

# JADE Buddha



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## Shaolin Soccer



Come out everybody on December 12 at 4:45 to  
the Fox Theater in the Beach on Queen Street.

## WKC



## NOLAN



CMAC BEACHES DOJO  
IS NOW ON FACEBOOK



*Ukigumo floating clouds*

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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

Sensei Titus, Sensei Sukys and Sensei Thankachen have been busy with Karate and Kickboxing competitions lately and doing very well I might add. Sensei Titus and Thankachen were in Orlando FLA last month competing for the Worlds Karate Competition and Sensei Sukys brought a crew to Kitchener to compete for the Nationals. The results are in the newsletter so read on. Congratulations you guys on all your hard work.

Sensei Jonathan Kenney celebrated his 10th anniversary in Oakville. It was just a fantastic evening at one of the halls in Oakville, it was very classy, so good on you John.

Dedication and staying in there to fight the good fight is most commendable so I salute your efforts, and would like to say that I'm proud of you guys and you are valued members of the CMAC organization.

## Grading Results

November 7 2015

### Yellow Belt

Rui Ferreria

Ryan Ferreria

### Green Belt

Matt (Guitar) Murphy

### Purple Belt

Nolan Warfield

## Next Grading

December 12 2015



## Congrats West on the Worlds Karate & The National Kickboxing



Competitors at worlds was Skylar Graham-Silver Medal Champ Continuous Sparring. Chase Tweit-Silver Medal Champ Continuous sparring. Cole Tweit Bronze Medal Champ Team Sparring.

At Kickboxing Nationals Arek Thankachen -National K1 champ in Bantam weight class. Shon Thankachen-National K1 Champ in Middle Weight class. Cassie Warbeck National K1 Champ And national low kick champ





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

## BEACHES EVENTS December

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

## January

- 1-5 Dojo Break
- 30 Kyu Belt Grading

## February

- 28 Black Belt Grading

## Happy Holidays

Thanks everyone for another great year at the dojo.

Take note of the Dojo Xmas break schedule in the Beaches Events section of the Newsletter to the left.

I hope everyone gets out and spends some good quality family time over this festive season. Have a Merry Christmas and all the best for the New Year



## Congratulations Kazi Hatsu Dojo 10 Year Celebration

Sensei Kenney



The Kazi Hatsu Kata

Some good action



A Star Wars Demo and a limp light sabre



The head table plus Sensei Sukys



Congratulations goes out to Sensei Kenney of the CMAC Oakville dojo. As you can see there was quite a turn out, over 250 students, three Seventh Dans, the acting Mayor, even Sensei Paul Sukys from Calgary made it out. There was speeches, demos and presents! The meal and the hall were awesome as well, just a great night.



This was a fantastic kids demo, they have it down.



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



Not being in the gym for a couple months I wasn't exposed to all the tv's so I wasn't being bombarded by all the evil in the world, it was nice. How is seeing terrorism every morning going to help my workout mood? Sure it makes me angry and that negative energy can be turned around into raw aggression to fuel my heavy lifts, but it leaves me sad and that is draining.

Our human evolution is at a point where we have to understand that together we are strong and divided we are weak. If we are going to save our environment we must put a side our differences and pull together. Do what is right.

I don't understand why when we destroy something created by man we call it **VANDALISM**, but when we destroy something created by nature we call it **PROGRESS**. - Ed Begley Jr.



How is this not a crime? We pay taxes and the government still sells out, clear cutting natural resources, and mining and the oil sands, all these things ruin the land so it now and forever a wasteland. When will greed be a crime and stupidity for that matter. Whoever is steering this ship they are trying to run it into the ground!



*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?*



## Earthways Tree Service

Need some tree work done around the house?

Give Earthways Tree service a call and they will take care of everything.

## Black Belt Gradings 2016

February 28 Kobudo Grant Tisdall & Geoffery Busbridge 4th Dan Alex Bethke 2nd Dan

June 19 Tai Chi Cosima Greco 1st Level, Karate Chris May 2nd Dan

Oct 23

## Rocky Raccoon

*This is Rocky he's a raccoon, but don't let that fool you, behind his adorable mask and deep black eyes lies the heart of a true warrior*



This is Rocky the Raccoon, as you can see he's riding an alligator across the river. He's the man, you would think that the alligator would just have him for lunch, but Rocky is no push over. When Rocky was just a little trouble maker running around with his buddies doing mischievous things with his mask and those little hands, he broke into the wrong house and took a samurai sword that the owner had. He was caught before he could get out of the house.

The owner of that sword was a highly trained Martial Artist, and he was able to get through to young Rocky that he was heading down the wrong path. Rocky



had to make a choice that would effect the rest of his life. Steal the sword and face the hardest life possible or put the sword back and learn Martial Arts.

He put the sword back and bowed to his new teacher who spent years teaching him all the secrets of the training and along the way he learned the self discipline needed to stay on the path and out of trouble.

So how is it that he is now riding an alligator through the swamp? Well that's another story.



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

## Class Pictures 2015





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

## Ukigumo AKA Wiggly

Ukigumo is the fourth technique in Hasegawa Eishin-ryu. The execution varies somewhat between Muso Shinden-ryu and Muso Jikiden Eishin-ryu, but the movement and feeling involved are much the same.



Ukigumo means 'floating cloud' or 'drifting cloud.' It is an enduring image in Japanese poetry, notably appearing in a famous passage in the Tale of Genji. The Chinese word fúyún, adopted into Japanese as fuun, has approximately the same meaning. The floating cloud is a metaphor for being restless and changeable. As with other imagery we have seen, it can also mean something ethereal or ephemeral that is liable to move or vanish.

## Sensei Titus and Team Canada at the WKC

Fritzzy you the man, a true Champion. For the past three years Sensei Titus has been competing in the WKC and has two World class gold medals from 2013 and 2014 for Kumite. This year he took Bronze in continuous contact Kumite. Well done Sensei Titus, you are truly an inspiration.

Team Canada at the 2015 World Karate Competition in Orlando FLA USA, (Sensei Titus last on the right).





*Focus is like the sun and magnifying glass.*

## Kyu Belt Grading November 2015

