

# JADE Buddha



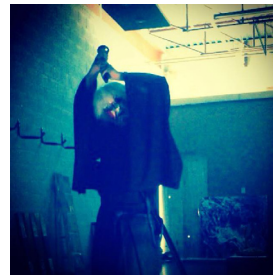
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## Pan Am Demo

*Come out and be part of the action June 13th*



*Who is this guy?*



*Scary*



**CMAC BEACHES DOJO  
IS NOW ON FACEBOOK**

*Sensei Titus has secured  
a position in Worlds*



### INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tip	2
Grading Results	2
Events Calender	3
Health tip	3
Kabuki	3
Ginger	3
BATL	4
Charlette In Japan	4
Traditional M/A Dojo	5
New Battery	6
Drug Dealers	7
Sensei Titus Champ	7
Aim	7
Happy Kidneys	8

## Get the CMAC Book Series



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

## Beaches Newsletter

### Sensei's Note

Entitlement seems to be coming up a lot lately, and it is a problem. People want respect but won't give it first.

I'm not here to win a personality contest, I'm here to teach Martial Arts. A lot of your success in Martial Arts will come from your attitude. So many talented people have gone to great levels with the training, and some with just as much talent have gone nowhere, because of a poor attitude.

I always say "inside the dojo is warm and dry, outside the dojo is cold and wet." Where do you want to be? If you want to stay, learn how the dojo works. A dojo is built on respect, compassion, and gratitude. When these moral pillars start to disappear you'll find yourself outside, I don't care how talented you are. I've had students for years all of a sudden go sideways on me and out they go.

The Martial Arts can fix most of life issues and that is the great thing about it. Why you would want to blow your chance at a more successful life by having unacceptable behavior is beyond me. I get that everyone wants and needs attention, but you are not the only one in the class. If I have to keep saying your name in a negative manner you are moving closer and closer to the door.

Now from a business stand point, there has been many success stories of kids and students who have seen great victories in their lives, anything from school grades, to overcoming mental and physical challenges, (of course I'd like to take credit for it but it is really the training) so that's good for business. What's bad for business is students that aren't willing to change. My patients will only last so long before I have to fire you. Not listening, TALKING, disturbing the class, not paying attention to demo's and drills, are all levels of disrespect, making it painful for all involved. It is better that you're not here.

Then when it's time to leave it's like I hate you or something. That is not how it is. I don't hate people. Just because; you make my job way harder than it has to be, cost me money, and other memberships, and frustrate me and others who have to work with you, it won't make me hate you. Sure you're not my favorite, but I would never hate you for that.

There was an old TV show called Kung Fu with David Caridine and there is a part in the beginning of the show where a young Kung Fu student has to try and snatch a pebble out of the Masters hand. He can't do it. Finally he is all grown up and learned all the lessons that the Master has for him. He snatches the pebble, and the Master says "It is time for you to leave the temple". I often think that this might be a great way to ask a student to leave without asking him to leave.

Since this is my business, and believe it or not, it is a business, I have responsibilities to the landlord, the Hydro co. etc. and the students. If the students aren't learning or training hard because of a disturbance, things may need to be sorted out.

## Grading Results

May 30 2015

### Yellow Belt

Carson Levey

### Orange Belt

Liba Shinwari

Benjamin Drummand

Rashidullah Shinwari

Christopher Holland

Teagan Barreca

Shafeullah Shinwari

Clara MacKillop

Ruby Jarrett

Olivia Waisberg

Paris Tarver

### Red Belt

Aaron Robinson

### Green Belt

Beatrix Harvie

Bella Bienenstock

Elsa Bienenstock

Elliot Drygas

Zach Marshall

### Purple Belt

Mike Tonner

Jonathan Dobrowski

### Brown Belt

Regan Gillies

Ricky Reidstra

Mr. Moussa

## Next Grading

July 18 2015





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

## BEACHES EVENTS

### June

7 Oakville Seminar  
13 Pan Am Demo  
27-30 1st Summer Break

### July

1 Canada Day  
Dojo Closed  
1-4 1st Summer Break  
18 Kyu Belt Grading

### August

29-31 Last Dojo Break  
Break till September 8

## Kabuki



Kabuki - is a classical Japanese dance-drama. Kabuki theatre is known for the stylization of its drama and for the elaborate make-up worn by some of its performers.

Since the word kabuki is believed to derive from the verb kabuku, meaning "to lean" or "to be out of the ordinary", kabuki can be interpreted as "avant-garde" or "bizarre" theatre. The expression kabukimono referred originally to those who were bizarrely dressed and swaggered on a street.

## Health Tip Cholesterol

One day while researching how to lower my cholesterol I came across a book by W. Gifford-Jones MD. He mentions that after extensive research on the state of health of North Americans he found that every day 260 Americans die from prescription drugs. That is like a Jumbo Jet airliner crashing every day!

So after my new doctor sees that I have high cholesterol he wants to talk to me about meds. I said "I don't take drugs!" He looked at me with a question on his face and says "But it will lower your cholesterol." I said "I don't care I don't take drugs." He was dumbfounded.

As it turns out **Cholesterol Lowering Drugs** or CLD's decrease the amount of coenzyme Q10 or CoQ10 by 40%. Robbing the heart of CoQ10 is setting people up for heart failure later on in life. CoQ10 provides the heart with vital energy to the heart, it is the same as gas to a car engine.

My mother and Aunte both have high cholesterol, they're 80+! One takes drugs and the other doesn't. One has side effects and one doesn't, guess which is which? I'm not going to take something for cholesterol that is man made. I will however be looking into a more natural course of action.

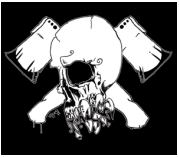
**Ginger Kills 76% of Lung Cancer Cells** - For the first time ever, researchers have discovered that not only is ginger extract extremely toxic to lung cancer cells, but it's metabolites (break-down products) are even more toxic! They observed that 6-Gingerol, a major anti-cancer compound of ginger, was metabolized into 6-gingerdiol inside the cancer cells, and that this metabolite killed up to 76% of the lung cancer cells. Ginger extracts have already shown potent activity against prostate cancer, pancreatic cancer, breast cancer, colon cancer and leukemia in previous lab studies, and this latest research has shed new light on exactly how ginger kills these cancer cells. And this super-herb's health benefits extend beyond cancer. A recent clinical trial showed ginger improved insulin sensitivity and lowered insulin levels in adults with diabetes. And another study on middle aged women showed ginger to significantly

improve memory and cognitive performance! Ginger tastes great in stir fries, curries, chutney, salad, with fish, baked in cookies or cake. Or simply steep freshly chopped ginger in boiled water for a few minutes for a delicious tea (great sweetened with honey or stevia), and be sure to eat the slices too (which are rather spicy) for maximum benefit.



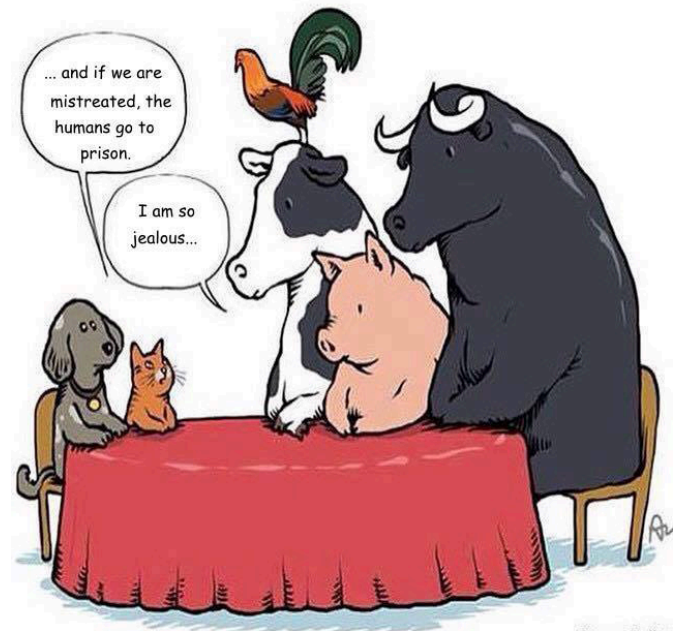
*A wise man once said ... nothing.*

## BATL



Another great outing - the Backyard Axe Throwing League is nothing but a good time. Our event was set up by Valerie Johnson and that was very much appreciated.

All the unusual suspects, and some new ones, although Sensei Titus couldn't make it. The finals came down to Sensei Dixon and Senpai Busbridge. It was an exciting finish Sensei taking first.



Why are some lives valued more than others?

## Charlette in Japan

Charlette and her family recently went to Japan. These two look great in the traditional Komono. Very Lucky to make a trip like that, well done.



Love and compassion  
are necessities,  
not luxuries.  
Without them,  
humanity  
cannot  
survive.

Dalai Lama

CE collective...  
EVOLUTION



*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 Grading

**June 21 at the Hilton Garden Inn**

There will be a Tai Chi Seminar at the location at 10am to 11:30. After lunch the grading begins at 1pm and goes to 4pm roughly.

## 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 (KARATE) Ms. Nathwani, Ms Crawley, Mr Delany.

Oct 18 Mike and Val.

## A Traditional Martial Arts Dojo

The dojo is a training hall, by definition: translated in Japanese "Do" means way and "Jo" relates to a place. "Place of the way"

The center of the dojo, the practice area, Embujo, literally "place of action", is associated with earth element, with honesty, with the neutral energy that underpins, endures and harbours all change. The Japanese character for learning is repetition, and literally translated is to plant a seed. Kikon is growth, where seeds of consciousness germinate. Here we find the Buddhist tenet of developing the equanimity of the spirit in any circumstance. Taisen Deshimaru writes: The mind becomes empty, ku, without flaw. That is Zen, and the true way of budo.

The entrance of the dojo, facing the shomen, Shimoseki, is linked with the south, with fire, with aspiration. All must start as monjin, beginners, literally - person at the gate. And as long as they continue to train, each time they enter the dojo for practice must remember shoshin, that beginner's mind and the sense which first

## Part 2

brought you to the gate, hosshin, the radiating energy of the flame that burns within. We start to learn technique from our first bow at the entrance of the dojo, when we line up, seiretsu, toes on the line, and from our first low block. This outward practice in the service of inner self cultivation, the mastery in these arts is self mastery. "Do kyo is the teaching of the way, which once begun has never ended" - Taisen Deshimaru



**The death of a black bear.** In the later part of May a Black Bear was roaming around Newmarket. This story was on the news for days. It ended badly for the bear.

Now if you talk to the people up there, killing the bear is all fine and just, better than the bear hurt someone, and of course that's true. Everyone in the GTO is outraged calling it disgusting and inhumane etc.

Apparently there are a lot of those Black Bears up in

that area and they get into the garbage and cause all kinds of problems. When they shot him he was in a backyard fenced in, crushing the flowers so.....

So here's the thing, the bear sightings were days before they blew it away. Where were the pro's with the tranq gun? It wasn't like the bear was on the rampage, he was little, he was lost and he was scared. Now he's dead. I guess it's different up there, not everyone thinks the same or values life the way others do.

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

## The End for Fossil Fuels

### **Tesla new energy wall battery**

Now the fossil fuel companies – from fuel suppliers such as coal miners to coal-burning electric power utilities – will be on the defensive, fighting the new normal of cheaper renewable supplies and storage. Instead of asking “can we have our own energy system?” communities will be asking “why can’t we have it?”

The Tesla Energy system launched last week is comprehensive, with global ramifications. The Powerwall system offering 10 kWh is targeted at domestic users. It is complemented by a commercial system termed the Powerpack offering 100 kWh storage, and a stack of 100 such units to form a 10 megawatt hour storage unit that can be used at the scale of small electricity grids.

Whole communities could build micro-grid power supply systems around such a 10 MWh energy storage system, fed by renewable energy generation (wind power or rooftop solar power), at costs that just became super-competitive.

At his launch last week, Musk maintained that the entire electric power grid of the US could be replicated with just 160 million of these utility-scale energy storage units. And two billion of the utility-scale units could provide storage of 20 trillion kWh – electric power for the world.

### **The revolution begins**

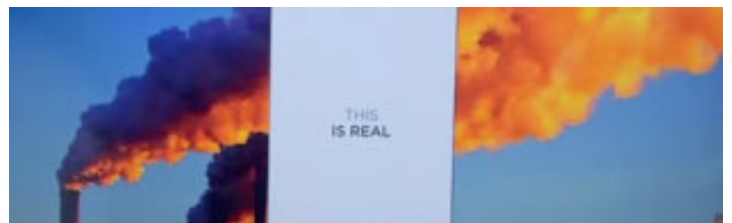
It is instructive to put these numbers in context. There are already around 2 billion cars and commercial vehicles on the world’s roads, and nearly 100 million new vehicles are being added every year.

If it’s feasible to build these exhaust-pumping complex machines, it’s certainly feasible to build the storage units that will help to make them unnecessary. What’s more, Elon Musk has just announced that he intends to do so.

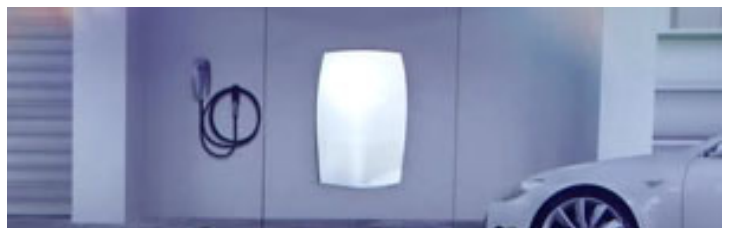
Musk is a Henry Ford-style figure who takes others’ innovations and scales them up, taking the breathtaking entrepreneurial leaps that others can only dream about. Suddenly the world of renewable energy just moved to become the new normal – because when combined with cost-effective storage it becomes unbeatable.

Musk will not be alone. Already China is gearing up to be the world’s renewable energy superpower, with the largest installed base of wind power and probably by this year the world’s largest installed base of solar photovoltaic (PV) power, as well as by far the world’s largest manufacturing system for wind turbines and solar photovoltaic cells.

There are already Chinese companies such as BYD producing their own energy storage units based on lithium ion technology for both domestic and commercial usage – although not as sleek nor as cheap as the new Tesla offering.



How energy is made now



Tesla has home battery units charged by solar

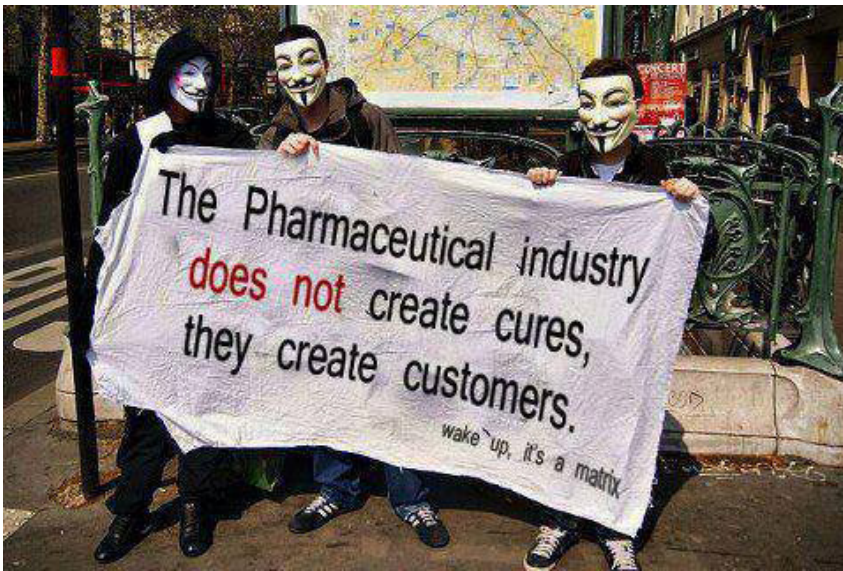


Taking energy away from big corporation and putting it into the home owners hands



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

## Drug Dealers are Making a Killing

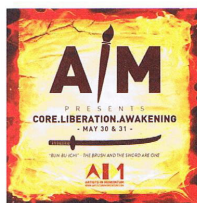


Have you ever wondered why everyone is so sick? Or ever thought that in this day and age of such educated people, there isn't any cures for the diseases that turning huge profits for pharmaceutical companies?

I have a theory, if you can scare people into buying these drugs or die, people will buy them.

I don't take drugs, legal or illegal. Remember that campaign they had years ago "Just say No to Drugs" well that sounded good to me.

I believe that we can heal ourselves with proper nutrition, exercise and rest. Meditate don't medicate. If that isn't working Chinese herbs as a last resort and acupuncture.



The Dai Ni dojo in Mississauga hosted the Aim Art group, art show. The theme was Bun Bu Itchi. Meaning the Pen and the Sword are in accord. In this case it was the brush. The event was a total success. Sensei Platt was in attendance and had a nice speech to get things going. Many artist had some interesting pieces and Sensei Bassels also had quite a large collection on display. To end things off one of the artists did a live art piece in front of everyone and Sensei Dixon preformed 9 sword cuts in a Kabuki mask and a theatrical outfit.

Sensei Fritz Titus took Gold in Forms and Silver in Kumite at the national qualifiers in Ottawa on Victoria day Week-end. He will now be competing in the Worlds this Fall in Orlando FLA. Well done Sensei Titus.



*Focus is like the sun and magnifying glass.*

Some habits to avoid for healthy kidneys:

1. Drinking inadequate water

Not drinking enough water is the biggest contributor to damage that our kidneys bear everyday. The main job of our kidneys is to drain metabolic waste from the body and regulate erythrocyte balances. When we do not stay properly hydrated, the renal blood flow decreases, ultimately resulting in accumulation of toxins in the blood.

2. Long-term full bladder

A habit many of us have is delaying the call of nature. When we leave the bladder full of urine for an extended time, different complications in urinary tract may arise: Hypertrophy of detrusor muscle is one example of such complications which may lead to formation of diverticula. Hydronephrosis (increase of urine pressure in kidneys) is another example which is caused by chronic back pressure on kidneys, ultimately resulting in renal failure and even the need for dialysis.

3. Consuming too much sodium

Metabolizing the sodium we consume is another job for our kidneys. The salt we eat is the prime source of sodium and the majority of our sodium intake needs to be excreted. When we eat excessive salt the kidneys keep busy excreting sodium, which may cause long term stress on our kidneys.

4. Consumption of too much caffeine

When we feel thirsty we often choose beverages other than water like soft drinks and sodas. Many of these beverages contain caffeine. Caffeine can elevate blood pressure and high blood pressure puts strain on the kidneys which can damage them.

5. Pain-killer abuse

Taking pain-killers for low-grade pain is a bad habit many people have. Most pain-killers have severe side effects and can damage different organs, such as kidneys. Research shows taking pain pills long term reduces blood flow and deteriorates kidney's function.

6. Too much protein

Over-consumption of red meat and other protein-rich foods can deteriorate damaged kidneys condition. A protein-rich diet is essentially healthy unless you suffer from kidney damage and your doctor recommends a protein-restricted diet. Too much protein increases the metabolic load on our kidneys.

7. Too much alcohol consumption

When we drink alcohol we often ignore the proper quantity suitable for good health. Too much alcoholic intake is a kidney-damaging habit. Alcohol contains toxins which put stress on our kidneys and can damage them.

8. Smoking

According to the Centers for Disease Control and Prevention, smoking is bad for almost every organ of the body, including the kidneys. Several studies have shown the connection between smoking and kidney disease.

9. Ignoring colds and flu

Ignoring the common cold and flu is a habit that can cause kidney damage. Studies show people who have kidney disease also have a history of avoiding resting while sick.

10. Sleeplessness

During the night when you sleep, renewal of organ tissues occurs. Therefore, when you do not get sound sleep, this interrupts the renewal process, resulting in damage to the kidneys and other organs.



This picture has nothing to do with bad kidneys, I just think it's funny.