

JADE Buddha



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CMAC Black Belt Grading

CMAC BEACHES DOJO
IS NOW ON FACEBOOK



**Black Belt Grading February 28th The Senpais are
challenging 4th Dan Kobudo!**



**Monday February 8 2016
It's the Year fo the Monkey!**

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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

Here's an interesting thing that happened in January. I had been teaching Goju Katas all month and one night I had planned on doing Sanseiru a Brown Belt kata but in the adult class there was only one blue belt and a bunch of Black Belts so I had a change of plan.

Senpai Tisdall had been working Kanku Sai all weapons class and was warming up with Kanku Dai in Karate class so I took the Blue Belt through Bassai Dai and Senpai took the Black Belts through Kanku Dai. Senpai is a Ni Dan in Shotokan so he was all about the task at hand. I don't know Kanku Dai, although I did notice a strong resemblance to Kusanku Dai which I used as my competition kata for years.

The next day I'm at the Honbu in Burlington and Sensei Platt had us go through Kusanku Dai as that is what they had been doing the night before. Then I'm out for coffee after class with Sensei Bassels and he was talking about one of his Black Belts teaching him Kanku Dai who is also a second dan in Shotokan on Thursday, the same day Senpai was doing it in the dojo. I know mind blowing stuff, what are the chances of all three of us doing the same thing at the same time in three different towns without talking about it. What gets me is that this isn't the first time it has happened.

So that was cool but we also did a bunkai off at the end of class, I would show a bunkai from Bassai Dai and Senpai would do one from Kanku Dai. I cheated a bit because I looked at book #7 and Bassai Dai is in there with some good bunkai ideas. Senpai caught me reading the book and said he didn't have any notes, I just laughed, the funny part is he did Bassai Dai in that book complete with bunkai...so I was all him.

I don't have a problem with my students teaching me things, no one can argue that Senpai's Shotokan roots are solid, so no problem, Dr Moussa is unquestionably the best heart surgeon in town, Steve has done more Tough Mudders than any one I know, what can I say about Arnie - he's a beast in the gym and a gentleman in the world, Joel is a great tree man, Jackie has taught me more about people and emotions and seeing things in a gentler way. I could go on with the people I have chosen to surround myself with, but these are the people you know from the dojo.

Choose your friends wisely because when you bring someone in you are excepting their karma as well. Your karma is directly proportionate to your thinking. The outside world is a reflection of your inside world, which means the world you live in is a result of your predominate mental attitude. If you are out with people doing criminal activity and police loop you in with them that's what happens. If you are with well balance, active, fully functional people that are happy and positive you will experience less drama and be happier as a result.

Grading Results

January 30 2016

Yellow Belt

Jaydan Langley
Julia Pletsch
Sophia Miseros
Olivia Sykes
Carter Melanson
Ava Miseros
Adam Langley
Madeline MacKillop
Emerson Macada
Rassna Johal

Orange Belt

Max Dobrowolski

Green Belt

Aaron Robertson

Next Grading

March 5 2016



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

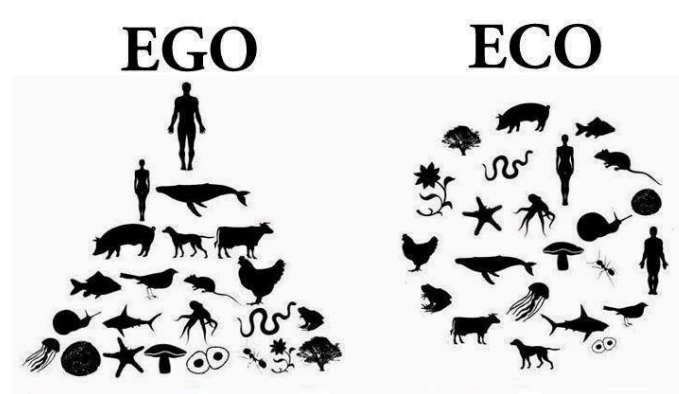
BEACHES EVENTS

February

- 14 Valentine's Day
- 15 Family Day
- 28 Black Belt Grading

March

- 5 Kyu Belt Grading
- 14-18 March Break
- 26-28 Easter



SLAVERY



PAST

PRESENT



ANY QUESTIONS?

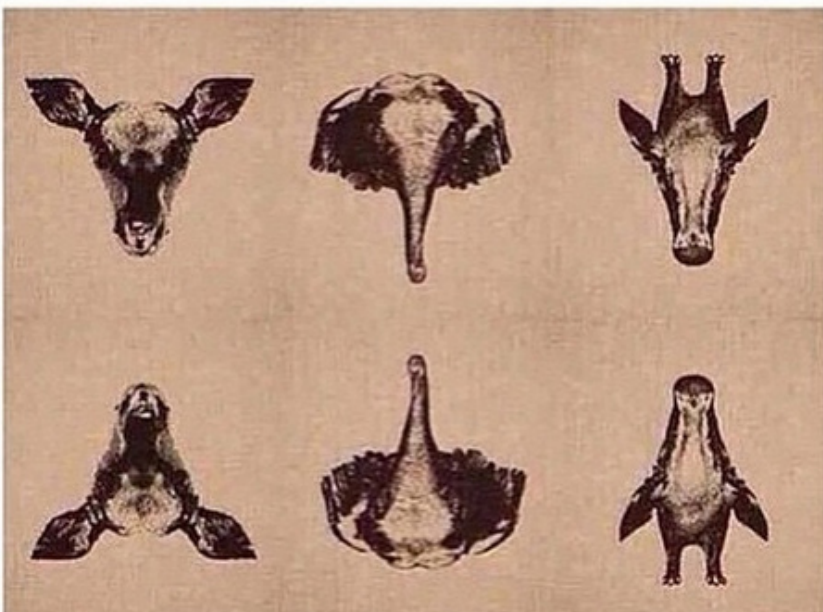
25% interest is a slippery slope to slavery. We already pay 15% tax on everything, now you are up to 40% so something that cost 100 now cost \$140. That is if you don't pay off you credit card every month it keeps growing and growing so when you get your pay check it goes to someone else.

Here's a tip, if you don't have the money don't buy it. I was going to write a book on the concept. But I could only really fill one page.

If you want more money in your bank account just buy things that you have the money for. Not enough money don't buy it. See how it works?

Still a little fuzzy on the whole idea...let me explain it again. If you can't afford to pay for something don't get it.

It's all about perspective



Just because you see things one way and someone sees it another, doesn't mean they are wrong.

I had a guy standing in the middle of the driveway to the parking lot the other day begging for money and he didn't move right away, leaving me with my butt out in traffic. He moved finally then I drove in. When I was walking out of the lot he was there again so I said "hey man can you get out of my drive way" Ok so maybe not the most polite way to ask granted but My God Man what are you thinking. So some lady says "How rude" I was like "He almost caused an accident" then the whole argument about it not being my parking lot. I don't own the property sure but what a stupid argument. This lady wouldn't back off either, so I have two people talking non-sense to me at the same time. I walked away with my chain saw in hand shaking my head.

A wise man once said ... nothing.

Humanity should be our race Love should be our religion...



We are on this rock together and what is really dividing us? It's not the borders, or the oceans or the mountains we have been able to cover great distances quite quickly for some time now. Is it our colour? Probably if you come from some uneducated misinformed back wood community that hasn't evolved since the 1700's. Is it how much money you make? Sure in some cases, but still that is the ignorance that wealth has made you different from everyone else. Usually it comes down to your religion. The most touchy subject there is, and one I don't like to talk about because it's too much of a mined field and for sure someone somewhere will get offended by. But I saw this picture and it got me thinking. People are messed up. Some god somewhere is telling you this and that through a book some man wrote thousands of years ago. If your religion is telling you to hate someone than maybe it's time to find a new religion.



7-5-3 Code



7 Virtues of a Warrior

- Rectitude
- Courage
- Benevolence
- Politeness/Propriety
- Honesty/Sincerity
- Honor
- Loyalty

5 Keys to Health

- Rational Nutrition
- Sensible Exercise
- Efficient Rest
- Proper Hygiene
- Positive Attitude

3 States of Mind

- Zanshin- Alertness, Awareness
- Mushin- Clear Mind
- Fudoshin- Emotional Balance

*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

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

Oct 23 Busbridge 4Th Zach Marshall & Andrew Chen 2nd Karate



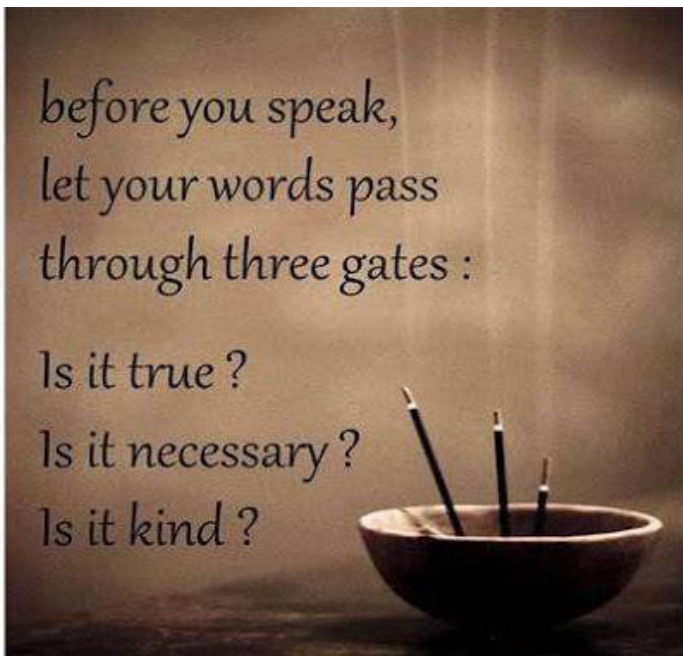
The Bonsai Tree

Look at this delicate little bonsai, it looks ancient and mysterious, it is an art form that requires patience and nurturing.

Bon meaning tray and sai meaning plantings, is a Japanese art form that dates back a thousand years. It is also found in other Asian cultures like China and Vietnam.

Bonsai is a Japanese pronunciation of an earlier Chinese term "penzai". The word bonsai is often used in English as an umbrella term for all miniature trees in containers or pots.

Your child is like a little bonsai tree, needing patience and nurturing so they grow up well balanced and pass on the same caring attributes to their kids.



The Three Gates

Wouldn't it be great if we could take the time to do this mental process before opening our mouths. We live in such a fast passed world with people saying things to us all the time and to be too nice or passive is to appear weak in some instances.

I was walking on the board walk one evening with my girl and some stranger had some insulting things to say to me so I answered back in a very loud and vulgar manor and moved at him in an aggressive way telling him of my violent intentions. He turned and ran from me screaming get away from me.

It would have been nice of me to forgive him for his rude behaviour, but I hadn't seen this three gate idea yet.

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

Tingly Fingers? Start Flossing

Article By Dr Moussa



Flossing: Not Just for Teeth

Many of us may have had injuries to our shoulders or rotator cuffs. Ever wonder why you may have pins and needle tingling sensations on your fingers? You may have Thoracic Outlet Syndrome (TOS). The nerves, arteries and veins supplying the arms and hands come from the chest. They gain access to the arm through the thoracic outlet. This is a space at the base of the neck that is bound by the clavicle, first ribs, capula and all the muscles and tendons of the shoulder. Inflammation in the thoracic outlet secondary to injury may squeeze the nerves, arteries and veins of the arm and hand between the clavicle and the first rib. The result is TOS. The nerves involved are the radial nerve and the median nerve. The ulnar nerve controls sensation in half of the middle finger, all of the ring finger and the entire pinky. The median nerve controls sensation to the thumb, all of the index finger and the other half of the middle finger. To get relief, you must stretch the muscles and then "floss" the nerves through their passages.

SCALENE STRETCH Keep your arms relaxed by your side. Turn your head up and away from the injured side. This will stretch the anterior scalene muscle at the base of the neck. This helps to open the thoracic outlet.



FLOSSING THE ULNAR NERVE Make an OK sign at your chest level. Rotate your hand and arm pressing your palm to your cheek like the goofy glasses thing you did in high school. Bring your ear toward your shoulder and come back to the original position. Repeat this 25 times.



FLOSSING THE MEDIAN NERVE Hold your hand up at shoulder level with your fingers pointing away, like you are holding a tray. Reach out and away from your body to straighten your elbow. At the same time bring your ear toward your shoulder and return to the original position. Repeat 25 times. Make sure you do these exercises daily and you should feel relief in about a week. Ous



What is the purpose of life? Living it.

Black Belt Seminar



Focus is like the sun and magnifying glass.

Kyu Belt Grading December 2015

