

# JADE Buddha



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## Meditation on Mt. Wudan

*When I need to find inner peace I just have to close my eyes and go there, it was a beautiful day in the clouds.*

**CMAC BEACHES DOJO IS NOW ON FACEBOOK**



**Mt. Wudan China 2007 still gives me a rush when I think about it. I've done a lot of things in this life but few things can thrill me the way Martial Arts has, and the ride is long from over.**



**Sensei Peter Urban**  
*Founder of American Goju*

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*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

What a great idea these summer hours turned out to be, I wasn't going to do it, but changed my mind at the last minute. Sure glad I did, I can't remember ever having such a great summer. I look forward to doing it again next summer. The week when the mats bubbled up was good timing as well.

Had some good adventure during the long weekend, most of you already heard the story of me getting stuck in the mud in the wilderness so I won't bother telling the story. I did come out it with some observations though.

Here are a few things I noticed; Even though the road maybe rough it will have it's rewards.

The price of getting a city slicker out of the bush is a thousand dollars.

If you let people do it for you, they'll probably do it to you.

Facebook isn't the worst thing there is, I think it's Pokemon.

Always respect a man with an assault rifle.

You can never have enough gear.

Any idiot can be uncomfortable (we used to say that when I was in the army).

If it's to be it's up to me.

You're not a problem, you're a challenge.

Just a little switch in perspective can totally change your attitude.

For me just turning the whole thing into a mission to get out, in under 24 hours made it more fun, and pulling in Cozi made it interesting for her as well since she has heard lots of my adventures but never been in on one.

Having travelled a lot in my life, whether it be on a bike, training in Asia and other places around the globe, in transport trucks or just for fun I have seen just a pile of things, had some amazing adventures too. One of the things I've noticed is that even though you have thought it out, made great plans, and covered all the bases, there is going to be something that you just don't expect. So you have to deal with it and do it quickly.

Admittedly I couldn't get the truck out of the situation I found myself in right away, so I had to figure something out. As things go I think I made the best of it... well to be honest I would have to say I owned it. When things start to fall apart on you remember this, it just might help you out one day. Just say to yourself, out loud if you want "You're not a problem - You're a challenge!"

## Grading Results

July 16 2016

### Blue Belt

Steve Barreca

### Brown Belt

Sebastian Dobrowolski

### MuDan

Allan Tonner

## Next Grading

September 24 2016



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

26-31 Last Dojo Break

**September**

1-5 Dojo Break

6 Dojo Open

24 Kyu Belt Grading

## How to Learn a Kata

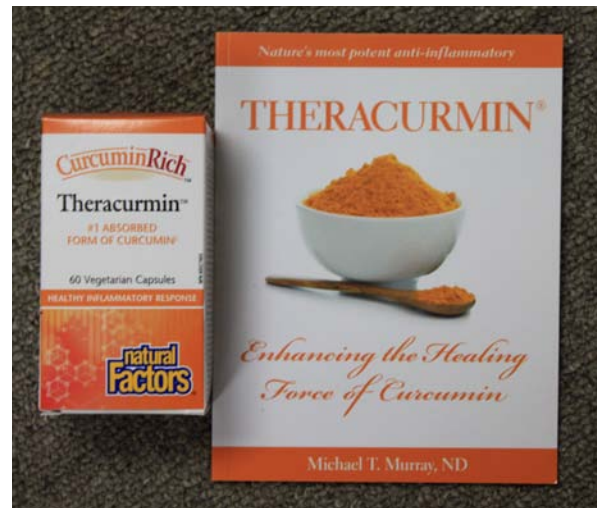
Some people have great difficulty learning how to do a kata, others seem to pick it up quite quickly, don't hate them for it either way.

The only way to get good at this thing called Karate is to practice, there it is, that's the big secret. How can you prac-

tice if you can't learn the kata? Try one move at a time, write it down, video it, then practice it again and again. Meditate on it, think about it, try to understand what it is you're doing. Get a partner to practice the Bunkai with, and then do the kata with them over and over. By having a partner to work with you both benefit.

# Theracurmin

Here's something you might want to add to your daily supplements, it helps in many areas, here's a list; LDL Cholesterol, it's an anti-inflammatory, has anti-cancer properties, aids in weight loss, type 2 diabetes and insulin resistance, protects against age related brain damage, and Alzheimer's disease, can be used as an antidepressant. Get it at the Health food store.



## From "The Book of Goju"

*By Sensei Peter Urban*

"Your diploma at your Karate promotion is a receipt for your hard work invested in the self through a school called a Dojo. You accumulate and earn them the hard way up the ladder of progress. In a way, you are born again each time you graduate from a given level, in a practice of perpetual self improvement in your fighting skills and character. It is a measure of your maturity in a world of others. Wholistic humanism is the broad spectrum view of classical martial arts training. Your diploma is a promissory note - to continue to develop and achieve throughout life in the way of Karate."





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

## Does a Dog Have a Buddha Nature?

"Does a dog have a Buddha nature?" It's a zen koan ( a zen riddle).

Zen koans are meant to give the person in meditation something to focus on, to take them out of their everyday thoughts and worries.

The picture below shows what the average person sits and thinks about, while the dog is happy to be in the moment, happy to be sharing time with the one he loves.

People often love things and use people, when they should love people and use things.



*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, Cosima 1st Tai Chi

Oct 23 Busbridge & Kortright 4th Dan Karate, Sean Delany 3 TC, Zach Marshall & Andrew Chan 2nd Karate, Allan Tonner 1st dan Karate, Moussa Kobudo 1st dan

## Coyote VS Road Runner

Now here's something you don't see everyday, a coyote with a rocket strapped to his back hunting a road runner, but the weird thing is he's wearing night vision glasses in the middle of the day. Now I wouldn't have believed this for a moment if I hadn't seen it for myself. You see the craziest things up north.

I was little concerned for the bird at first, the coyote was packing way too much heat for such a small target, I mean who hunts with a 50 Kilogram surface to air rocket strapped to their back? This was not a hunting trip gone wrong, it looked like cold hard vengeance to me.

Anyway the bird makes his move and flies straight up, the coyote has to stand to fire the rocket. The rocket is launched and the bird is both smart and fast, so he moves to the side and the rocket misses and goes straight up. The bird circles around and keeps the coyote in the exact same place as the launch.

When the rocket launched I had to run a bit just to get to a safe distance but what I saw when I turned around was unbelievable, the rocket had to fall back to Earth and when it did it landed right on the coyote.

After the smoke settled I couldn't see either the coyote or the bird but I did hear a "Beep Beep"





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

## Warrior Spirit

This is how problems are now being handled in many of the Retirement homes around the GTA due to the success of this epic battle between Fred and Bernie. These two old boys have been at each other throats for years and finally Fred challenged Bernie to a dual, and to Fred's surprise Bernie agreed.

They meet in the cafeteria at 4:30pm just after dinner, and it was on, these two battled it out for a solid 23 seconds before Fred broke his hip going for a lunge, Bernie parried and Fred went right through, there was a crack then a crash and that was the end of the dual.

Now that Fred is out of Hospital Bernie and him are the best of friends, they laugh and joke about it all day long. Bernie even ended up with a silver fox after it was all over. There is talk of a rematch after Fred can stand up again. The retirement home has never been so alive.



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

## Dojo Hours

**Monday Teen Karate 5-6pm Tai Chi 6:15-7:15pm Adult Karate 7:30-8:30pm**

**Tuesday 4-7 year old Karate 5-5:45pm Kobudo 6:15-7:15pm Adult Karate 7:30-8:30pm**

**Wednesday 8-11 year old Karate 5-6pm Tai Chi 6:15-7:15pm Adult Karate 7:30-8:30pm**

**Thursday Teen Karate 5-6pm Kobudo 6:15-7:15pm Adult Karate 7:30-8:30pm**

**Saturday Tai Chi 8:30-9:30am 4-7yr. 9:45-10:30am 8-11yr. 10:45-11:45am Adults 12-1pm**

**Saturday Kobudo 1:15-2:15**



## 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?

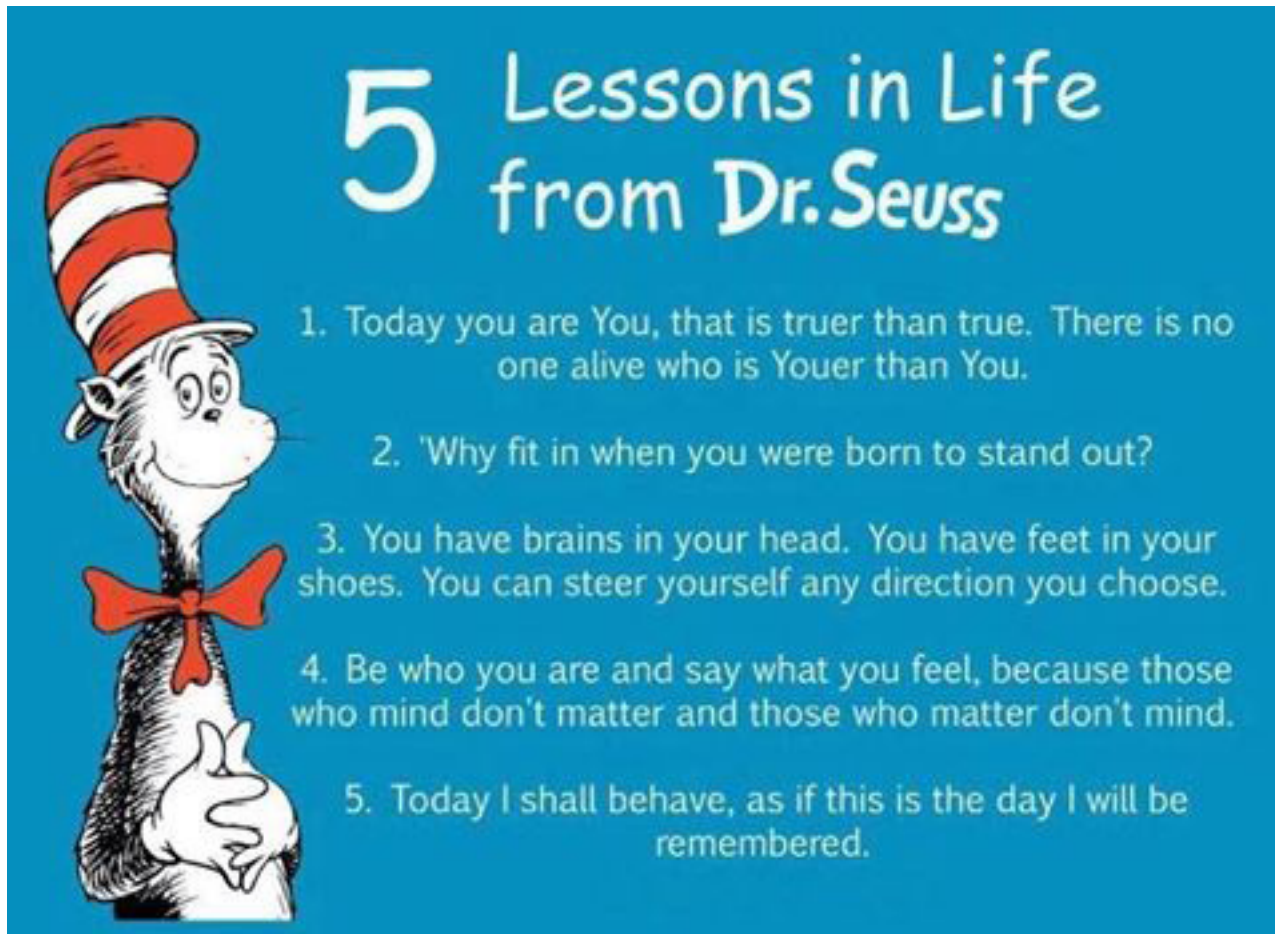
I pay for those moments when my kids become so tired they want to quite but don't. When they get home from school and are too tired to practise but do anyway. I pay for the discipline, the work ethic and team building, the goal setting and accomplishments. I pay for my kids to learn that it takes hours 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.

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.

*Focus is like the sun and magnifying glass.*



You have to love Dr. Seuss, how cool is this guy, no judgement, we are who we are, that's it.

Why fit in? Sure I get it, everyone wants love and affection, attention of some kind, so stand out! But stand out in a way that will bring about the reaction for others that you want. Standing in a disruptive negative way simply will not bring about the response you want.

Just because I like this and you like that, shouldn't make us enemies. I am me and you are you, I like to think about this and you that. We have the right think what we want. So think! Don't let someone else do the thinking for you.

We are people on a planet ripping through space and at just an incredible pace, where are we all going through outer space? Who are we going with? Sometimes you maybe going somewhere with someone and they are not on your side. This can be seen by their behavior, do they support you or not? Chose your friends wisely because they bring karma with them. A person with bad karma will cause you many problems. Karma comes from a way a person thinks. If it is negative and destructive, that is what will follow, if it is constructive and positive that will follow. You get what you think about, how could it be any simpler than that.

Plan your life as though you will live to be a hundred, but live each day as it were you last.