

JADE Buddha



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Happy New Year

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Congratulations Senpai Nathwani on your recent promotion to Senpai. Well Done!

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

Beaches Newsletter

Sensei's Note

Thank you all for another great year and all the wonderful gifts, you really shouldn't have, but I'm glad you did :-)

2015 just blew past, with lots of fun and hard training. It seems the harder you train the faster time goes? Don't let that be a reason to slow down though. The harder you train the better you get. The hard training consists of lots of repetition - repetition gives you muscle memory and that equals speed and precision.

I've always believed in working smarter not harder, and I know it sounds like a contradiction to my last statement, but here is my way of looking at it; if you are working hard but not going no where, you are just working hard. If you get guidance on a certain move but fail to listen and keep on your old ways you are wasting time and energy and will at some point no longer get any guidance as you don't listen.

Working smarter means, learn the move correctly and work it so hard you don't need to think about it any longer. The mystery of the mastery is in the repetition, I know that's not the way it is shown to you in Star Wars, but they do talk about the importance of training and that the Force is in you. We all have the Force, if we didn't we wouldn't be able to walk, talk or think.

We get better at these things by practice, take the reverse punch for example, such a great move, and so strong, but you watch someone throw one who has never thrown a punch before and it is sad. Your reverse punch takes training, practice, you must understand all the little components that make up the punch; rooting, rotation, breathing, expansion and contraction, the summation of joint forces etc. Now working your reverse punch for a time - say 20 years, you will have a good reverse punch you will have probably mastered the punch, excellent and good for you.

So mastery takes time and study, is it worth it? What is your motivational force to learn Martial Arts? How far are you willing to go? How much time are you prepared to commit to this endeavour?

All good questions.

Is it worth it? There is a whole list of positive benefits from the training, benefits that will help in all areas of your life...so that might be worth it, making life easier, if you're a parent having a disciplined child might be nice.

What is your motivational force? Everyone comes in here with different reasons, but what I can tell you is that - you only get out of it what you put into it. Quitting in the first year shouldn't even be an option. Quitting is habit forming, so you might want to instill a little fortitude and tenacity in your little ones. I think it's a parents job to prepare their kids for the future, letting them give up so easily doesn't help them.

Grading Results

December 12 2015

Yellow Belt

Amory Meyn
Madison McEwan
Isla Gray
Peter Mills
Talal Phelan

Orange Belt

Violet Tarver
Mila Vrba
George Mills

Red Belt

Ethan Goonaratne
Zarah Shinwari

Green Belt

Jack D'Cruz

Next Grading

January 30 2016



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

BEACHES EVENTS

January

- 1-3 Dojo Break
- 4 Dojo Open
- 30 Kyu Belt Grading

February

- 28 Black Belt Grading

March

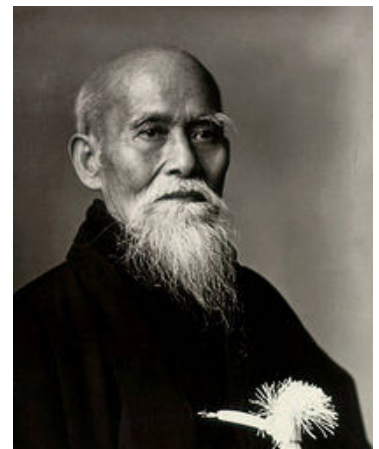
- 5 Kyu Belt Grading
- ? March Break

Morihei Ueshiba

Aikido founder and author of "The Art of Peace" Morihei Ueshiba is legendary. During his military career he was seen dodging bullets, by somehow knowing they were coming before they even left the gun.

His training began with Daito ryu Jujitsu and Ken jitsu and it was through the combination of the two that modern day Aikido was born.

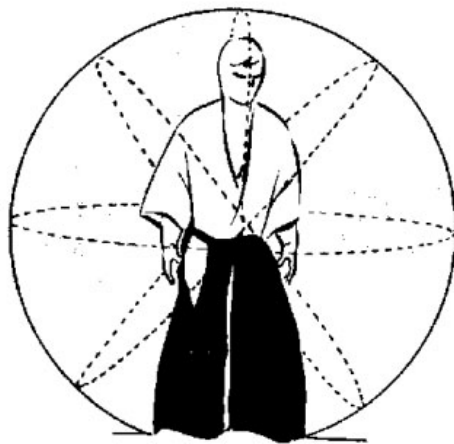
Morihei Ueshiba Dec 14 1883 - April 26 1969



Aikido - The Art of Peace

December was the month of Aikido. We covered a lot of the basics and it was good to dust off all the rolls and break falls God knows you all needed it!

As for the two person work, we focused on 1st and 2nd control, coteigaishi, heaven and earth throw, elbow throw, 20 yr technique and all direction throw.



Aikido's Dynamic Sphere

KoKyu Nage The 20 year technique



Elbow Throw



Everynight had a few different throws and controls, but if you missed it ...you missed it.



Kendo Kenjitsu - The Way of the Sword

Kendo is as much a part of Japanese tradition as Hockey is to Canada.

Kendo is Japanese fencing, two Kendo ka armed with bamboo swords called shinai, face off and fight, they win by hitting certain target areas and calling them as they do. If they don't call or call the wrong area no point is given. It demands focus, foot work, timing and lightening fast reflexes.



A wise man once said ... nothing.

The Hold

This is how to stop an infant crying, it was discovered by a pediatrician with 40 years of experience.



Grab the bottom and support the head.



Fold their right arm across their chest.



Fold the left arm over the right.



Rock them on a 45° angle.

Now if this doesn't stop the crying, they maybe ill or hungry.

We are all human beings and don't come with an owner's manual but it is up to all of us to take an interest and help those going through tough times, here is my gift you new parents, it may just save your sanity.



Last Black Belt Class of 2015



*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 Kobudo, Jacqueline Kortright Sho Dan Kobudo

June 19 Jacqueline Kortright 4th Tai Chi, Cosima Greco 1st Level Tai Chi, Chris May 2nd Dan Karate

Oct 23 Zach Marshall & Andrew Chen 2nd Karate

Sir Swifty

This is Swifty the seldom talked about squirrel of the Round Table



In the early days of King Arthur (before the Round Table), King Arthur would spend time in his courtyard relaxing and listening to the birds. He had befriended a small grey squirrel. The King enjoyed the company of the squirrel and would look forward to seeing him, where he would feed him nuts.

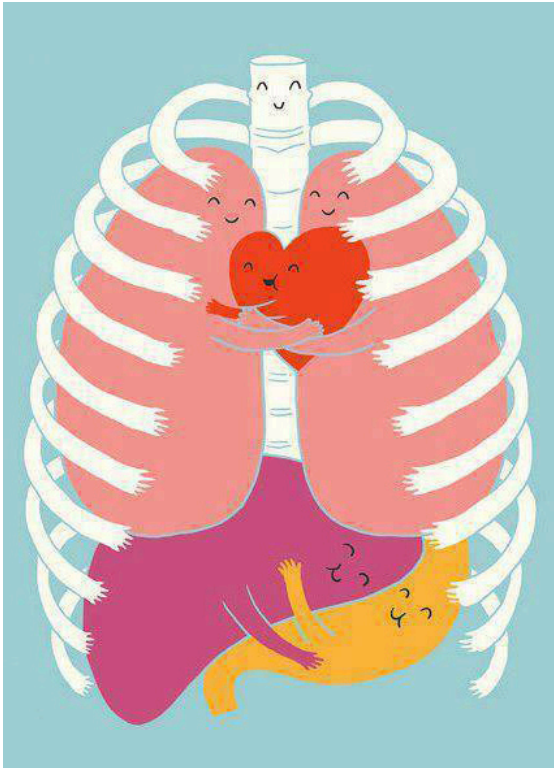
One day as the King was feeding the squirrel he was joined by several of his trusted knights. They had made a circle around the squirrel and King Arthur handed them all nuts to feed him. Everyone had such fun watching him run swiftly from one knight to the next. Sir Lancelot asked the King "Your Highness what do you call him?" The King seeing how fast he was, quickly said "Sir Swifty". They laughed and Sir Galehaut said "Very fitting your Highness".

The King, looking at his company of knights, all circling around Sir Swifty laughing and happily enjoying his little friend the squirrel, had an idea. Shortly after that the idea of the Round Table came into florescein, thus Knights of the Round Table were born, the idea being that everyone was equal.

Sir Swifty was then sworn in as a valued member of the Knights of the Round Table. Unfortunately the suit of armour weighed poor Swifty down so much that he was no longer swift at all, and because of all the nuts he was being fed he was just too fat to be a good warrior, so he was decommissioned and sent back to the courtyard.

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

The 20 Second Hug



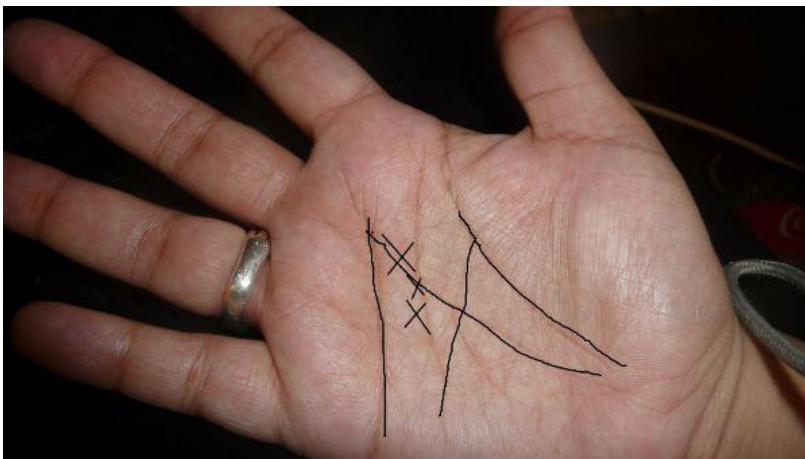
Try to hold your hugs for 20 seconds

1. To Connect With Others - When we hug or touch in any way such as kissing or handholding, it releases a hormone called oxytocin. Oxytocin is a hormone from the pituitary gland that plays a crucial role in intimacy and sexual reproduction. It also contributes to trust, bonding, and connecting with other people. Hugging has also been proven to fight loneliness. "Oxytocin is a neuropeptide, which basically promotes feelings of devotion, trust and bonding," said psychologist Matt Hertenstein from DePauw University to NPR. "It really lays the biological foundation and structure for connecting to other people."

2. To Feel Safe - Touch and hugs also have the ability to help people who suffer from low self-esteem. Embracing inanimate objects such as stuffed animals or pillows can help to alleviate fear. "Even fleeting and seemingly trivial instances of interpersonal touch may help people to deal more effectively with existential concern," according to Sander Koole, who published a study in the Association for Psychological Science. "Interpersonal touch is such a powerful mechanism that even objects that simulate touch by another person may help to instill in people a sense of existential significance."

3. To Stay Healthy - Oxytocin also helps to decrease the risk of heart disease. It also helps to reduce the amount of the stress hormone cortisol that is in our bodies. Having this friendly touch, just somebody simply touching our arm and holding it, buffers the physiological consequences of this stressful response.

Palm Reading

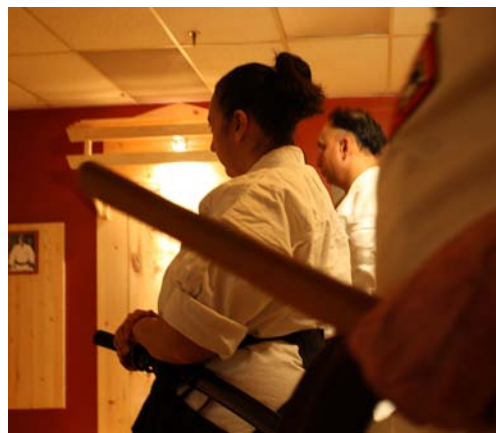


Millions of people around the world look to the lines on their palms to discover about their character and destiny.

It has recently been revealed that those who have the letter M on the palm are said to be very special indeed. If you have this feature on your palm then you are said to be especially gifted, you possess great intuition and have an entrepreneurial spirit. People with this on their palm are not the type who lie. And they don't appreciate being lied to. Due to high levels of intuition they will always catch you out if you lie or cheat. Women who have letter M on the palm generally are said to have stronger intuition than men. Letter 'M' people have the power to make the necessary changes they need in life. So it is vital to seize the opportunities that arise. According to folk tradition many well known people from the past including prophets and great leaders had this sign on their palm. If you do have this letter 'M' on your palm, each time you look down at it, let it remind you that you are a special person and are capable of achieving anything you want in life.

What is the purpose of life? Living it.

Last Black Belt Class of 2015



Grading Highlights December 2015



Focus is like the sun and magnifying glass.

Kyu Belt Grading December 2015

