

# JADE Buddha



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## Bye Bye Ms. Crawley

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



*I had to dedicate the title page to Ms Crawley. She is one of the long time students of the Beaches Dojo and we have had many adventures together. These two pics are of a West Camp we went to. Other fond memories are the China trip of 2004, that time she went Jet Boating with all the CMAC Sensei and most recently the axe throwing, You Rock Patty!*



**CMAC BEACHES DOJO  
IS NOW ON FACEBOOK**



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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

Note to parents: This is when everyone wants to sign up their 4 year old into Karate. Every year I get lots of little 4-7 year olds and half of them quit before their 3rd class. Either the kid doesn't like it or the parents don't have the patients for the results.

I've had great results over the years with the kids that stick with it. What I should do is make a video of the first day and compare it to where the kids are in 4-8 months, it's night and day. The first day is a bit of a nightmare, these kids have zero discipline, but after only a few months they are following along and there is order from chaos.

If you want to have an easier time with your child, you need to train them. A puppy needs to be trained so that you can enjoy being around them, a dog that hasn't learned how to behave rips up the living room when you are out, doesn't behave correctly around other dogs, and causes all kinds of stress for those around it.

The dojo is a place that teaches kids how to behave, what is acceptable and what isn't. Of course we teach martial arts here, and a big part of that is respect, compassion, and gratitude. Kids learn that the world doesn't revolve around them and that everyone is important, and to treat people how they would like to be treated. They will learn some social skills that will help them get involved with life and what is going on around them. They will learn how to make friends and be cool, so that people will excited to see them again and again.

Have some patience with the program and you'll be amazed at the results.

### Training Tip

Back to reality! September is upon us, and it's time to refocus, come out of holiday mode and go hard for the next quarter.

I find this time of year is always more intense than the New Years - "I gotta get my life together" influx of students. We have grown up with it - back to school, life changing moment. We always start new things in the Fall, it's just the way we are wired.

If you are just starting your journey in the Martial Arts or getting back on the program after the summer vacation, it's important to pick 3 or 4 days a week and get to the dojo. Having a schedule you can stick to will show results, coming once in a while is no way to train.

Your reality will become what is your predominate mental thought. If you are always day dreaming about nothing in particular your life will be out of focus and going no where. If you commit to focused thought and sincere action you'll see things start turn around for you.

## 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 September

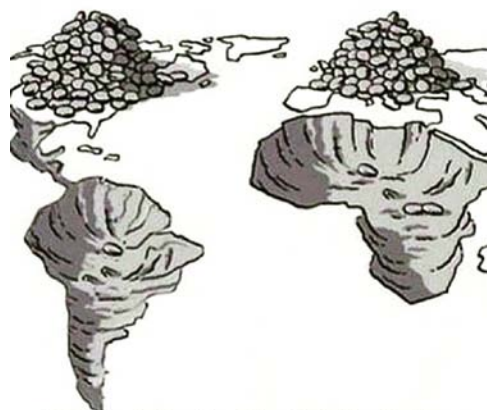
- 8 Dojo Open  
19-20 Teen Camp Over-  
nighter in Norval  
26 Kyu Belt grading

## October

- 12 Thanksgiving  
25 Stick Fighting  
Seminar  
31 Kyu Belt Grading

## November

Banquette



**"The Rich Got Rich by  
Stealing From the POOR"**

## What a crazy world

We live in curious times, we have enough money, food, water to take care of everyone ten times over, yet people are hungry, homeless and uneducated. How is this even possible? Don't our governments care?

It's about power, it's about greed, and it's about control. We are taxed for everything, except air and meditation, and believe me they are working on that! What the Hell! What does a free country even mean?

**Don't worry. I'm  
only here to see the  
dentist too. It's his  
last appointment ...**



How great is this picture! I found this in memory of Cecil the Lion, who was senselessly shot and killed by an American hunter.

Of course it must have been quite a thrill for him to see something as beautiful and majestic as this full grown male lion and squeeze the trigger to easily end his life, for a trophy on his wall. He must have felt brave and strong, validating himself as a man.

To his surprise once the media got a hold of the story he was labelled as a .... well it's too graphic to say in the newsletter. He was disgraced so badly he was forced to give up his practise. Karma!



See Rambo gets it.

Hunters trade your guns for cameras. It's nice to look in a river and see a fish, or walk on a path and see squirrels, raccoons, birds, rabbits, fox, deer, bear, wolves, cougars, bore, ram, etc. Just because a bear could kill you is no reason to freak out and try and kill it first. Why do you need to kill everything?

I approach nature the same way I approach humans, I'll be cool with them if they are cool with me, if you try and attack me then we'll have a problem. I find nature is way cooler than humanity.



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

## 6 Behaviors to avoid

Have you ever felt like you deserve something better? Then why settle for something less than you desire? You can decide from now that you won't tolerate bad behavior in your life. People who try to bring you down suck the life from you and leave you feeling miserable. Why would you accept that when you can eliminate similar types of behavior? If you want to change how people are treating you and detox your life from the negativity, here are 6 behaviors you should not allow in your life.

1. Negativity. We live in a world where the problems of people can actually bring them closer rather than their successes. Most people are not only comfortable to share their problem but this has also become a way to make friends. Whenever you hear someone trying to start a conversation with you using negativity as a catalyst, remind yourself that you don't need more drama in your life. Choose your health over that, choose to stay in your "positivity bubble" rather than feeding your soul with unresourceful energy.

2. Underestimating your abilities and strength

Don't let anyone tell you that you can't achieve something you want. Stay true to yourself and to your dreams. Don't quit just because someone thinks differently than you. The important thing is for you to believe in your potential. You are strong enough to pursue your most desirable ambitions.

3. Lies.

Paying attention to what people say and what they do in reality will definitely help you see who the honest people in your life are. If you get caught in a person's trap of lies once, that is a sign that must remind you to be more careful next time you communicate with them. And remember- actions speak louder than words.

4. Bullying.

Bullying is not a problem just among kids and teenagers. It is a very common issue for adults, too. Many

people just don't recognize it because it is usually disguised as verbal aggression or other types of intolerant behavior. Bullying is not something that should just be accepted. Nobody has the right to make you feel bad for who you truly are. Unfortunately, there will always be people who try to bring others down by saying mean words. This kind of people will try their best to bring your ego to the ground but it is your responsibility not to let that happen. At first, it may seem frightening to fight back their toxic behavior but you will be glad you did. So, be aware of people who are trying to make you feel inferior. But also take note that bullying can even come from the most unexpected people, for example, your friends or family. Be alert of how others are treating you and when necessary, confront them.

5. Others taking control over your life

You are the architect of your own world. Why would you let anyone else decide how to manage your life? Of course, it is human to feel out of control and ask someone to help you find your way back on the track but don't let them take charge of your life..

6. Physical violence and abuse

If you are a physical abuse survivor or have been the block between an abuser and someone close to you, if you tried to forgive and to move on with your life, you are a hero! Most people know that physical violence is a serious issue that should never be ignored and you must never tolerate such behavior but it is still surprising how many families and relationships are going through this right now. So, if you know someone who is struggling with this or has had such an experience before, give him a helping hand and encourage them to let go of their past anger, so that they can move on with their life in a healthy way.

You are a sum of your life choices, so choose wisely what kind of behaviors towards yourself you tolerate. Remember that you are in charge of your life and that you are stronger than you think. Live well and don't settle for anything less than you desire.

*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?*



I found this old pic of me and Bolo from back in the movie days. We are on the set of Tiger Claws II.

I was looking for a pic with me and Cynthia Rothrock, she's awesome, google her.

## 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 Alex Bethke (Ko) David Walters (Ka)

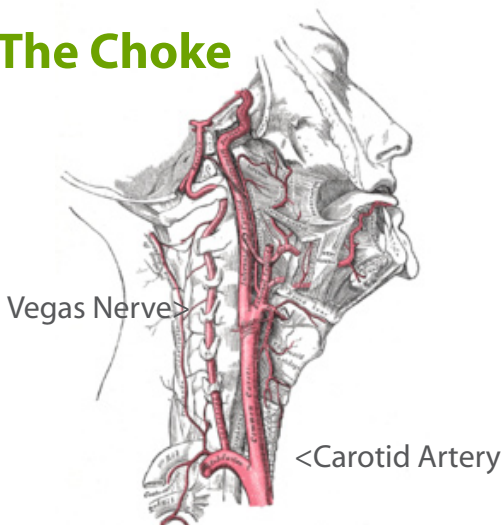
## A Traditional Martial Arts Dojo

## Part 4

In a Traditional Dojo the focus tends to be on personal development and not the ego. The understanding of respect compassion and gratitude are the pillars that support the school. By having respect for your fellow karateka you will take this practice out into the world and respect others. Compassion will help you to be a more well adjusted individual. Gratitude is just a great way to go through life. All these characteristics will bring you good karma, good karma makes life a lot easier.



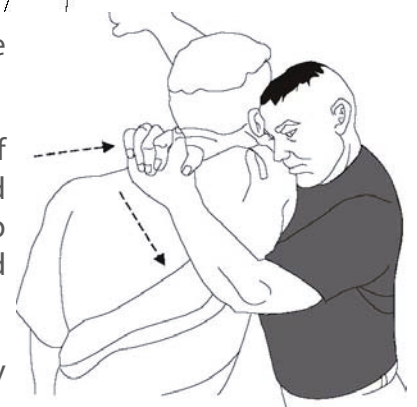
## The Choke



Blood chokes can knock a person out in seconds while an oxygen choke can take 3 to 8 minutes, who has that kinda time?

Here at the dojo our approach is more for the street and less about the sport, so if you find yourself in a situation where you need to choke someone out use a blood choke. Shutting the blood off to the brain is fast and effective, they will fall asleep in no time. Oxygen chokes are traumatic and gives them a chance, with a blood choke they have no chance.

By closing down the Carotid Artery the brain receives no blood or oxygen, they shut down almost immediately.





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

## Sugar Anyone?



### Your Health Your Responsibility

Is it any wonder obesity is running rampant these days when these drinks hold so much sugar. It should be illegal.

Water has no sugar but it is being pulled from places and upsetting the water balance, so I'm no longer selling bottled water here at the dojo.

No one cares about your health! It's up to you to take care of yourself.

An unhealthy society is driving economy, all the drugs are making huge profits for the government, which is why it has been aloud to happen.

You being sick is big business!

**YOUTH WEEKEND**  
M O U T H O F T H E W A V E

knife self-defence  
zen artwork  
lazy river tubing  
archery  
capture the flag  
bonfire and  
s'mores  
and more!!!

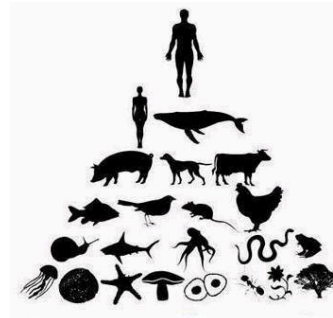
**SEPTEMBER 19 & 20**  
[cmacdojo.com/youthmolw](http://cmacdojo.com/youthmolw)

WHO: CMAC STUDENTS AGES 13-17.  
WHERE: NORVAL, ONTARIO  
WHEN: SEPTEMBER 19 SATURDAY 9:00 AM TO SEPTEMBER 20 SUNDAY 11:00 AM

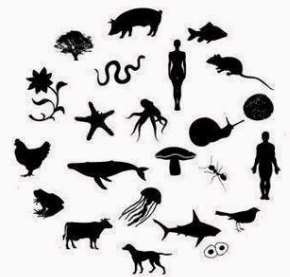
REGISTRATION DEADLINE: SEPTEMBER 15.  
REGISTRATION: \$69 + HST (CASH, DEBIT, CHEQUE, CREDIT)  
INCLUDES ALL MEALS, MATERIALS, INSTRUCTION, ACTIVITIES, AND SPACE.  
FOR MORE DETAILS PLEASE CONTACT US.

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## EGO



## ECO



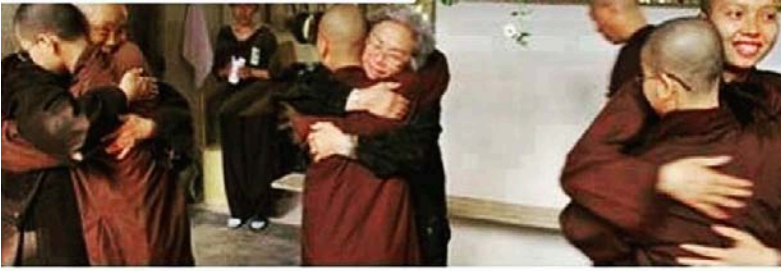
I think this is a great picture and is worth a thousand words.

We are lucky enough to be on this planet with all these amazing creatures, and we have the ability to do great things as humans. We can think, communicate, build, and for the most part solve any problem there is. So of course you would want to put man on top of all creatures below.

We are here to take care of the world and all the creatures, replace EGO for ECO, all life is important.



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

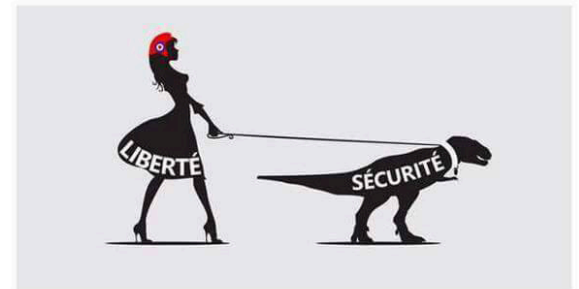


## Hugging is good medicine.

It transfers energy and gives the person hugged an emotional lift. You need four hugs a day for survival, eight for maintenance, and twelve for growth. Scientists say that hugging is a form of communication because it can say things you don't have the words for. And the nicest thing about a hug is that you usually can't give one without getting one.

PAY ATTENTION TO WHOM  
YOUR ENERGY INCREASES  
AND DECREASES AROUND,  
BECAUSE THAT'S THE  
UNIVERSE GIVING YOU A  
HINT OF WHO YOU SHOULD  
EMBRACE OR STRAY FROM.

911



*Focus is like the sun and magnifying glass.*



## The 10 Indian Commandments

1. The Earth is our Mother; care for Her.
2. Honor all your relations.
3. Open your heart and soul to the Great Spirit.
4. All life is sacred; treat all beings with respect.
5. Take from the Earth what is needed and nothing more.
6. Do what needs to be done for the good of all.
7. Give constant thanks to the Great Spirit for each day.
8. Speak the truth but only for the good in others.
9. Follow the rhythms of Nature.
10. Enjoy life's journey; but leave no tracks.

I like this, it's so straight forward and will create good karma. We are all in this together, this journey is for us but it's not just about you. People tend to think that it is just about them and this is the ego. The egotist is self absorbed and trapped in the confines of his own mind. We need to think beyond ourselves and respect those around us whatever form they may take.