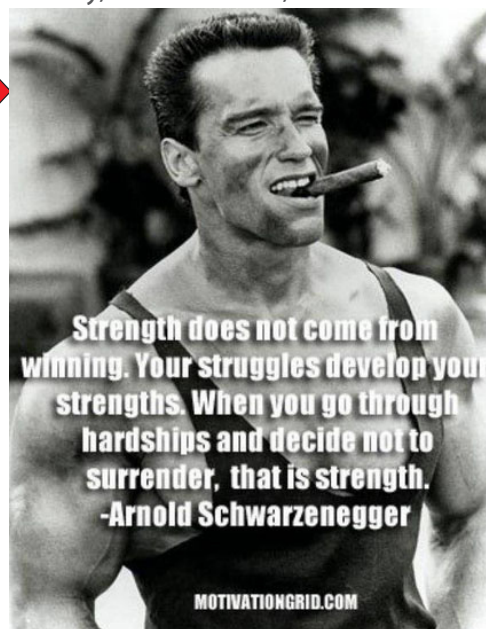
June 21 (TC) Ms Kortright (KA) Ms.Nathwani,(Ka)Ms Crawley, (Ka)Mr Delany, Mike and Val.

Oct 18 Mr May, Jared Cardiff,



Happiness is a painted crest

Is that not the picture of bliss? Well deserved and congratulations to Glenn Barna and all the others who were recently promoted.



If you are depressed,
you are living in the past.
If you are anxious,
you are living in the future.
If you are at peace,
you are living in the present.

- Lao Tzu



Lao Tzu

Lao Tzu was a philosopher and poet of ancient China. He is best known as the reputed author of the Tao Te Ching and the founder of philosophical Taoism, but he is also revered as a deity in religious Taoism and traditional Chinese religions. Although a legendary figure, he is usually dated to around the 6th century BC and reckoned a contemporary of Confucius, but some historians contend that he actually lived during the Warring States period of the 5th or 4th century BC.

Regardless of the time he walk the Earth this message from Lao Tzu still has merit. Of course we all have good and bad memories, and things that will happen, but acceptance and presence of mind is the goal, the pathway is meditation.

Some things time will never change.

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

If You're Still Smoking Check This Out



This is really something, they hooked an air pump to a smoker's lungs, and a non smoker's lungs.

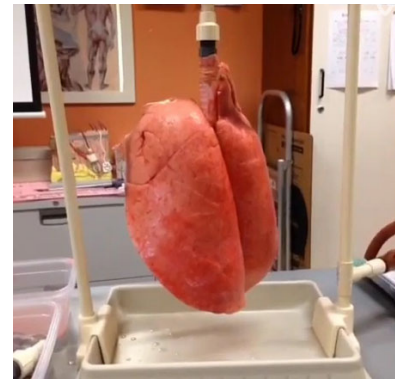
On the left is the black smoker's lungs, and on the right is the healthy, red non smoker's lungs.

The top two pictures are the lungs deflated.

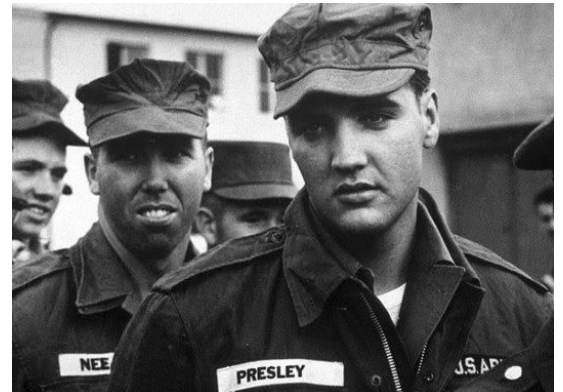
The bottom two pictures are lungs inflated. The difference is enough to change your mind about how great smoking is.



If that doesn't convince you, here are some other things to think about; Smoking isn't sexy, it makes you age badly, you smell and taste bad, it hurts people around you, it has become more and more social unacceptable, it costs a fortune, you can get cancer, it kills one out of every two users, it sucks your energy, you become less and less active so the weight comes on, the more weight makes it harder to be motivated to do things, you become depressed due to the lack of energy and the lack of exercise, side effects, side effect, JUST QUIT ALREADY!!!!!!!!!!!!



Call to Duty - Both the Queen and the King Served



To the left is a picture of Queen Elizabeth serving in WW11, she served as a driver and mechanic and was promoted to Jr. Commander.

Above is Elvis Presley, he was drafted to the army, he served from 1958 to 1960. He was given the option to do Special Service as an entertainer but he went Regular Army.

What is the purpose of Life? Living it.

Male Dominated

Dressing should be practical I think. In Canada we have hot and cold weather, so less clothing in the heat and more clothing in the cold.

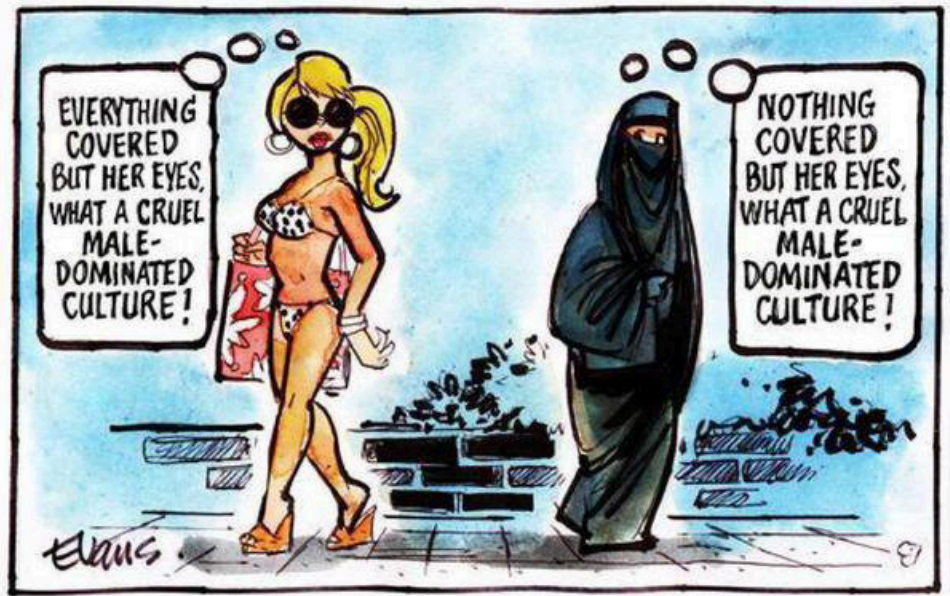
The sun can give you cancer if you get too much, so you need to be careful. The cold can give you frost bite, a cold, hypothermia and even death if not careful.

With all the cameras everywhere I would like to wear a ninja outfit when out in public too, but I think if I wore it into a bank, there might be a problem.

Some people like to put a lot of effort into what they wear because they like the attention, good or bad, it is still attention. Human interaction is what people carve, or not, so our clothing sends out a signal for a response.

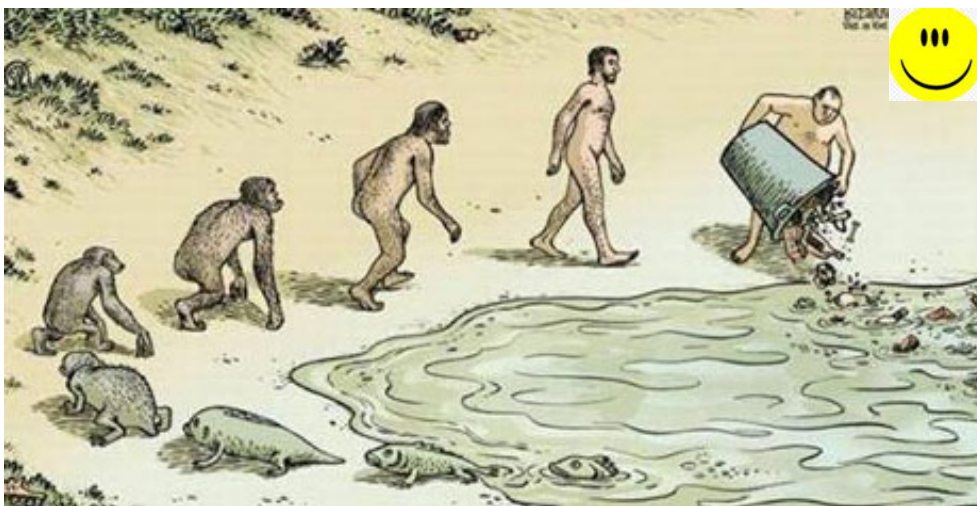
Men like women, men like men, women like men, women like women, but what separates us from the animals is control, respect, manors, dignity and the law. Hopeful you were brought up understanding how to treat people and seeing a girl's bare elbow doesn't turn you into some out of control nutter.

We were brought up believing we lived in a free country. If there is a dress code for being a man or a women that doesn't sound like freedom to me.



I saw two guys dressed up as ladies in the Home Depot the other day, sure I've seen that before, but that was in Thailand and they actually looked like ladies. These two were more like lumberjacks, but the point is they are free to dress like that if they want. Is that what I want to see... not really, but they were very committed and who am I to tell them they can't dress like that.

Now if you really want to cover yourself from head to toe in the middle of summer than you go for it. Your culture is different, it's not a Canadian culture and for the most part we don't get it. People fear what they don't understand. Is it my place to judge it or say you can't wear that, no it isn't. The great thing about Canada right now is no one has a gun to our heads telling us how to dress.



Evo-Pollution

What are they doing to this planet? It's really quite amazing, governments and corporations are making crazy decisions that are going to have a huge effect on the health of the planet. They are treating Earth like their toilet.

No big deal I guess, they have found some other Earth like planets out there, only 500 light years away. They must have some connections that we don't know about.

Focus is like the sun and magnifying glass.

Kyu Belt Grading March 2015

Good work you guys

