

# JADE Buddha



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## Happy 70th Patty

*Have fun in Shelburn Pat we're gonna miss you!*



*Hey, it kinda looks like I'm proposing, well maybe I'm proposing we do it again!*

## Get the CMAC Book Series



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### Grading Highlights

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

## Beaches Newsletter

### Sensei's Note

Compassion is an issue that needs to be addressed in the dojo or I'll be shutting down the sparring class as you guys can't seem to grasp the concept.

While working with your partner you should be working with your partner, not trying to hurt them. If that is what you're into, you are training in the wrong place. There are plenty of places out there that you can behave like that.

This dojo is more about helping people grow and become stronger mentally, physically, and spiritually, you can't do that if people are crushing you.

If you are sparring with someone who is not as fast, strong, or whatever, you need to bring them up, not beat them down. Just because you can doesn't mean you should. You have to understand that the training is not just about your development, but also those around you.

I can't count the number of students who have quit due to this problem right here. Of course ego has a lot to do with it, and one of the things I've said is that you need to check your ego at the door. In the end people will always remember how you treated others, so if you are abusive you'll be known as that guy. Who wants to be that guy?

Treat others how you would like to be treated. Of course you want to be pushed, that's why you came here in the first place. So while working with your partner have some patience, tolerance and most of all compassion, sometimes you'll be pushed, other times you'll be doing the pushing. Look at your partner, smile, bow, and have a genuine concern for their safety and development. Talk to them in a way that doesn't disturb the vibe of the training but in a way that will be best for the training. Be cool or be gone.

### Training Tip



THIS ONE RUNS ON FAT AND SAVES YOU MONEY



THIS ONE RUNS ON MONEY AND MAKES YOU FAT

## Grading Results

July 18 2015

### Yellow Belt

Shane Loken  
Joshau Casino

### Orange Belt

Roland Mc Kay  
Andrew Kearns  
Justin Howe

### Red Belt

Dillon Gingras  
Talia May

### Purple Belt

Lucas Hunt

### Blue Belt

Emily Waplington  
Drekken Pownz

## Next Grading

Sept 26 2015





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

29-31 Last Dojo Break  
Break till September 8

**Sept**

8 Dojo Open  
26 Kyu Belt grading

**Oct**

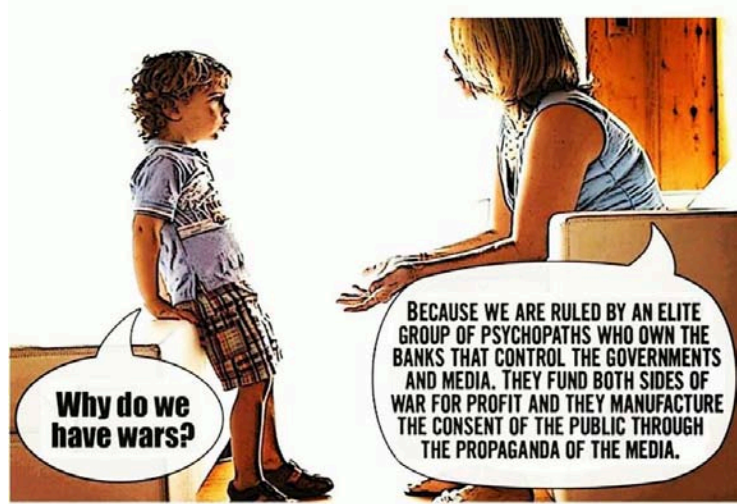
12 Thanksgiving  
25 Stick Fighting Seminar  
31 Kyu Belt Grading

**War**

War what is it good for? Absolutely nothing, I say it again, Absolutely nothing!

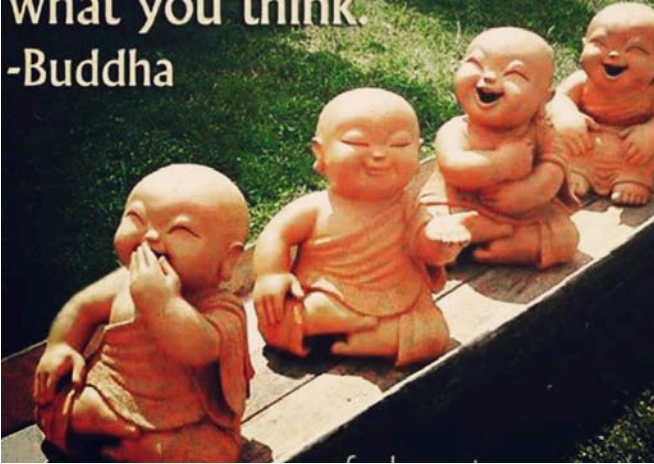
That being said, humans are violent by their very nature, add into the equation religion and politics and you have the perfect conditions for manipulation by the puppeteers.

Train your heart it's the most important muscle you have.



**Happiness does not depend on what you have or who you are; it solely relies on what you think.**

**-Buddha**



We live in interesting times. We are bombarded by advertising to consume. You need a bigger house, car, boat, etc. You're hungry for foods that are killing you, it's so crazy. Smoking is a terrible habit yet people still do it????

Of course it's hard to live without certain things, we all need food and shelter. I was talking to someone the other day who was telling me about Iraq. The conditions over there would kill the average person over here. Plus 50\* during the day, no electricity, or water for excessive times.

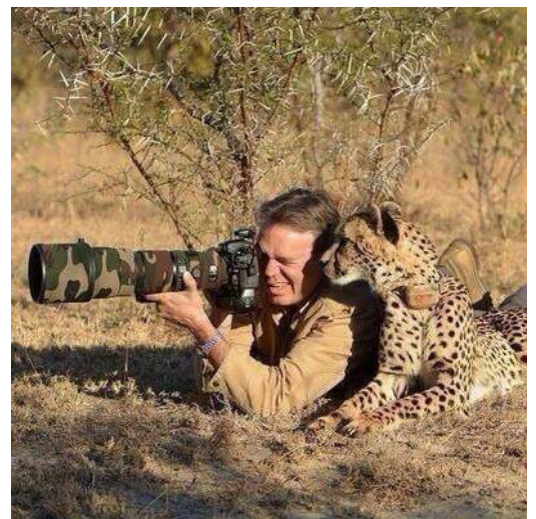
We all have this problem or that problem, and they may seem like a big deal, but trust me there are harder lives to live out there.

Always remember that "This to shall pass" Whether it is a good time or bad it will pass. Be happy - you live in Canada.

Here is a man taking action shots of African wild life. He has a Cheetah beside him, while he takes pictures. How cool is this guy.

I like my wild life alive. These creatures have friends and family too. At the end of the day they go back to where they come from and talk about their day, and it really gets confusing when someone doesn't come home.

I'm not sure how it happened but somewhere along the way or lives became more important than everything else. My cat was killed by a car once, no one came to tell me, like it didn't matter. He was part of my family. I was in the Rockies doing Tai Chi and a deer came up to me and licked my hand, I had absolutely no desire to shoot him with anything other than a camera. Be cool and know that killing anything for sport or fun is just wrong and creates bad karma.



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



Here's a pic of Max rocking the superman punch on one of the dog days of summer. Only a few warriors managed to battle the heat and come for a kids class during the heat wave at the end of July - but totally worth it, we did superman punches then obstacle races.



Had pretty much the same class with the teens the next day, the dojo was just cool enough so no one died. Well, we almost lost Marcus but he trooped through it, well done.



## Anxiety

Anxiety - Where does it come from and how does it serve us?

Ever wonder why we are nervous about certain things that are so ridiculous? Well it goes back to primal man, it's wired into our DNA. Back in the days when man had to hunt and gather food, they would be apprehensive about certain situations such as; open spaces where other predators may see them and put them on the menu, or heights may steer them off cliffs where they may fall to their death, or freezing to death, or running out of food in the winter, or drowning, or someone that may kill you if you say or do the wrong thing, etc.

Living now we simply don't have the same concerns, but people are still scared of things, mostly bankers, police, and other things they don't understand. Times have changed, although, we don't have to worry about a lion eating us on the subway on our way home from work, chances are good that there will be some kind of drama to deal with.

I see little kids come in here every once in a while that are so scared, they won't look at me, or go in the dojo, even after they see a bunch of kids eager to get in and have some fun Kicking and Punching they are still anxious. Personally I don't like to coax little kids into the dojo, so if they can't get through the door they fail the sink or swim test with me.

Kids who have been here and had a bunch of classes and are still putting up some resistance at the door, are now working the parental unit. Parenting has devolved into something that makes it hard for me to do my job. You have given them free choice!? Why on Earth did you think it was a good idea to let them do the thinking? They don't know what they need.

Sorry for that bit of honesty - back to anxiety, you need to challenge your fears. Each time you overcome something you become a mentally stronger person. Fear is a negative emotion with many negative side effects, like worry which can lead to stress and as we all know stress is a killer. Fight your fears, rise above them, be amazing!



*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?*

$6+3=9$  But so is  $5+4$  and  $20-11$  as well as  $6 \times 3 \div 2$

The point is, there isn't always just one way to do things. Not everyone thinks the same way as you do, nor should they.

$2+2=4$  here in Canada and  $4=2+2$  in all the other countries of the world, even on the Moon or Mars. Maybe God is Math? Wouldn't that be nice...we all get math, it is never open for interpretation, it is exact. It doesn't order us around. If you do your math you can multiply and be happy, if there is too much you can divide or subtract.

## 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

Kihon - Basics Many a great Sensei have always said that basics are the key to your training. I remember training with Sensei Kim, back in the day, and he would always start with the basics. Picture 500 Black Belts on the floor and Sensei Kim going through a forward stance, a high block, and a jab. You would think that 500 Black Belts would already know how to throw a jab, but we would all come away with something.

## Part 3

At first I thought "What is this, O'Sensei is teaching basic Karate to us?" Then I got the lesson, it was the importance of the basics. The real magic to the Martial Arts is to practise the basics. When it comes right down to it, the move that might save your life will be the one you've done 10,000 times, not the jump spin kick.

This is why we do basics every class, it's important!

## Birthday BATL Party



Happy Birthday Ms Crawley! Another amazing BATL experience to celebrate Patricia's 70th BDay, Sensei and Sensei DQ also got a birthday cake, thanks Shanta.

Good turn out for the event and everyone had a great time. The learning curve is steep and rookies were hitting the bull's-eye after only a few throws. The repeaters are really getting good and some people are even making targets at home, DQ, now there's a surprise.



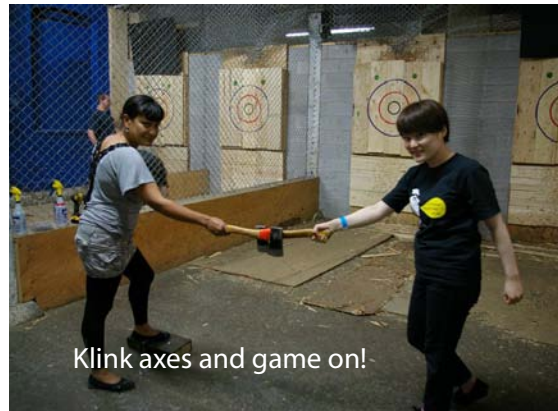
Practice practice practice, is the secret to being good at anything, axe throwing is no different.

It came down to the final 4 Sensei DQ, Senpai B, Mr. Gingras and Sensei, as you can see Sensei and Joel BATL'd for supremacy, (I think Joel also has a practice target at home). It was close, but Sensei took it.



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

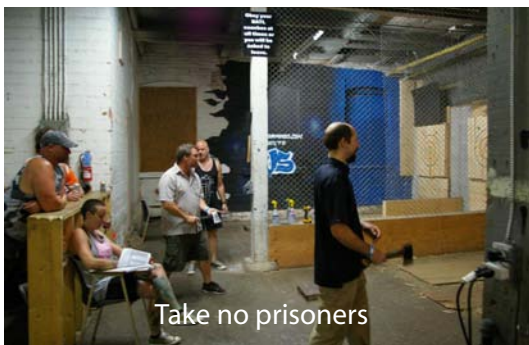
## BATL Night



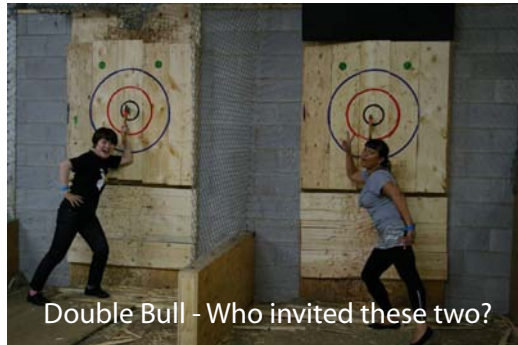
Klink axes and game on!



Mr. Gingras with the big axe.



Take no prisoners



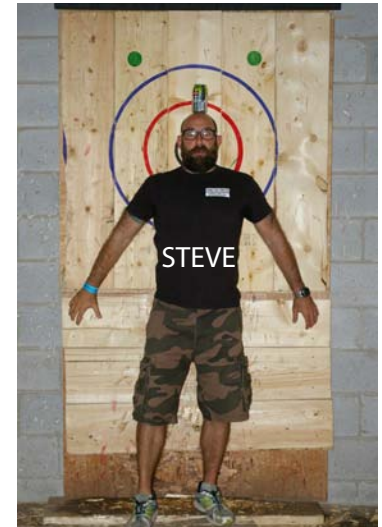
Double Bull - Who invited these two?



Sorry I can't help it.



If you can't see it, Jess just hit the bull's eye



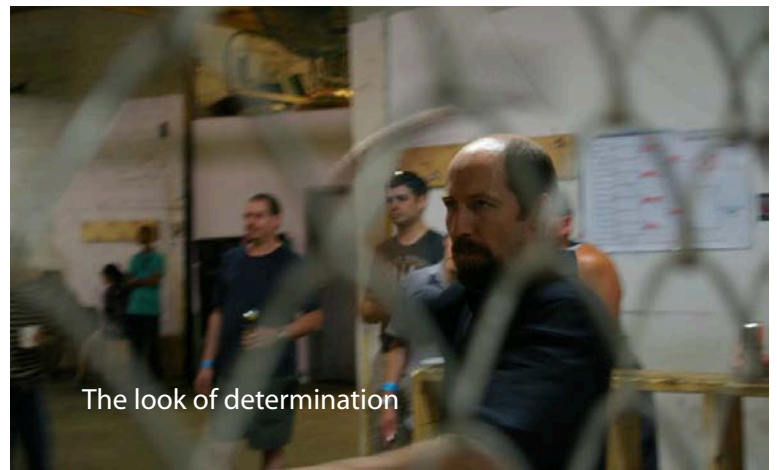
STEVE



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



Hands off the Sava, I don't care if it is your birthday



The look of determination



Don't cry Justin





*Focus is like the sun and magnifying glass.*

## July's Kyu Belt Grading

