

# JADE Buddha



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## Oakville Seminar

*Ten years in the asking, Shanta made it happen*

CMAC BEACHES DOJO  
IS NOW ON FACEBOOK



**Pan Am Demonstration Excitement**



## Get the CMAC Book Series



### INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tip	2
Grading Results	2
Events Calender	3
Zen	3
CR500	3
BATL	4
Guns Guns Guns	4
Black Belt Grading	5
Traditional M/A Dojo	5
Bunny Kung Fu	5
Pan Am Demo	6
26 Buddhist Quotes	7
Oakville Seminar	8
Bare Feet health reasons	8

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

## Beaches Newsletter

Guilty by association! How many times have good kids turn bad due to bad choices. Life is hard enough without sabotaging ourselves. Picking the wrong people to hang out with will mess you up.

As a kid we want to be socially accepted and will try and fit in as much as we can. We want people to like us. Being awkward in a social situation can be hard on a kid, no one likes to be laughed at. So kids will develop characteristics like; class clown, or quiet, or loud, or look at me, or don't look at me, etc. I have seen some things that would blow your mind.

There is strength in numbers so they will band together, certain kids will become friends and it will either be healthy or unhealthy, so you need to be aware of who your kids are hanging out with. Recently I had a kid leave the dojo and as soon as he did his class became much easier to deal with. One of his buddies was very close to being fired from the dojo, but as soon as the one fellow left and I mentioned that if he didn't straighten out he would be out the door as well, he saw the light, did an attitude 180\* and was in the next grading, BING!

As a Sensei you want to see everyone succeed, but at what cost? I'm more than willing to give a kid a chance, but if they don't want to meet me half way, they can leave. This is a private club, I'm not on some government payment plan, I don't have to teach people I don't want too.

When I was young and had great dreams of being a Sensei one of the

## Sensei's Note

selling points for me was that I would learn more about human nature than in any other position in life, with the exception of maybe a psychologist. Even so, every once in awhile someone does something that catches me off guard. The most recent example was, immediately after the Pan Am demo one of the parents from the Beach approaches me and lays into me with all kinds of negative crap; his kids didn't get to do this or that and it was all my fault, they were there all day and all they did was some basics and a kata.

He was the only person that had any problem with what we did, the over all reaction from the demo was that it was awesome and the whole day was just a great experience. It was a whole day event with the kids getting the opportunity to try other Martial Arts, then be in a demo to promote the Pan Am Games. Everyone seemed to think it was good for CMAC, good for Karate, and for the promotion of the Pan Am Games. So as far as I'm concerned the upset father was having a bad day due to the drive out there (which was brutal by the way) and he didn't understand the dynamic of the situation.

There was a few things going on in the background and other dojo's weren't cooperating with the point man, so that made it very difficult for him to conduct the demo the way he wanted to.

Ego is a funny thing, and working with people who need to wave their egos around, can be very difficult.

## 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****July**

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

**August**

- 29-31 Last Dojo Break  
Break till September 8

**Sept**

- 8 Dojo Open
- 26 Kyu Belt grading

That was then this is now. **ZEN**

Learn from the past, but you need to live in the here and now. By dwelling on past bad experiences you bring your vibration down this will effect your health. Being anxious of the future is also bad as worry is negative goal setting. You can make bad things happen just by thinking of them.

Live in the now and only think of a positive out come. The outside world is a reflection of the inside world.



**THAT WAS ZEN, THIS IS MEOW**

## CR500 Detoxification & Weight Loss System

Some of you maybe wondering what I did to lose all that weight, well let me tell you. It's the CR500 Detoxification and weight loss system.

My sister heard about my high cholesterol situation and she said she could help. I excepted the advice and proceeded with the CR500 system.

The first couple of days are really awesome, you get to eat as much fattening foods as you want. Well to be honest, by the end of the second day I was totally done with eating all this rich food. I like to enjoy myself from time to time, but this was crazy, I put on 6 pounds in 48 hours. I felt terrible, my body isn't used to that kind of abuse.

After that it's fat burning time! In the first 6 days after the 2 days of loading I was down 14lbs. I kept up my regular training and daily activities and teaching classes. Sure I was a little cranky from time to time (Sorry) but for the most part the meals weren't that bad. One of the big things is to drink 4 litres of water per day, this helps detox the body, as well as many other healthy benefits. Eating at regular times is also important, this helps the body to relax, I tend to go long periods of time without eating then eat late at night, so my body tends to stores fat for future famine energy reserves. If the body is getting a steady supply of food it will burn it instead of holding onto it.

This seems to be the science behind it and as sceptical

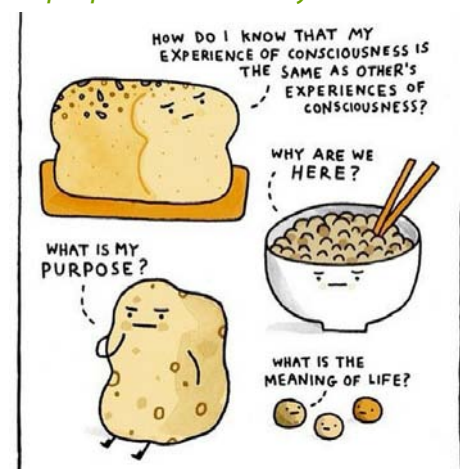
as I was going in, I was happy and surprised with the quick results.

The tricky part is morning time, I had to just drink 2 litres of water before noon. The protein was from meat, chicken and fish, no coffee, or dairy or beer so that was rough, I cheated and still lost weight.

The week after the Black Belt grading my attention to the diet had slipped quite a bit as I had dipped under 200lbs. I don't like being too light, when I punch something at 200lbs it feels really good. Plus it's summer, dieting in the summer is a total drag and takes a lot of discipline. I will do it for a couple more weeks then it's maintenance. The big thing is the complex carbs, damn carbs!

## Complex Carbs

*Their purpose is to ruin my summer body*

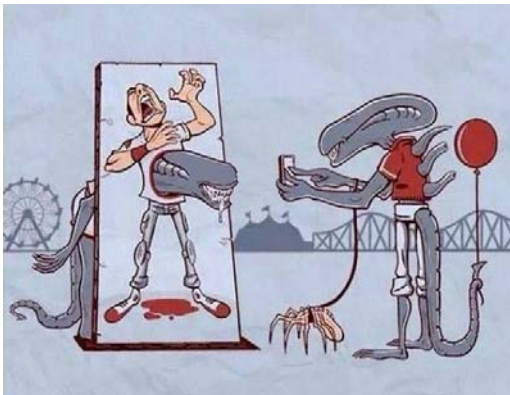


*A wise man once said ... nothing.*

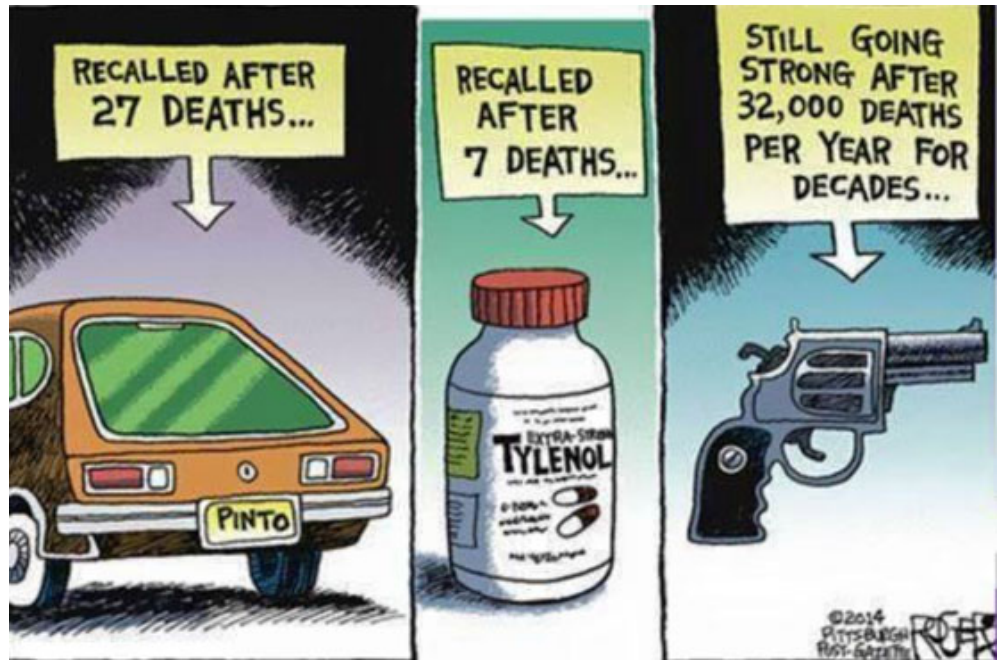
## BATL



BATL IS COMING! Make sure you are part of this event, it is a very special axe throwing day! We are celebrating Ms. Crawley's 70th Birthday, it's a surprise so don't tell her.

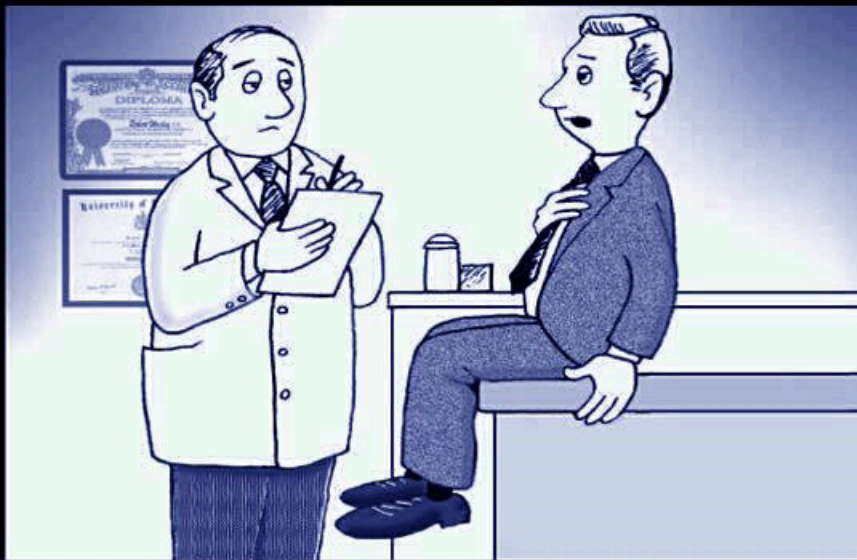


This cartoon is sick but it filled the space. Alien joke.



Strange, but people without guns rarely shoot anyone. Personally I'd like to see guns taken away from the police, but that will never happen. Now the argument - guns for self defence....that's what Karate is for!

Patient: Doctor, I don't feel well and I'm not sure why.



Doctor: I want you to meditate for 20 minutes, twice a day, exercise for at least 30 minutes a day, avoid processed foods, eat plenty of organic fruit and veg, spend more time in nature and less indoors, stop worrying about things you can't control and ditch your T.V. Come back in 3 weeks.

This is what I look for in a Doctor. I once needed a doctor for my truck driver's licence medical, and right away he wanted to put shots into my body, and not the good kind.

Recently a new doctor wanted to get me on pills for high cholesterol, I'm not taking drugs for high cholesterol, they lower the vital energy that your heart needs.

Often one drug leads to other problems, so I'm not taking any man made drugs. Get outside eat right, exercise, think happy thoughts and stop watching all the depressing crap on TV.



*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**

This grading had some seniors going for third dan; Ms Nathwani, Mr Delaney, and Ms Crawley, all of which represented the Beaches Dojo very well.

Ms Crawley is turning 70 this month and she fought very hard, scary. Well done!

## Black Belt Gradings 2015

February 22 (Ko)Shanta Nathwani, (T)Sean Delaney, (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

In a traditional dojo there are many different formats to the training; kata, kihon (basics), kumite (sparring) ippon kumite (one point sparring) bunkai (definition of kata) etc. etc.

Kata is essential for the longevity of the style for it is the heart. There are many different styles of karate all of which have their own kata which give it its personality.

We do Goju Ryu which is translated Go = Hard Ju =Soft Ryu = Style

Goju Ryu is where we came from and has since been modified to Budo meaning Way of the warrior or Warrior's way. Now it is Goju Budo.

However you want to look at it, we are a Goju dojo and our kata say Goju.

There are other Goju organizations around the planet and all practise versions of our core Goju kata. They may not be exactly the same way as we practise them but that is what happens over years of passing information along, things get lost in translation.

In the early years of Karate as the information was learned in China and tried to make it's way back to Japan, things would get lost on the long boat ride home. Now with zip drives and cell phones it's a lot easier to hold onto the information.

Years ago an old student of mine (who went on to become a Black Belt Hall of Fame) came and did a seminar here, he had some interesting ideas of a kata we do. I learned something new that day.



## Part 3



It is a little known fact that the Lagomorph or more commonly known - Cotton Tail Rabbit has been secretly training in Kung Fu. They have become self aware, the 80 different species of Lagomorph have united and named themselves Lagomorpha. They appear to be just dumb bunnies to the untrained eye, but the government has been noticing strange and uncommon characteristics amongst colonies. They have successfully taken Australia by over populating to the point where other species of animals are dying off. Taking over by over populating is their MO strength in numbers.



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

## Pan Am Excitement!!!!!!!!!!





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

1. "Have compassion for all beings, rich and poor alike; each has their suffering. Some suffer too much, others too little."
2. "Three things cannot be long hidden: the sun, the moon, and the truth."
3. "To conquer oneself is a greater task than conquering others."
4. "You will not be punished for your anger, you will be punished by your anger."
5. "You cannot travel the path until you have become the path itself."
6. "Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful."
7. "Work out your own salvation. Do not depend on others."
8. "We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves."
9. "Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue."
10. "The mind is everything. What you think you become."
11. "I never see what has been done; I only see what remains to be done."
12. "It is easy to see the faults of others, but difficult to

see one's own faults. One shows the faults of others like chaff winnowed in the wind, but one conceals one's own faults as a cunning gambler conceals his dice."

13. "There has to be evil so that good can prove its purity above it."

14. "Hatred does not cease through hatred at any time. Hatred ceases through love. This is an unalterable law."

15. "Those who are free of resentful thoughts surely find peace."

16. "In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true."

17. "In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves."

18. "No one saves us but ourselves. No one can and no one may. We ourselves must walk the path."

19. "Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill."

20. "Better than a thousand hollow words, is one word that brings peace."

21. "To understand everything is to forgive everything"

22. "Every human being is the author of his own health or disease."

23. "A jug fills drop by drop."

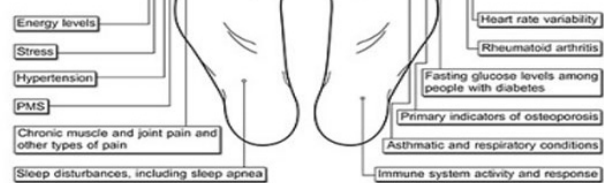
24. "The way is not in the sky. The way is in the heart."

25. "The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly."

26. "However many holy words you read, however many you speak, what good will they do you if you do not act on upon them?"

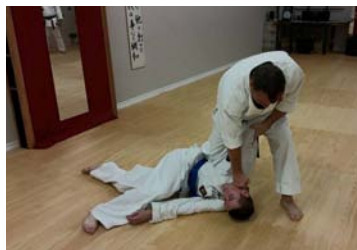
*Focus is like the sun and magnifying glass.*

### Get Back to Nature with Barefoot Walking



We train Martial Arts in bare feet for a few reasons; cleanliness, safety, tradition etc. The fact is that being in bare feet is healthy for you. In the dojo there is a reflexology chart that points out all the parts of the body that correspond to points on the foot.

The human body is truly an amazing thing, so in the training we should be researching how it works. The training focuses on how to stop attackers, blocking punching and kicking, it's all good but learning how to heal someone is even more gratifying.



### Beach Meets West

June 7 had us in Oakville for a book seminar that Sensei Kenney requested. Sensei, Senpai Tisdall, Ms Nathwani, and Justin all headed to the Oakville dojo for a three hour seminar. We had a blast even though the information was mostly for juniors, we only covered the first two books with the exception of Geksai Itch and Geksai Ni.

When Sensei Kenney asked me to do this seminar idea, I wasn't that excited about the content as it is so junior. I started doing classes a month before hand that were very basic, (book 1&2 type material) and making the best of it. I was developing a seminar without realizing it, sure I had some advanced concepts in there to keep the seniors interested, but it was basic basic.

I kept telling everyone that I haven't put any thought into the seminar, and to be honest that's what I believed. Even on seminar day I was thinking what I should be doing, although I wasn't really concerned.

Once the seminar started it all came together, it went smooth and by the numbers. We covered just a pile of kata, drills and bunkai, we even spent some time on the demo information that the Beaches dojo didn't actually get to do, but the Oakville dojo did, it's all good and for the cause.

The one thing that I noticed was how fast the time went and how excited everyone was to get the information. Sensei Kenney wanted me to work with James his student who really wants to be a Sensei one day. I complied but felt bad for James as he was young and too light for me as I prefer to throw guys bigger than me, so he came down pretty hard a couple times. He actually liked it and his face lit up like he had just got off a roller coaster ride. I could teach this kid all day, he was fun and excited to working with me.

All in all I would have to say that the Oakville seminar was very well received, everyone trained hard, James lived, and Sensei Kenney was a great host.