

JADE Buddha



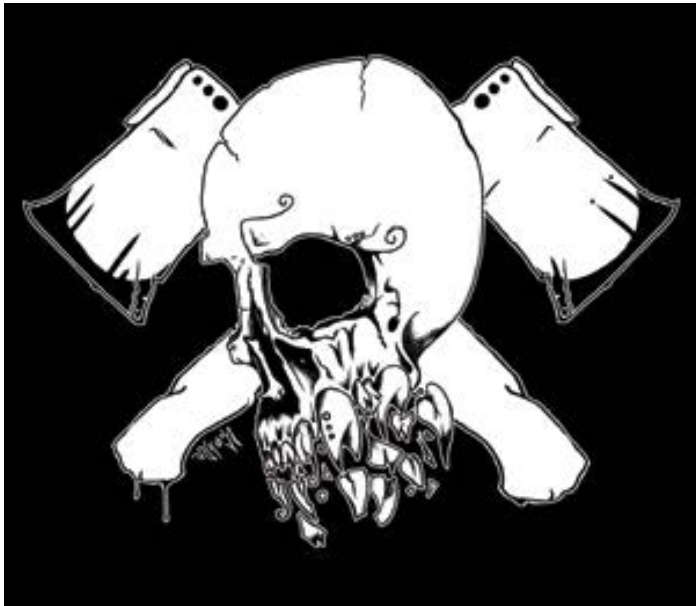
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BATL

Come out for the action at BATL May 9

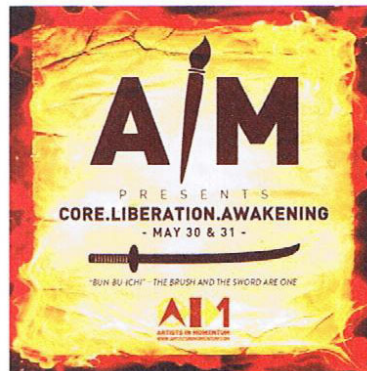


Are you bored and tired of not being an axe thrower? Well here is the perfect opportunity to kill to birds with one stone. Come to BATL May 9 and see what all the excitement is about. The dojo is going throwing you should be there, there's gonna be snacks and stuff.

April Kyu Belt Grading Highlights



Art Show in Mississauga



CMAC BEACHES DOJO IS NOW ON FACEBOOK

Donkey falls down a well see what happens



Well well well pg7

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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

A lady was kidnapped in our neighbourhood recently. She was held for five days before a local man rescued her. He was walking his dog when he heard her cries for help. Thank God for him! He stepped up and took action. He didn't turn and run for fear of getting involved. He did what's right, and now he's a hero.

As a Martial Artist we train to defend others as well as ourselves. It is our duty to help those in trouble. We train to feel the intent of others by feeling their heart. We all have a heart (if we are from Earth) and our hearts do not lie. If we can feel what another person is feeling, we are better prepared to make descisions that keep us out of harms way. Their faces and their clothes may give the illusion of trust, but when you can see past that you can figure out their deeper intention. That may just save your life.

It is important to be there for people in need. The police have such a huge presence these days, but they can't be there at a snap of the fingers. This means you may need to get involved when people need help. Don't think that you have to jump into everything, however. There is always something going on in this city. Choose your battles with care, and fight wisely. Today your best weapon is your phone. When something strange is going on, record it! It stops fights before they have can start because people know they'll end up on Facebook. Worse for them, it can be used as evidence in a criminal case.

Back to our hero. He followed the cries for help and found a girl tied up on a patio. Without a thought, he tried to cut through her bindings, with the only tool he had: a set of nail clippers. A man appeared in the doorway so our hero stood up to face him. He assumed a strong stance and got ready to fight. The hero was not big or strong, but he had conviction. It was enough to send the kidnapper running. He was later caught and arrested.

This all happened in Leslieville! If you have ever questioned whether you need self defence, there is your answer. I have always said that it is better to have it and not need it than it is to need it and not have it. You can start at any age or physical condition. What's stopping you? Add life to your years and years to your life.

Training Tip

The adult fight class has really taken off. It has seen some bumps and bruises along the way. I would have to say that it is all part of the process, growing pains if you will.

Now that students have learned a few valuable lessons on etiquette and compassion we can move forward.

Just because you can hurt someone doesn't mean you should, that is not what the training is about. The training is about quite the opposite. We are here to learn life lessons and being cool is right up there on the top of the list.

Grading Results

April 25 2015

Yellow Belt

Sophie Johnson
George Mills
Lorelai Mackler
Justin Howe

Orange Belt

Payton Melanson
Evan Minchev
Jacob McGuffin-Westmacott
Scot Jarrett

Next Grading

May 30 2015



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

BEACHES EVENTS

May

- 10 Mother's Day
- 16-18 Victory Day
Dojo Closed
- 30 Kyu Belt Grading
- 30 Martial Arts, Art
Show - Mississauga

June

- 7 Oakville Seminar
- 13 Pan Am Demo
- 27 Kyu Belt Grading

Health Tip Apple Cider Vinegar (ACV)



1. Apple cider vinegar can detoxify your home.

By using ACV in lieu of other products, we instantly decrease the consumption of unnatural chemicals in our homes and daily lives.

2. It can make your hair shine.

Apple cider vinegar can be used as a rinse for your hair after shampooing, and will boost your hair's body and shine. I recommend recycling an old shampoo bottle, then filling it with 1/2 a tablespoon of apple cider vinegar and a cup of cold water. Pour the solution through your hair after shampooing several times a week for dramatic results.

3. Natural ACV regulates the pH of your skin.

Dilute ACV with two parts water, and spread the concoction over your face with a cotton ball to replace your current toner. You can do this at night after washing, and in the morning before you apply your moisturizer. A dab of ACV can also be left on the skin overnight to fade age spots or acne scars.

It's also a recommended agent for warts. For warts, soak a cotton ball in ACV, then fasten the cotton ball over the wart with a Band-Aid overnight. The skin may swell some as it reacts with the solution. However, the wart will fall off. Once it falls off, the treatment should be continued for a few more days, to make sure the wart doesn't return.

4. It can remove stains from teeth.

Rub teeth directly with ACV, and rinse with water.

5. It can soothe sunburnt skin.

Add a cup of apple cider vinegar to your bath, and soak for 10 minutes to eliminate discomfort from sunburn.

6. ACV can be used as a natural aftershave.

Fill a bottle with equal parts apple cider vinegar and water, and shake before applying to the face.

7. It's an all-natural massage treatment.

Rubbing ACV on your hands and feet will give massage-like benefits and relief to tired hands and feet.

8. Apple cider vinegar can aid in weight loss.

For daily weight management, add 2 teaspoons of ACV to 16 ounces of water. This concoction can be sipped throughout the day. Data shows some limited, yet significant, weight loss benefits from sustained daily intake of acetic acid (which is a main ingredient in apple ACV).

In a 2009 study published in Bioscience, Biotechnology, and Biochemistry, it was found that subjects that consumed acetic acid for 12 weeks experienced significant declines in body weight, abdominal fat, waist circumference and triglycerides. Triglycerides contribute to the bad cholesterol that we want to avoid.

A wise man once said ... nothing.

Hokusai's Tsunami

In the beginning was the wave. The blue and white tsunami, ascending from the left of the composition like a massive claw, descends pitilessly on Mount Fuji – the most august mountain in Japan, turned in Katsushika Hokusai's vision into a small and vulnerable hillock. Under the Wave off Kanagawa, one of Hokusai's Thirty-Six Views of Mount Fuji, has been an icon of Japan since the print was first struck in 1830–31, yet it forms part of a complex global network of art, commerce, and politics. Its intense blue comes from Hokusai's pioneering use of Prussian Blue ink – a foreign pigment, imported, probably via China, from England or Germany. The wave, from the beginning, stretched beyond Japan. Soon, it would crash over Europe.



Tsunami - The divine wave that saved Japan from the invading Mongolian Hord. Legend has it that the Japanese knew of the impending danger of annihilation by the invading Mongols. Totally defenceless against them a band of monks gathered by the sea and prayed. As if God himself protested the merciless intentions of the Mongols, a Great Wave swept the invading army into the sea, saving the children of the sun.

Zanshin

Zanshin "Remaining Mind"

In kyudo, zanshin means the body posture after the loosing of an arrow; the posture is intended to reflect the higher meaning of zanshin, which is a mental aspect maintained before, during, and after an action.

In karate, zanshin is the state of total awareness. It means being aware of one's surroundings and enemies, while being prepared to react.

In the context of kendo, zanshin is the continued state of spirit, mental alertness and physical readiness to meet the situation (such as an opposing attack.) It must be maintained when one returns to kamae after attacking. It is one of the essential elements that define a good attack.

During the practice of aikido, the usual method of practicing zanshin is to focus on the just-thrown uke, or opponent, while holding kamae and maintaining awareness in case there are additional attacks or attackers.

Kimochi & Yomi

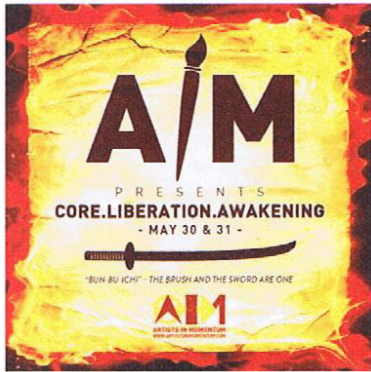
Here are two more concepts:

Kimochi - To feel the intent of the enemy. That gut feeling that something isn't right. Thinking, "I don't trust that person." This is a gift we all have, and you can develop it through partner training. You begin to feel the vibration from their heart, which tells you their true intention.

Yomi - Reading the opponent. It works well with the concept Kimochi. In a skirmish Yomi helps you to see enemies strategy on the battlefield, and Kimochi tells you when the attack is coming.



*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?*



AIM 2015 - Core Liberation. Awakening "Bun-Bu-Ichi" The brush and the sword are one. Art show May 30th 5pm. at CMAC DOJO 6810 Kitimat Rd #10 Mississauga.

Guest of Honour Hanshi Wallace Platt 10th Dan and Founder of CMAC.

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, Ms Crawley, Mr Delany, Mike and Val.

Oct 18 Mr May, Jared Cardiff

Fudoshin and Fudo Myo

Fudoshin - A Japanese term referring to a state of equanimity or imperturbability. It means "immovable mind" or "immovable heart" or "unmoving heart". It is a philosophical or mental dimension to Japanese martial arts which contributes to the effectiveness of the advanced practitioner.

Fudo myo is found in Shingon Buddhism as a guardian deity, and patron of martial arts. He is portrayed with a sword in his right hand (to cut through delusions and ignorance) and a rope in his left (to bind evil forces and violent or uncontrolled passions and emotions). Despite a fearsome appearance, his attributes of benevolence and servitude to living beings are symbolized by a hairstyle associated with the servant class.



A Traditional Martial Arts Dojo

Traditional Martial Arts comes from generations of Masters, refining and passing along the Art.

In a traditional dojo there is etiquette for pretty much everything that is involved with the training. We line up at the beginning and the end of class. We bow to each other to show respect and to show to one another that we are here to train hard and do what is expected.

The uniform is to be kept clean and white, with the crest sewn on in the appropriate place.

Your hair, hands, feet, and body should be clean. Cut and clean finger and toe nails. Good hygiene helps avoid offending people.

Your attitude while you're here should be positive and your mind should be focused. This is not a place to talk and fool around because that wastes time and lowers the over all vibration, taking away from the training experience.



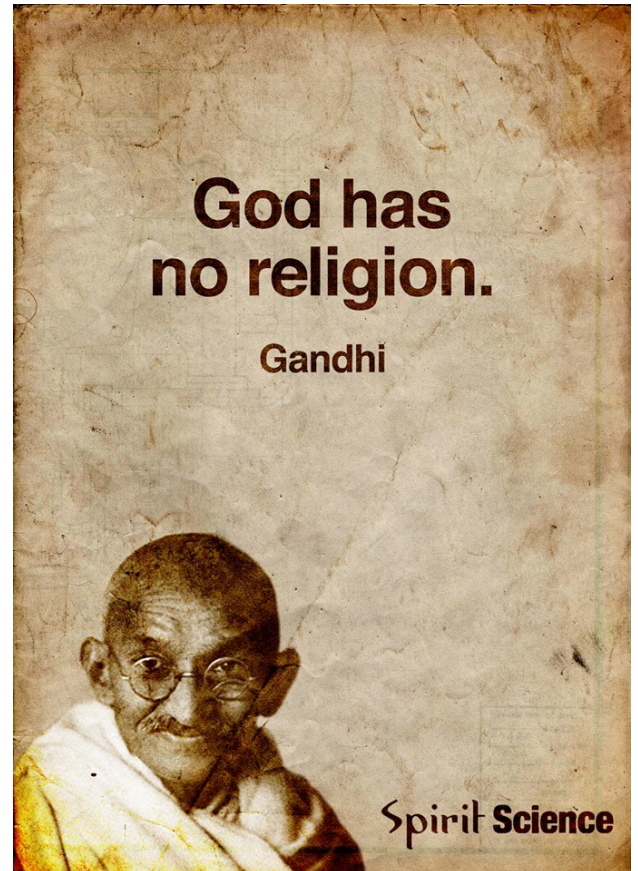
If your anger goes forth withhold your fist. If your fist goes forth withhold your anger.

New Generator - India



"Ere many generations pass; our machinery will be driven by a power obtainable at any point in the universe." – Nikola Tesla

A Reactionless AC Synchronous Generator (RLG) has been invented by Paramahansa Tewari, electrical engineer and former Executive Director of Nuclear Power Corporation of India. His background includes engineering project management for construction of nuclear power stations. The efficiency of models he has built, which have also been independently built and tested, is as high as 250%



OH Canada - What are you doing?

Toxic Landscape - Alberta, Canada. Aerial view of the tar sands region, where mining operations and tailings ponds are so vast they can be seen from outer space.



Garth Lentz

Normally I don't like to talk politics or religion in the newsletter because these are very touchy topics. Lately I have been breaking my rules. We Canadians are very tolerant, sometimes to the point of being too passive.

To the left is a picture of the tar sands in Alberta. This land is ruined. The surrounding land feels the effects as well, with rain runoff, etc. This is not the picture they sell us in the media. They show us a beautiful landscape full of green trees and clear blue skies.

Gas and oil are old ways of thinking. We need change. We need a new direction. Everyone cries about losing jobs and fearing change. They say "think about all the new jobs, new opportunities!" We're being told to change or die, but it's the Earth saying it, not just ISIS.

What is the purpose of life? Living it.

How do you get a donkey out of a well?

One day, a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old and the well needed to be covered up anyway. It just wasn't worth it to retrieve the donkey.

He invited all his neighbors to come over and help him. They all grabbed shovels and began to shovel dirt into the well. The donkey realized what was happening and cried horribly. Then, to everyone's amazement, he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing

something amazing. He would shake it off and take a step up.

As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon the donkey amazed everyone as it stepped up over the edge of the well and happily trotted off!

MORAL: Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a steppingstone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up.

Apple Cider Vinegar continues

9. ACV will balance your entire inner body system.

The body constantly strives to achieve a state of equilibrium. ACV helps the body maintain a healthy alkaline pH level. Research shows that higher acid levels (lower pH level) leads to a lack of energy and higher incidences of infection.

10. It can help you detox.

As part of balancing the body's pH, ACV creates an overall detoxification of the body. Research shows that it can help stimulate cardiovascular circulation and help detoxify the liver.

11. ACV is great for your lymphatic system.

This miracle vinegar helps to break up mucous throughout the body and cleanse the lymph nodes. Believe it or not, research suggests that ACV can help with allergies because of its ability to reduce mucous and sinus congestion. When reducing the effects of allergies, it can also help stave off sinus infections and their related symptoms, such as sore throats and headaches.

12. It can help your body get rid of candida.

This vinegar is rich in natural enzymes that can help rid your body of candida—yeasts that are attributed to thrush in humans. Candida also is blamed for creating symptoms of fatigue, poor memory, sugar cravings,

and yeast infections.

13. ACV can help you reduce heartburn.

Though it might seem like an oxymoron to treat stomach acid with an acid-containing vinegar, there is research suggesting that ACV works by correcting low acid, hence reducing heartburn. Natural remedy experts say you should begin to feel relief very shortly after taking a teaspoon of ACV followed by a glass of water. Note that ACV will not give relief if you have an ulcer.

14. The use of ACV is effective in repelling fleas on your pets.

One part vinegar and one part water can be sprayed on your pets fur and rubbed in generously to the skin. Saturate the entire coat, and continue every day for a few days to a week. Any flea infestation will surely be gone.

15. It's an all-natural room freshener.

ACV will clean your toilets and leave your bathroom smelling like apples! Just pour ACV into the toilet, and allow it to sit overnight. It can also be used in dishwashers as a substitute for dish detergent. Mix 1/2 cup of ACV with 1 cup water, and you can use this solution to clean microwaves, kitchen surfaces, windows, glasses and mirrors, too.

Focus is like the sun and magnifying glass.

Kyu Belt Grading April 2015

Good work, you guys!

