

JADE Buddha



1971 Queen St. E. #208, Toronto, ON

647-258-7469

www.cmacbeaches.com

Justin Trudeau PM!

How awesome is this guy, if he can balance the budget as easy as these babies, he'll have things turned around in no time.



I know there's more to running a country than balancing a few babies, but you got to admit, he's got a hell of a lot more charisma than the last PM. I believe there's hope, he's young enough to have the energy to fight for a healthy planet for future generation. He's done more good in the first week since the election than Harper did in the last 10 years.

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Ninja Night review

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

Beaches Newsletter

Sensei's Note

Life is funny, just after I was telling some people that I don't mind taking risks if it is something I want to do. The very next week I separate my shoulder in a training exercise. Never separated my shoulder before so it was a bit of a surprise, and the healing process is a drag, but it is part of the price.

Life is about living it. If I cower away from things because I may get hurt I will miss out on living. If I want to do it I will do it. If I get hurt or worse then that was just the price I had to pay.

I have done just a pile of things with my life and to be honest I'm kinda surprised I'm still here, God either loves me or is in no hurry for me to join him.

It's a set back for sure, but I'm dealing with it. The seniors have been great - taking the warm up and basics, so that helps out. I still like to get in there and do a class, it's good for the shoulder to be active so I use the training sword to strengthen it, and work it other ways.

Sport injuries happen, it's just the nature of the beast, they happen in the gym, in the dojo, in the field, but injuries happen to those who do nothing as well. Being inactive can be more dangerous then the pro-football player. No exercise and bad diet, plus self destructive habits like smoking and alcohol abuse will put you in the ground at an early age.

I had a friend, a triathlete and a champion, his life style was a healthy one, ate right trained everyday, then one day his heart stopped age 45. I have another friend, doesn't work out or eat right, smokes???? Still going age 50, mind you if he had to run or fight for his life he could probably only go for about 30 seconds before his lungs caught on fire.

What's my point? I don't know any more...Live your life and try to make good choices. Plan like you'll live to be one hundred, and live like today's your last day.

Training Tip

The world is a funny place where jokers can write on the internet about things they don't know anything about. The other day someone went on the dojo Facebook and had some things to say about this and that. The first comment was about our Karate style, he couldn't believe that it came from White Crane Kung Fu. So everything else that he wrote didn't matter, he established his credibility right there.

If you want people to take you seriously you have to come across with some level of intelligence, you have to place the hook before you can reel them in.

Our Goju Style came from Okinawa and began as Naha Te, the founder trained in China with a Crane Master. Look it up!

Grading Results

September 26 2015

Orange Belt

Ethan Govindarajan
Oliver Trentman
Sakina Phelan
Dylan Pletsch

Green Belt

Scot Jarrett

Next Grading

November 7 2015



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

BEACHES EVENTS

November

- 7 Kyu Belt Grading
21 Oakville 10 yr party

December

- 12 Kyu Belt Grading
19 Xmas Movie
23-31 Dojo Xmas Break

January

- 1-5 Dojo Break

11:11:11

Take a moment on November 11 at 11am to think about those who paid the ultimate price for our way of life.

We are very fortunate to live in this great country and it didn't happen for free so show some respect.

Canadian Soldiers used to be peace keepers, before Harper. When he was elected we joined the war on terror, what came next... more terrorist.

One of Trudeau's first orders was to stop bombing in the Middle East. There is Hope.



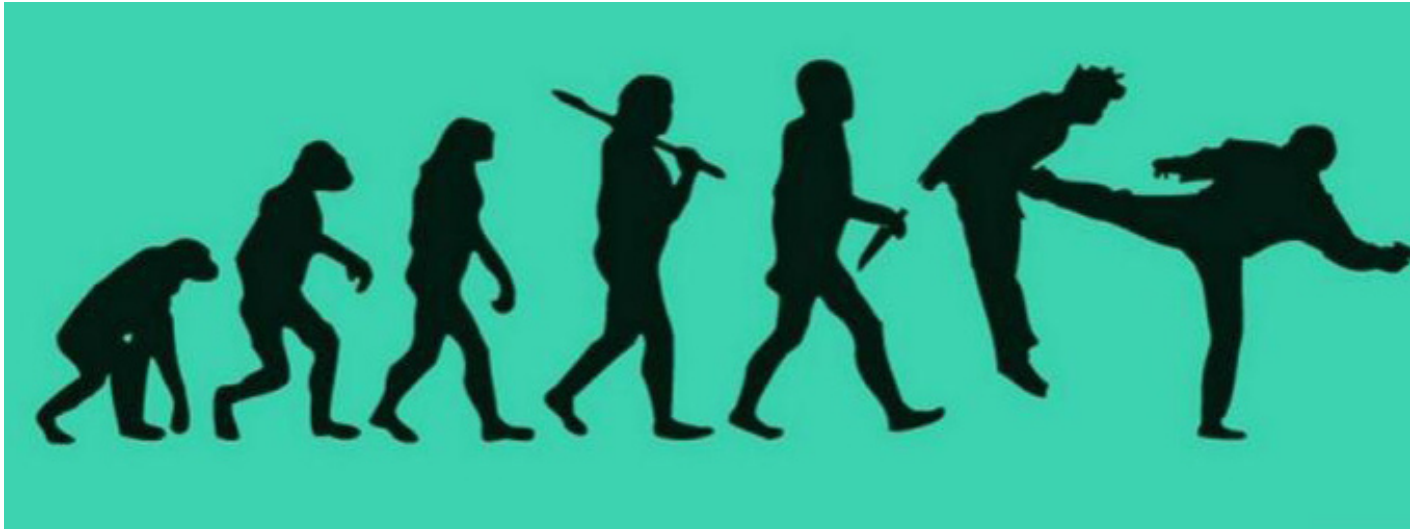
I managed to snap this pic of Justin Trudeau at the Beacher Cafe and now he's the new Prime Minister. I pray he will do good things.



A wise man once said ... nothing.

Evolution

This is what happens when primitive man sneaks up on Karate man



The US is crazy about guns

One **failed** attempt at a shoe bomb, and we all have to take our shoes off at the airport.



31 school shootings since Columbine and no change in the regulation of guns.

attn:

- John Oliver

Honestly, if your end game is to ruin a bunch of peoples lives before killing yourself, you might want to get off your meds, or change religions.

Chojun Miyagi



Chojun Miyagi was the founder of Goju Ryu (Hard Soft Style). He spent 15 years in Fuzhou China training where his Sensei trained before him.

There is a story, a dark piece of China history, where a warlord had employed the Shao-lin Monks to do a job that required special fighting skills. The monks carried out the task with such military skill that the warlord became scared of the monks and ordered them killed. Five monks escaped the massacre and became known as the Five Fists, the crane Master ended up in Fuzhou.

*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?*

Ninja All Niter

Good times were had for sure with the kids at the Ninja All Nighter. There was a nice size group of willing little ninjas all between the ages of 7 - 16.

We covered just a pile of rolls, kicks and sweeps from the ground, stealth and balance work, then war, and finished with pizza and a movie. Normally we go hard till around 2 then eat and movie, but this year everyone was pretty burnt, so we shut it down a little early, which was totally fine with me.

Thanks to some of the teens that made it out to help and Mr. Gingras who was my main uke. Assisting on these things is very much appreciated it makes for a smooth running event.



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 (Ko) David Walters (Ka)

The Sunday afternoon Ninja training didn't have pizza or movie but was full of fun. We worked some ground fighting ideas, dodged ninja stars had a great obstacle race and finished it off with capture the flag Ninja style. It was good times.



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

Squirrel has mastered water bending...



If a squirrel has the patience to practise and train to get to this level of manipulating the elements, there is hope for you.

"Squeeker" the North American Long Eared Grey Squirrel began his training early in life after witnessing the harshness of the real world. He was hanging out with friends in the park when some older Red Bellied Ground Squirrels showed up asking for their nuts. It got messy and Squeeker's buddy "Sniffles" got gut punched and lost his nuts.

Poor Sniffles got PTSD and never wanted to leave the nest again. Squeeker never wanting to be a victim himself began to meditate and through the silence answers came to him, he started practising things that would come into his mind. It started with breathing, then movements that went with the breathing. He felt himself getting stronger and faster with each training session. He would practise running through the park, up and down trees, along branches and wires, developing his tree game since the ground squirrels preferred to fight on the ground.

One day Squeeker was in the park with his buddies and the dreaded Ground Squirrels showed up again wanting to roll the Long Ears for their nuts. Squeeker distracted them so his buddies could get up the trees, Squeeker moved quickly and even jump double back kicked a ground squirrel in the head before getting up a tree.

The Ground Squirrels aren't very good climber so they were easily defeated by Squeeker's new found climbing and agility skills. His friends were amazed at his confidence and his new found abilities, they asked him how he was able to do all the amazing things...he said "Training!"

All Squeeker's buddies began training with him the next day, after awhile the Ground Squirrels stopped coming around. Squeeker became a Legend in his own mind.



Here is a watch for those of you who don't quite get how a clock works. Next time you're late for someone or something just show them your watch and say your watch just gave up and all the numbers fell down.

The concept of time and space is really amazing when you sit and think about it for a second. We are travelling on a rock going through space at an incredible rate of speed, chasing and revolving after a Sun that is itself tearing through space in a Galaxy that is also moving and rotating. But that's not the crazy part, someone actually figured out how to measure it on a device that was put together with dials and springs and cogs, in a time when people got around on horses. 365 days in a year, 52 weeks, 7 days in a week, 24 hours in a day, 60 minutes in an hour, 60 seconds in a minute. Then the whole idea of Daylight savings time, and a leap year...It only took 100,000 years.

What is the purpose of life? Living it.

LESSON OF TIME - **KARMA**

When a bird is alive.. It eats Ants.
When the bird is dead.. Ants eat the bird.
Time & Circumstances can change at any time. Don't devalue or hurt anyone in life.
You may be powerful today. But remember.
Time is more powerful than you! One tree makes a million match sticks... Only one match stick needed to burn a million trees... So be good and do good.

The other day while driving on the 404 just about to hit the DVP I see a guy pulled over in that spot where the two HWYs merge together. I look and see he has his spare tire out and a tire iron on the ground next to it but no jack under the car and he is just sitting in the driver's seat.

Traffic was slowly moving along, so pulling over wasn't a dangerous maneuver, so I do. He smiles as I approach the car and says my wife is going to be here soon with my jack. I said I got a great jack, so he says ok.

We had that tire changed out in 2 minutes flat, and he looks at me and says "You know this is real karma man." I smile and say "How so?" He said I did the exact same thing for someone last week.

See how easy life can be when you don't just think of yourself. Oh he gave me some fresh pitas so that was a bonus and not why I did it.

Do you have a title for this article or are you even reading?



The fish looked at the dog and the dog at the fish, both knowing that they can't exist in either one's environment.

The dog was wondering "what are you and how can you live in there?"... "you are surely a mystical creature."

The fish looked at the dog and thought "what are you and how can you live up there?"... "you must be a God."

Neither one of them could comprehend the other's reality, so they both looked at each other with admiration and respect.

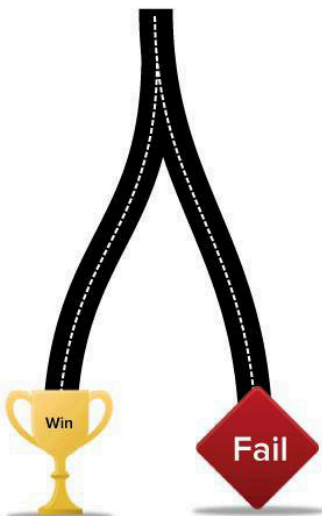
Focus is like the sun and magnifying glass.

**We are all visitors to this time, this place.
We are just passing through. Our purpose
here is to observe, to learn, to grow, to love...
and then we return home.**

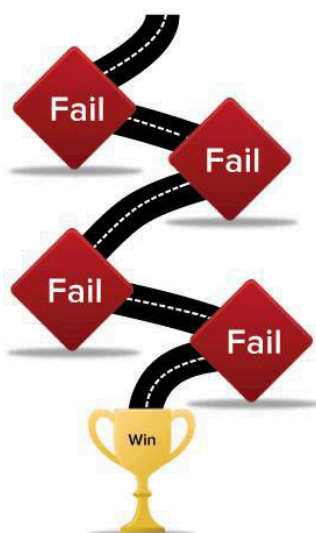


**THE SAME BOILING
WATER THAT SOFTENS
THE POTATO HARDENS THE
EGG. IT'S ABOUT WHAT
YOU'RE MADE OF, NOT THE
CIRCUMSTANCES.**

**What Most
People Think**



**What Successful
People Know**



@douglaskarr

Brain your isms

**Fate whispers
to the
warrior**

**"You cannot
withstand the storm"**

**and the warrior
whispers back**

**'I am the
storm'**