

JADE Buddha



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

647-258-7469

www.cmacbeaches.com

March Break

Dojo will be open for the school break with the usual hours

**CMAC BEACHES DOJO
IS NOW ON FACEBOOK**



Jess for Mudan



March grading highlights

Happy Easter

Dojo closed for Easter Weekend March 25-28

Get the CMAC Book Series



INSIDE THE JADE BUDDHA

Sensei's Note	2
Grading Results	2
Events Calender	3
Tiger Babies	3
Karma	4
Legal Drug Pushers	5
Famous Failures	6
What If	7
Bad Choice	7
Grading Highlights	8

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

Beaches Newsletter

Sensei's Note

So the other day I see a lady take one of my fliers out front, so I said "Are you interested in taking Martial Arts" in which she replies, "It's not for me it's for my son, but I have to convince my husband because he thinks it's about fighting."

I have a couple problems with her response, first Karate isn't just for kids. Second, Martial Arts is about not fighting. Anybody can fight, the real fight is not fighting. I teach them how to fight really well but they are not allowed to abuse the training or they kicked out of the dojo.

My parents had the same feeling as her husband so the one thing I really wanted to do I wasn't allowed. I played hockey and all the other sports kids did back in those days. I liked defence for all of them, when you had the ball or puck it was my job to get it back. I never scored a pile of goals in a season, but I didn't care about that much, our teams usually did very well having a strong defence.

I fought a lot when I was a kid, I was quick to get my back up about stuff, and we moved a few times so each time in a new town I would have to prove myself again and again. If I had of learned Martial Arts as a child I would have learned that fighting isn't always the best solution, it could have saved me a lot of problems. I never liked being bullied much so I was quick to throw down.

Another thing that parents don't understand about Martial Arts is that it's not suppose to be fun, it's about training the mind, body and spirit. That takes a lot of hard work and focus, so don't tell them to have fun when they come in here, tell them to train hard and pay attention. Sure I want them to have a good time while they're here but I don't want to compromise the training either. The thing is if they pay attention the training is very rewarding, but you have to use your head for more than a target in here, unfocused empty heads make my job very difficult.

After doing Martial Arts for 30+ years and have made a living from it, travelled around the world, been in movies, had some amazing experiences with like minded people, I think starting Martial Arts was a good decision, but staying with it was the best decision I ever made. Anyone can do Martial Arts but not everyone can stick to it. I quite once, it was after only 4 or 5 months because Sensei wasn't moving me out of the beginner white belt class, even though there wasn't a guy at my level I couldn't take. After a month or two off and not getting a call from Sensei wondering where I was, I went back to the dojo, I wasn't missed by anyone, no one cared. No one cares was the lesson I learned I was the one who needed to care.

That was a good lesson and that day I decided to get my Black Belt and not stop until I did. It took a lot of sacrifice and blood, sweat and tears but I did it. I opened my first dojo in 1990 and have been teaching ever since. There has been many Black Belt promotions under my supervision some have gone on to open up their own dojos. It's been an amazing ride.

Grading Results

March 5 2016

Red Belt

Rashidulla Shinwari
Ruby Jarrett
Payton Melanson
Liba Shinwari
Clara MacKillop
Teagan Barraca
Olivia Waisburg
Shafulla Shinwari

Green Belt

Dillon Gingras
Kiera Howe

Blue Belt

Zach Marshall
Valerie Johnson
Michael O'Neil
Sean Delany
Jovana Shrestha

Next Grading

April 16 2016



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

BEACHES EVENTS

March

- 5 Kyu Belt Grading
- 14-18 March Break
Dojo is Open
- 26-28 Easter Long Wkend
Dojo Closed

April

- 16 Kyu Belt Grading

Tiger Piggees

A Tigress lost her cubs at birth due to complications and shortly after slipped into a bad case of depression. The zoo owner decided to find her some cubs that needed a mother. The only animal babies out there that needed a mommy were a litter of piglets, so they whipped up some tiger striped vests and bingo everybody is happy.



Animals are people too, they need to be needed, they need to connect to others, they need love and affection, so treat them with the same respect you would a human. Just because they can't speak doesn't mean they can't communicate. If you watch and pay attention to them you can have a very meaningful relationship with our furry four legged friends out there.

A wise man once said ... nothing.

Karma

If your thought emulates your life why would you think of anything but positive things that you want to manifest in your life?

We are living Gods, we have the ability to think thoughts and make things happen. Mind and thought are the construct, the landscape, blueprints for whatever you wish to create. If you desire happiness you need to think happy thoughts. If you wish to be sad think of sadness.

We do not live in the wilderness, in seclusion far from the madness of the modern world, we live in the city with modern demands and a modern day pace, so just thinking happy thoughts does not make all our problems go away, that's true. But to think of bad things happening doesn't help you, worry is negative goal setting.

We as human beings have tremendous untapped potential. When we think we create a vibration, a frequency that moves through time and space to those that are ready to receive it, and this is how a friend will call you when you think of them, or when something happens you say "I knew that would happen" etc there are many examples of just how awesome we are.

When we think we send out a ripple, like throwing a pebble in the water of a clear calm pond, our action also create a ripple effect, so remember every cause has an effect. When you are confused why a certain thing keeps happening to you, it's because of you. You need to realize that you are the Master of your own universe, so wake up and stop repeating the same negative thought process.

Now that being said here is another thing that can sabotage your happy life, the karma of those you have in your circle of friends and family. Knowing what you do about karma, you understand how powerful it is, people around you should learn that karma is really just a matter of paying attention. Yes paying attention is really all karma is. Here are some examples; don't follow the rules of the road, you either get a ticket or

crash, that's pretty basic. Don't pay attention to the instruction and fail the task, basic.

All of us carry karma with us, it's like a light, nay an energy, it could be dark or light. Every decision we make carries that karma forward, example; chose to let someone in front of you in traffic you have made their life a little better making you feel better inside. Chose to focus on the instruction, learn the lesson or drill and be a hero on the dojo floor.

Ok so karma is real and it's powerful and everyone has it, how awesome is that? Yes it's extremely awesome! So here it is you must be careful of those around you for they possess great power and used carelessly can cause great hardship for you. There are many stories of people that have good and bad things happen to them just because of the people they chose to associate with.

So you have worked very hard on your karma, doing the right things all the time will bring you a certain level of good karma for sure, but doing good just for the sake of your own karma is false, you have to truly mean it. The action must come from the heart. The heart is the power centre for the body, the heart chakra is a very strong communicator to other bodies, if the heart doesn't mean the action the others will feel it on a subconscious level which is the closest chakra centre to the heart.

Doing good things even when you are in a bad mood may take some effort, but it will pay off and quite possible pull you out of your funk. Your positive actions will become a habit, you will be looking for ways to help people on a regular basis, because helping people helps everyone. Say you're grumpy and have an attitude, you decide to share that negative attitude with others making them unhappy, does this help you? No it doesn't! Now the next person they have to deal with gets some negative attitude that just got carried forward. You have effected more than yourself. You threw a bolder into the nice clear calm pond and stirred the whole thing up! So thank you for that. The world doesn't revolve around you so stop being so selfish.

*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?

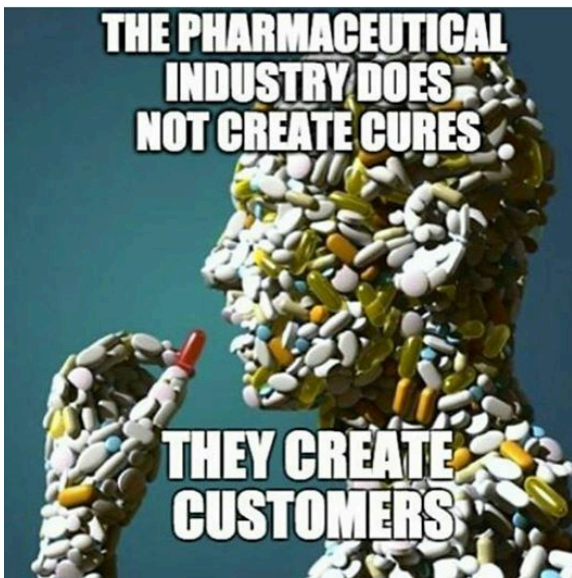
Give Earthways Tree service a call and they will take care of everything 647 544 8733.

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, Jessica Young 1st Dan Karate, Chris May 2nd Dan Karate

Oct 23 Busbridge 4th Dan Karate Zach Marshall & Andrew Chen 2nd Karate Allan Tonner 1st Karate



The Legal Drug Pushers

So here's the thing, we live in an economy driven by a sick society. Pharma makes Billions upon Billions of dollars on a trusting consumer base of sick and dying people, who if they only knew they were being taken for a ride would be outraged beyond comprehension. We for some bizarre reason trust those who have been put into a position to guide us and help us. We actually believe that when the doctor prescribes a drug for us it is to help us get better.

There is a thing called ethics, so that helps them stay in a position of power over us. We believe that because of ethics they wouldn't possibly do anything morally wrong. Boy are we naive. There is a huge industry making crazy amounts of cash off our poor trusting souls. Where are the cures?

Having a hard time wrapping your mind around the idea that you are making someone rich by taking prosaic because you are depressed. Why don't you ask yourself why are you so depressed? Ask yourself why drugs were the first bit of advice given to you, why not spend more time doing a hobby, or outside in nature, or exercise, or Tai Chi or change your crappy diet, or change your job, or find a new friend or anything else other than here take this and the side effects are this; mood and behavior changes, anxiety, panic attacks, trouble sleeping, irritable, agitated, hostile, aggressive, restless, hyperactive (mentally or physically), more depressed and some people think about suicide after starting antidepressants. I ask you, does this sound like something you want to take a chance on?

Remember that slogan they had years ago "Just say no to Drugs!" There is a reason they don't show it anymore, subliminal mind training works. If you keep telling a nation to "Just say No!" Profits drop for Pharma and people everywhere suffer, the government will definitely feel a pinch when billions of tax dollars turns into only millions. Sure the ad was for illegal drugs but drugs is drugs why take a chance.

I adopted the "Just say no to drugs" policy and I will judge a doctor by his readiness to prescribe. I was looking for a doctor years ago and he immediately wanted to give me shots for tetanus and flu, I walked out. Some years later after surviving without tetanus and flu shots another doctor wanted to prescribe a High Cholesterol Drug HCD that will bring down my cholesterol but HCD's also cut your co-enzyme Q10 levels drop to 40%, no big deal that's only the thing that drive the heart, oh sure it brings your cholesterol down but your heart could stop....aww what? Wait a minute... Do your own thinking!

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

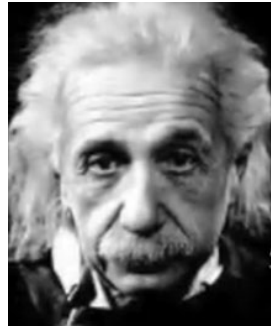
Famous Failures

HIS FIANCÉ PASSED AWAY, HE FAILED AT STARTING A BUSINESS, HAD A NERVOUS BREAKDOWN, AND LOST 8 STRAIGHT ELECTIONS.



ABRAHAM LINCOLN
16TH PRESIDENT OF THE UNITED STATES
AND HELPED END SLAVERY

HE WAS NOT ABLE TO TALK UNTIL HE WAS 4, UNABLE TO READ TILL HE WAS 7, BEING TOLD HE WOULD NEVER AMOUNT TO ANYTHING.



ALBERT EINSTEIN
THEORETICAL PHYSICIST AND
NOBLE PRIZE WINNER

R

U

FIRED FROM A NEWSPAPER FOR LACKING IMAGINATION, CREATIVITY, AND NO ORIGINAL IDEAS.



WALT DISNEY
WON 22 ACADEMY AWARDS
CREATOR OF MICKEY MOUSE

SHE WAS TOLD BY MODELING AGENTS THAT SHE SHOULD INSTEAD CONSIDER BEING A SECRETARY.



MARILYN MONROE
FAMOUS MODEL,
ACTRESS, SINGER

HE WAS CUT FROM HIS HIGH SCHOOL BASKETBALL TEAM.



MICHAEL JORDAN
6 TIME MVP, 5 TIME NBA CHAMPION
14 TIME ALL STAR, IN THE HALL OF FAME

SHE WAS DEMOTED FROM HER NEWS ANCHOR JOB, THEY TOLD HER SHE WAS NOT WHAT TV WAS LOOKING FOR.



OPRAH WINFREY
HOSTED A SUCCESSFUL SHOW
STARTED HER OWN NETWORK

A SINGLE MOTHER ON WELFARE, STARTED WRITING AND HER BOOK WAS REJECTING BY 12 PUBLISHERS.



J.K. ROWLING
AUTHOR OF THE HARRY POTTER SERIES, A
BEST-SELLER, AND A MULTI-BILLIONAIRE

WHEN HE WAS 30 YEARS OLD HE WAS FIRED FROM A COMPANY HE STARTED.



STEVE JOBS
INVENTOR, FOUNDER OF
APPLE & PIXAR

SEEING A

PATTERN

HE WAS REJECTED FROM THE UNIVERSITY OF SOUTHERN CALIFORNIA SCHOOL OF THEATER FILM AND TELEVISION THREE TIMES.



STEVEN SPIELBERG
LEGENDARY DIRECTOR AND
3 TIME ACADEMY AWARD WINNER

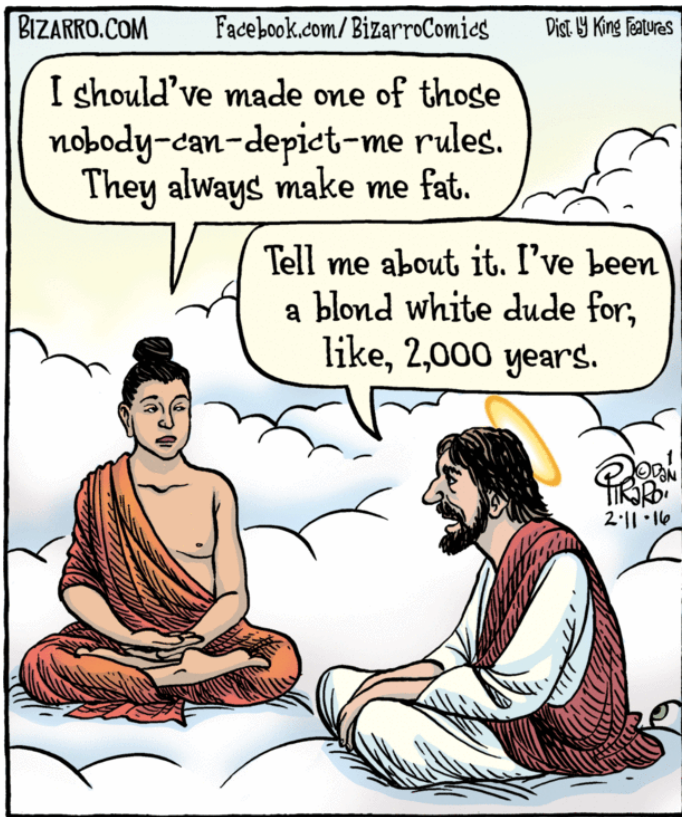
HIM AND HIS BAND WAS OPENING FOR THE MONKEYS AND THE CROWD BOOED OFF STAGE, THEN HE WAS KICKED OFF THE TOUR.



JIMI HENDRIX
LEGENDARY GUITARIST, SINGER,
SONGWRITER, IN THE MUSIC HALL OF FAME

What is the purpose of life? Living it.

What If.....



What if there was no Heaven, no Hell? What if your life that you have is heaven or hell....What if this is all there is?

So here we are trying to do everything we can to get to heaven, (well within reason, we are Canadians after all). We like to have a good time. I don't know anyone that has devoted themselves whole heartedly to the church. Everyone I know lives a pretty common existence, work, train, sleep, and enjoy themselves in social settings.

Most of us went to church as kids and learned about the bible, the ten commandments, and right and wrong. My brother still goes to church every Sunday and I believe that it has given him the power, or internal fortitude to fight the good fight. Belief is a powerful thing for sure.

So here we are living our lives, day to day, believing this and that...Who's right, Jesus, Buddha, Mohammed?

Oh you'll find out when you're dead you just have to have faith, haha, wow what an amazing set up.

Make your heaven here on Earth right now, be nice, be thoughtful to others, be the good, you want to see in the world.

One Bad Choice A Life of Sorrow

Lots of people are talking about the guy who was driving drunk and took out the whole family in a car accident. This is an absolute nightmare! His life that was once great, he was set, rich, getting married, he was on his way to a very happy life. Then the accident, now he has to live the rest of his life in sorrow for a moment of bad judgement.

We live in a great country with lots of opportunity, but with every sort coming, with every bad choice our opportunities lessen. Why sabotage ourselves, bad habits, bad choices, lack of follow through, lack of discipline, and short sightedness may hold you back.

Sabotaging ourselves with smoking and drinking and other harmful time wasting things not only robs us of time but also steal our health. Not to mention drink-

ing too much helps you make some very regrettable decisions.

No follow through gets you absolutely nowhere, how many things have you started only to give up a year or two into it. Too bad we couldn't learn everything we needed to in just a few minutes. Put me into the Matrix! Well it doesn't work like that - everything takes a lot of work and a lot of time.

Without discipline you have no chance, you won't have the skills to make it through a tough day.

Sort sightedness won't help you see the big picture, you will only make small plans, small dreams. You need to think of down the road, dream big dreams.

Life is hard no question about it, but one wrong choice can really mess with your future.

Focus is like the sun and magnifying glass.

March Kyu Belt Grading

