

JADE Buddha



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Grading Highlights

CMAC BEACHES DOJO IS NOW ON FACEBOOK



CMAC Black Belt grading coming up October 23 in Burloak



Kimochi

INSIDE THE JADE BUDDHA

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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**

PRIDE and I'm not talking Gay. I'm talking about really manly pride, the kind of pride where you don't go up to a girl and say "Give me some Money!"

So I'm at Timmies the other day for my 4 o'clock fix and some boy asks ney demands some money from this girl waiting for her order. I listen to the banter back and forth and this boy was rude. So I just figured it was her brother or something like that. He goes over and stands in line and she goes and gives him \$.35 cents and the boy says "Thirty Five Cents?!" with some attitude. No, "thank you" or anything nice to say, just attitude.

Anyway she comes back over to where I was waiting in line for my coffee and grabs her drink, I say to her "Is that your brother?" she said "NO". I just looked at him and said "Wow!" grabbed my coffee and left shacking my head.

What has happened to us? Men used to have pride, guys wouldn't shake down girls for money, maybe little wimpy guys in the school yard that had no back-bone or fighting skills. But not girls. What's next robbing old ladies? Oh right that is actually happening now. There used to be boundaries, now it just seems like anybody is a target.

There was a little old lady getting car jacked in her own driveway when her son caught them and beat them down with a baseball bat, then when the cops came, the son was charged. When the law protects the criminals more than the victims, we have a problem. The law are suppose to keep us safe, not punish us for saving old ladies. No pride, no honour.

Could this be an effect of not spanking when they were young? When I was young you know I got spanked a few times, the last time dad broke a board on my butt, that left an impression for sure. I was no angel you can be sure, but I never bullied kids, shook kids down for lunch money. I was a bit of a handful in classes I didn't like, and maybe there were a few windows on the wrong end of my sling shot but, I paid for it in the End, believe me.

There is no cause and effect lessons being taught these days, kids have the run of the house and parents would rather give them what they want instead of taking the time to educate them on how they should behave. I always have kids trying to test the limits in the dojo, if they don't smarten up within a given time frame I kick them out. Sure I'm giving up on them, but you simply aren't paying me enough to fix them. Now if you wanted to pay more maybe. But kicking out the odd problem child helps to keep everyone else in line. It works like a charm in fact, I've had kids on the verge of the brink and boom I kick out their buddy and all of a sudden that pain in my neck just did a complete 180.

Parents spend some time with your kids and explain to them the importance of pride and honour, they are representing you after all.

Grading Results

September 24 2016

Yellow Belt

Sidney Scott
Oscar Alexandre
Lane Scott
Daryn Hill

Orange Belt

Olivia Sykes
David Sykes
Lori Ann Walker

Red Belt

Mila Vrba

Green Belt

Rashidullah Shinwari
Zarah Shinwari

Purple Belt

Fin Donald
Max Tomlinson

Next Grading

October 23 2016



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

BEACHES EVENTS

October

- 10 Thanksgiving Long wkend Dojo closed
- 22 Kyu Belt Grading
- 23 Black Belt Grading
- 31 Halloween

November

- 11 Remembrance Day
- 26 Kyu Belt Grading

22 Push Ups for 22 Days Challenge

Maybe you've heard of it, it's a challenge to do 22 push ups per day for 22 days or donate \$22 to different organizations out there that help soldiers dealing with PTSD. An average of 22 vets a day commit suicide because of PTSD, they may have survived the battles of war, but were killed by their own hands due to PTSD.

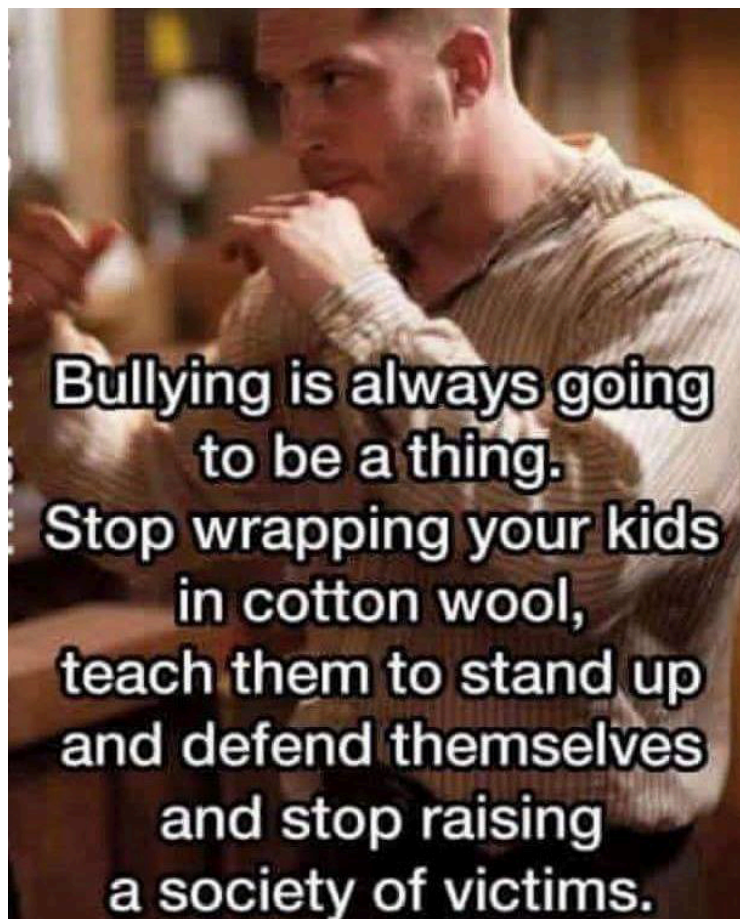
Do whatever you can to help our troops, as they have made a huge sacrifice for country and honour.

Not everyday is a
good day, live anyway.
Not everyone tells the
truth, trust anyway.
Not everyone will love
you back, love anyway.
Not every game will
be fair, *play anyway...*



A wise man once said ... nothing.

Bullies...We don't need no stinken Bullies



Bullies what are they good for? Haha for me they're good for business. Just joking....kinda.

When I was a kid three guys would pick on me after school. It went on for maybe 2 days before I decided I was going to beat the heck out of these guys if it happens again. Guess what it happened again, I was really good at fighting back, the first two had no clue what was happening and the last guy got the worst of it, I didn't want to stop.

I had an easy time in public school after that, well one kid tried to stab me in the eye with a pencil, he went to the principal's office. Then came High school, I think it was the first week some kid with red hair came after me, then High school was smooth sailing. I had a great time in the army we used to fight amongst ourselves all the time, you no just for fun but we were establishing some kind of brotherhood. After the army, it was the dojo life for me.

Violence is just apart of who we are. It would be great if it wasn't but if people can take advantage of you they will. I don't fight at the drop of a hat anymore, but I'm not that slow in getting my hands up.

It's important to know how to win, so you need to have all the angles covered, fight smart. Since everything goes to court these days, you need a good lawyer. You need lots of money in the bank to pay said lawyer. You need to understand the rules of engagement. You need to know where the cameras are. You to be in the right.

You must know your opponent, fighting guys that have nothing lose is tricky because they don't care and that makes reasoning with them difficult so it's going be fist-o-cuffs 9 out of 10, be ready. Most guys with a life, a wife, good job, house, things, usually don't pick fights or get involved in vengeance because they have too much to lose. Which is by the way another form of control.

I can keep a handle on it for the most part but there are days, I'll give you a chance to be nice and turn your attitude around but if you keep coming I'll get you. There was a guy in his sport truck one day who had a problem with me and my bike and started being a real mouthy jerk but wouldn't stop insulting me, so here was my response "Blah Blah Blah YOU WANT TO FIGHT OR WHAT!" he made a move like he was gonna pull over so I rushed right at him said one more thing to him in a way that made him twitch and he drove away, I chased just long enough to cool down and make a choice - Left to highway and freedom or right and jail. I at the last second took the highway. Sometimes it's hard to make the right call like that, but you have to do the right thing. He was just a loud mouth jerk that had some issues, his home life is probably falling apart because he picks fights he can't win, and he feels strong and confident in his truck.

*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?*



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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, Sean Delany 3 TC, Zach Marshall, Vojka, May, Sava & Andrew Chan 2nd Karate, Allan Tonner 1st dan Karate, Moussa Kobudo 1st dan

The Turtle Cavalry



Yes it really is turtles on top of crocodiles. I shouldn't even be talking about this top secret project that has been going on in Costa Rica since the beginning of June 2014. But the results are in and I have to tell ya, it's unbelievable.

It turns out that turtles and crocodiles have a very good working relationship, and a common goal, that is to seek out and destroy evil that lurks in the water. You see the turtle actually works as satellite disc, sonar and look out, the croc is manly transport and fury. Both are heavily armored and fortified, and very hard to kill.

Back in 2015 when I was part of the project I suggested laser beams on top the crocs head's but they said it was a ridiculous idea, I then decided to leave the project due to their pig headedness.

I know what you're thinking...who dreams this stuff up and who would sign up for this? It's Costa Rica, they are protected by the CIA, and don't really need to justify their ideas or the huge amount of funding that went into this project. Don't even get me started with the Alaskan polar bear and snow owl experiment. Maybe another time.

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

Kimochi

Kimochi is the idea of feeling your opponents intent. Kind of like reading their minds, but more like feeling their heart. As a human heart cell will beat by itself, it will beat to the same rhythm of another heart cell when it comes in contact with it.

We have all been to a party where everyone is happy and feeling good, and if one person shows up who isn't in the same mood as everyone else, they can either come up to where everyone else is or bring everyone down to where they are.

When I say come up or go down I mean a positive attitude vibrates higher than a negative attitude. A higher vibration is healthier and much easier to be around than a negative one. Our goal as human beings is rise out of the rut of a dense, low vibrating, common existence, to something more fulfilling.

Have you ever felt someone looking at you from some distance away, and looked over and caught them staring at you? Well that's Kimochi, feeling them, feeling their vibration.

It was the Easter Parade of 2005. 60,000 spectators braved the sub zero temperature to watch all the excitement, the dojo was in the parade that year. The students were there in good numbers, the kids out in front, they really worked hard that day. The adults were well represented that day with groups of Karate, Tai Chi, and weapons, I was in the back doing sword. It was a great day, when all of a sudden I felt it, I quickly turned and drew my sword in the direction of the feeling. As I looked into the crowd, there he was pointing right at me, and my sword was drawn right at him. He was an old student I hadn't seen for some time. My action caught him totally by surprise, it was awesome.

He came to my dojo the next week to talk about how cool it was that I picked him off in the crowd, it kind of freaked him out a little. I said "You should have kept training and you could do the same."

21

Here is literally a page out of one of my books. #4

I'm not sure exactly when it happened, but it definitely happened.

It is both a blessing and a curse. There was a time when nothing bothered me, life death, it's all the same and I know that, but it was one funeral that I went to and everything changed. I was deeply effected, and ever since then funerals have been a rough go for me, even people I don't hardly know get me.

So here's the thing; I know death is not terrible, sure there are terrible ways to die but death itself can't be that bad, we all do it sooner or later, then all your problems are over. No more bills, taxes or suffering. Then I realized that I pick up on peoples intense feelings, so I've been targeting my feelings in meditation.

At a funeral I feel intense sadness from everyone who's there. In a fight I know when people are about to strike, because I can feel it, in my line of work that helps a lot.

The 22 challenge has actually help me think about this part of my character that was really starting to upset me in more ways than one. Kimochi, it's a really thing, you get it through partner training, sparring and meditation, it might just change your life.

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.

September Kyu Belt Grading

