

JADE Buddha



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Yay Summer!!!!!!
Dojo summer break hours

**CMAC BEACHES DOJO
 IS NOW ON FACEBOOK**



This kid is so happy summer is finally here :-)



Alan Tonner for Mudan

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**Day of the Blade seminar is
 coming July 31st be there.**

Dojo closed for all Long Weekends ALWAYS

Get the CMAC Book Series



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

Beaches Newsletter

Sensei's Note

Have you ever wondered what it's all about? Why are we here? Where did we come from? Where are we going? Why am I here with these people instead of those people? Why is my God not your God? Why doesn't God show himself? Why do we believe in this book that was written by a man, but are the words of God?

Recently I watched "The Book of Eli" it's a post apocalyptic movie with Denzel Washington making his way across the USA to the west coast and encountering many unsavory characters. His mission in life is to keep the good book safe until it can be reproduced for the masses once more. He is protected by a higher force as he is tested by people wishing to take the book and use it to control people by the power of it's words.

I enjoyed the movie for it's message and of course the fight scenes. I don't want to give away the whole movie so I'm not going to talk about it anymore.

The other day a kid was talking about the Earth rotating around the Sun. I said that the Earth doesn't rotate around the Sun but rather chases after it in a spiraling vortex that is gripped by the gravitation of the Sun, as the Sun rips through the universe at some unbelievable speed. The kid looked at me like I had two heads.

Thirty years ago no one had a cell phone, one hundred twelve years ago man invented the car, few hundred years ago the world was flat. The bible was written a couple thousand years ago, so...what do we really know anyway. Us trying to figure out God is like a drop of water trying understand the ocean.

People are dying of cancer left and right because of the greed of man. We have the resources to feed the world yet people are dying of hunger because of the greed of man. We have the ability to create free energy, clean water, cure cancer and many other diseases, but because of the greed of man we are trapped in an incredible prison of debt and taxes that we have created.

Some people may say if there is a God how could he let all this corruption and evil doings go on unpunished? I say don't worry their karma will get them, sure many people may suffer and it just might take out the entire human race, but that's karma.

Karma is a matter of paying attention and for those who are paying attention life is much easier than for those who don't. Chemo doesn't work 97% of the time yet the doctors still push it. If Ford built a car that blew up every time you drove over 97KM would you buy one?

Greed is a sin and sins are basically guidelines to get along with others, like stealing, no one likes a thief, or a muderer...well who wants to hang around with those guys. If people don't like you your karma will be bad, we need each other's support, imagine if no one bought into chemo, no money, no more chemo.

Grading Results

June 11 2016

Yellow Belt

Scarlett Buckley
Jacob Ortiz

Orange Belt

Killee Gaskovski

Red Belt

Jacob MWM

Green Belt

Kiera Howe

Purple Belt

Emily Armstrong
Carys Beatty

Blue Belt

Marcus Chefe
Mike Tonner

Next Grading

July 16 2016



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

BEACHES EVENTS

July

- 1-10 Dojo Break
- 16 Kyu Belt Grading
- 31 Day of the Blade Seminar

August

- 26-31 Last Dojo Break

How to Train

I want you to think about this the next time you are working with a partner, if you are learning a drill or combination or a throw, do it the way you see it. Sure you could block the move or counter the throw, but that doesn't help the guy trying to learn the move. Deviating from the drill shows your ego. Just work what you have seen, there will be a time for you to freestyle during sparring.

First you need to learn how things work before getting too creative.

Climbing Day



We just had a blast at the Toronto Climbing Academy, the staff there was very helpful and accommodating. Some of the kids had climbed before so they went at it like little monkeys. Some of the adults had belaying experience even qualifications at the Academy so we were able to belay for the kids which made it even more fun.

One of the funny things that happened was one of the parents asked me how long I've been climbing, and I said this is my second time. Then she said "How do you know so much about it?" I said "Cuz I've been doing Martial Arts for over 30 years and I apply my training in everything I do, plus I focus when I'm learning something new." She thought I'd been doing it for years, haha we are definitely doing that again.

A wise man once said ... nothing.

Climbing Day



*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

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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, Cosima 1st Tai Chi

Oct 23 Busbridge & Kortright 4th Dan Karate, Zach Marshall & Andrew Chan 2nd Karate, Allan Tonner 1st dan Karate, Moussa Kobudo 1st dan

Entitlement

Entitlement...here's a thing that I've been seeing more and more out in the world and here in the dojo, and I don't like it! The other day a little kid is being a total nightmare because his grandfather died. Sure it's upsetting, we all know how terrible it is, but it doesn't give you the right to behave like an absolute, beep...beeping...beep! You can full in the blanks however you want. I think somewhere along the way the kid learned that when you lose someone you can act however you want and you will get attention. Kids want attention, that is the thing that makes them tick, so giving in to their actions like "Oh poor little fella he is really upset, that's ok." Well it's not ok, pull it together and think about other for a change. People will respect you more if you are more considerate to others.

Of course it's easier said than done, dealing with people who have no idea about emotions and behavior is a hard thing but it is your duty as a person of influence to spell things out to these little guys, or maybe even adults. It's ok to draw attention to yourself in positive ways like, trying hard at any given task, or helping others, or learning something cool like how to play the guitar or drums or rock climbing, woodworking, dirt biking, etc. anything that would make you a little more interesting than the next guy.

Who are you going to chose as a friend? The absolute zero that has nothing going on and thinks the best way to get people's attention is by acting up because something bad has happened and they don't know how to handle it. Or would you rather like to get to know the guy that is in control, can handle himself in a civilized manor no matter what the situation, a guy that has interests and hobbies, and can actual do cool stuff. For sure you want to know the second guy...so be that guy! Straighten up people.



Day of the Blade

Day of the Blade seminar will be awesome! It will take place at Base Bassels on July 31st and we will be covering sword, spear, knife and kama.

I plan on camping over Saturday night with the usual, Bon fire, BBQ, music and stick fight around the fire. Get up the Sunday warm up with the straight sword, breky, then broad sword, break, laido, break, spear and kama, then to finish Tamashiwara.

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



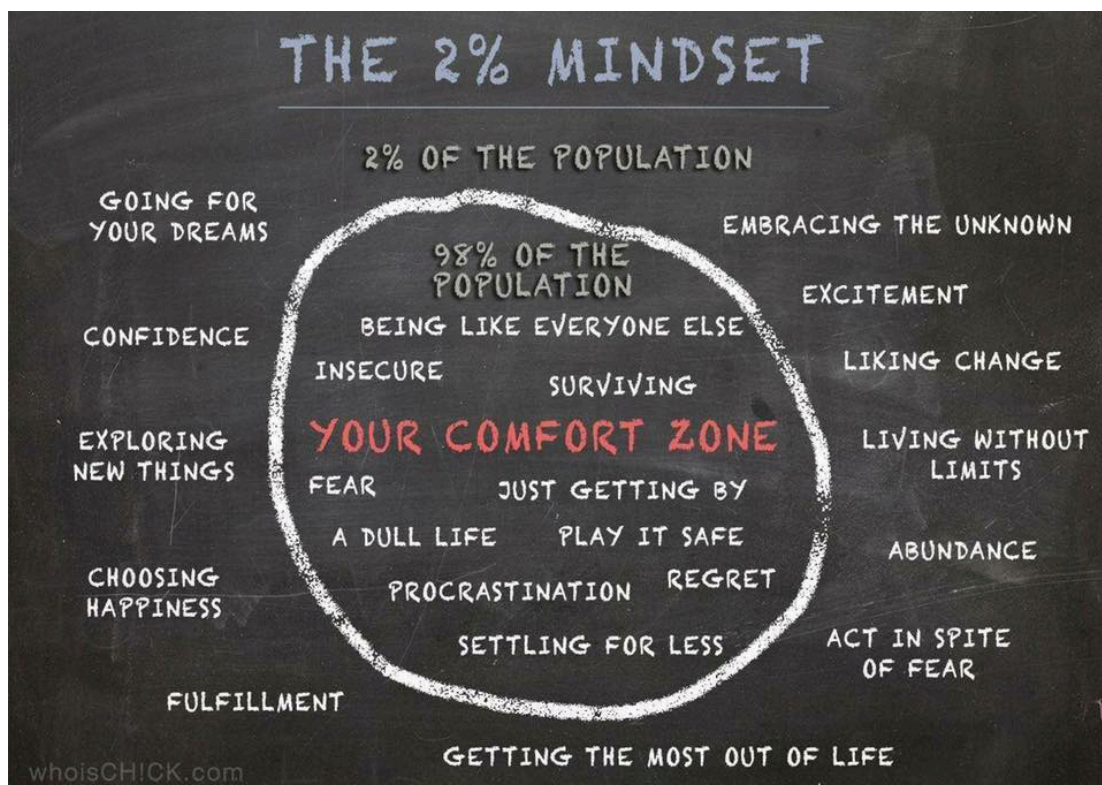
Happy 149 Canada

Oh Canada, what a great country are you! I thank God everyday that I'm a Canadian living in this wonderful land, we are truly blessed to be here.

Canada has so much to give, so much opportunity who wouldn't want to live here?

I think it's great that there are so many different nationalities living here, Canada was built on immigrants, so welcome the new comers and show them what is like to be Canadians.

As most of the parents of the dojo have come to realize when they bring their kids to the dojo they coming here to learn how to be better people, martial arts is a means to an end. The immigrants coming to Canada have other cultures, so be cool when you meet them, they will learn our ways as time goes on.



What is the purpose of life? Living it.

Dojo Summer Hours

Monday's Tai Chi 6:15-7:15pm Adult Karate 7:30-8:30pm

Tuesday's Kids 4-7 Karate 5-5:45pm

Wednesday's Kids 8-11 Karate 5-6pm

Thursday's Weapons 6:15-7:15pm Adult Karate 7:30-8:30pm

Saturday's are unchanged

Teens can come to any of the kids classes.



Q. How long does it take for the average person to earn a Black Belt?

A. The average person doesn't earn a Black Belt.

From a Parent

One of my friends asked "Why do you pay so much for your kids to do Martial Arts?" Well I have to a confession to make, I don't pay for kids Martial Arts. Personally, I could care less about Martial arts.

So, if I am not paying for Martial Arts, what am I paying for?

I pay for those moments when my kids become so tired they want to quite but don't. When they get home from school and are too tired to practise but do anyway. I pay for the discipline, the work ethic and team building, the goal setting and accomplishments. I pay for my kids to learn that it takes hours and hours and hours of hard work to be a champion, that success does not happen over night. I pay for the opportunity that my kids may have and will have to make life-long friendships, they will learn about health and how to take care of themselves. I pay so that my kids can be in a dojo instead of in front of a screen.

I could go on but, to be short, I don't pay for the Martial Arts, I pay for the opportunities that the Martial arts provide my kids with, to develop attributes that will serve them well throughout their lives and give them the opportunity to bless the lives of others. From what i have seen so far I think it is a great investment.

Focus is like the sun and magnifying glass.

June Kyu Belt Grading

