

# JADE Buddha



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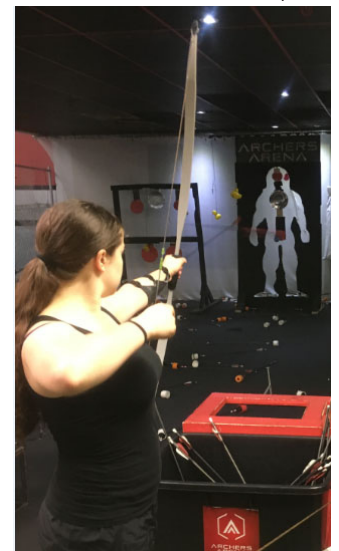
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## Ninja Highlights

*CMAC Black Belt grading October 23 in Burloak*

**CMAC BEACHES DOJO  
IS NOW ON FACEBOOK**



***Armed and dangerous***

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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

It was a rainy day in October and I was walking into the Mall when I witnessed and woman verbally abusing her mother in a way that was kind of shocking. My go to move is to video things as soon as they start to happen in an effort to defuse the situation, but unfortunately I didn't hit the right button due to my eye sight.

The woman did notice me with the phone pointed at her and she told me to mind my own business. I didn't talk to her because I didn't want to get that involved. She continued to gave her mother a heck of a tongue lashing. By this time a crowd had showed up to see what all the chaos was about, she was feeling out numbered so then she went to Starbucks.

It was amazing this poor little old lady was getting abused by her daughter who was a mature woman, that looked normal enough but wow what a vulgar disgusting piece of trash.

The great thing about this time is that we all have cameras which is I guess both a blessing and a curse; a blessing in the fact that it shuts a lot of these things down before it goes too far, and curse in that some people just don't get the old fashion beatings which they deserve. She really needed a good slap across the face for the things she was saying to her mother who looked like just the sweetest little old mother anybody could ever wish for.

Everyone that had come around had looks on their face of absolute disbelief, I felt terrible for her. I think she was used to it, but non of us were. She said it wasn't any of our business but I felt like it was. Nobody likes a bully and to stand ideally by while this was going on....well it didn't sit too well with any of us, she left at the right time for sure.

I got another bully story for which does have a happy ending at least from a karmic point of view. It was a euro soccer game somewhere and as things go a fan runs onto the field with a banner and the security guys come tackle him. All pretty standard until one of the four guards starts hitting him with his baton. Some guy out of nowhere runs up and jump knees them in the back and huge brawl happens. Those security guys got beaten bad, I mean really bad. It was awesome.

People pulling together to stop bullies, it's what has to start happening. Violence is not the go to move for most things, but there comes a time when people have to step up.

## Grading Results

October 22 2016

### Yellow Belt

Wilder Belleville

### Orange Belt

Shane Logan

Isla Gray

Jaydan Langley

Scarlette Buckley

Talal Phelan

### Purple Belt

Charlette Mac Dougall

## Next Grading

December 3 2016

## CMAC Black Belts

Jacqueline Kortright 4th Dan

Geoffery Busbridge 4th Dan

Sean Delany 3rd Level

Sava Drayton 2nd Dan

Vojka Melidanovic 2nd Dan

Chris May 2nd Dan

Andrew Chan 2nd Dan

Zach Marshall 2nd Dan

Fuad Moussa 1st Dan

Allan Tonner





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

## BEACHES EVENTS November

11 Remembrance Day

## December

3 Kyu Belt Grading  
& Dan Promotion

24-31 Xmas Holidays

## January

1-2 Dojo Holiday

3 Dojo Open

## Get some crests on you gi!!!

How long does one wait before putting crests on a new gi?

This is an excuse that gets lots of miles here at the dojo "Where's your crests?" "Oh Sensei it's a new gi."

In a perfect world the students would have their crests sewn on their new gi's and come to class looking the part, but that doesn't seem to happen here very often, but when it does it makes me happy.

You wouldn't get away with that in the army, thank God you're not in the army.



## We had an AA Meeting

Had a great time at the **Archery Arena** in October, our Miss Young set up the operation. It was a tournament with seasoned archery warriors, a little bit of lambs to the slaughter, but a great learning experience. It's basically dodgeball with bow and arrows. Honour is right out the window as most teams didn't go out easily if you hit them. We were voted the most honourable team, which should have been a clue to cheat a bit. All in all a great time, we'll do that again. Thanks Jessica



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

**If an egg is broken by an outside force, life ends.**

**If an egg is broken by an inside force, then life begins.**

**Great things happen from the inside.**

Take a few minute everyday to look inside and see how things are going, a systems check if you will.

Mental physical and spiritual, system checks are a valuable exercise. It's all about balance, and all too often we get caught up in the rat race. We lose perspective of what is really important. If you are in a job that you hate, or a relationship that is all wrong for you, or you kids are driving you up the pagoda, or whatever the situation, you got to figure it out before you crack by an outside force.

I know some things sound hopeless like all of the above, but one thing is for sure, "If you always think what you thought you will always get what you got."

You need to realize what your problems are and then take steps to fix them. Sure easier said than done. But one thing is for sure, problems don't fix themselves. It all starts with you, but you must think it through then take action.

## Be on the look out for these guys



I don't know who put the plutonium in the dumpster out back but when I went to throw some trash in there the other day I found these little mutating raccoons. It was freaky, and a little disturbing as well.

I'm not sure what happened next, I think I was zapped by their laser beam eyeballs, but when I regained consciousness I was covered in little raccoon hand prints and my wallet and phone was missing.

Later I got my credit card bill and they had bought a limo ride to the airport, a bottle of champagne, tickets to Vegas, a High Roller suite at Caesar's, they bought a HumV and drop a pile of money at the gun range.

My phone bill was also a mystery, there were calls all over the place, and I mean everywhere, Alaska, Argentina, Brazil, Boston, Costa Rica, Cuba, Denmark, etc etc. I did recognize one of the numbers however, remember that outfit in Costa Rica I mention before? Something is a foot.

Who are these guys?



*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, Vojka, May, Sava & Andrew Chan 2nd Karate, Allan Tonner 1st dan Karate, Moussa Kobudo 1st dan

# CMAC BLACK BELT GRADING

We The Beach had quite a CMAC Black Belt grading on October 23 in Burloakville. Senpai Kortright, Senpai Busbridge, Senpai Delaney, Mr Moussa, Mr May Mr Drayton, Ms Milandinovic, Mr Marshall Mr Chan, Mr Tonner all challenged one rank or another.

Senpai Kortright and Busbridge put on a very strong show for forth dan in Karate and proved to be a shining example of what hard training can become. Ms Kortright stuck to Goju kata while Mr Busbridge ventured out into some other styles of Karate but had a very impressive Goju showing as well. Both made me very proud as I much prefer Karate to a lot of the Chinese forms that have been showing up lately. One of the other 4th dan challengers for another dojo had zero Goju in his presentation which I found a little weird but it's not my dojo.

All the second dan challengers from the Beach put out a solid performance and I was a little surprised at how well they did do in the end. Personally I not a big fan of cramming but you have to do what you have to do. The reason for 2 or 3 years between ranks is because with regular training that's how long it should take. Don't take a year and a half off then come in and think you should be ready to grade. There are lessons taught along the way, when you miss class you miss lessons that might help you later.

Mr Delaney and Mr Moussa put on a wicked weapons kumitachi that was definitely a crowd pleaser. Mr Al Tonner had a good grading as well, sorry about the Holy Heaven form but we usually work on that in the Tai Chi class, which most people should be doing when they hit brown belt.

Congratulations Beacher's!



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

## Inside Crescent Kick

So this is embarrassing, but I will explain my reasoning. For the past 30 years I've been calling an Outside crescent kick an inside crescent and visa versa. We used to call them and outside inside crescent for an inside so I shortened it and only used the position it starts from.

Jessica Young said to me one day that her old school used the reverse terminology to mine so one day I googled it. I have been wrong for 30 years. Ouch. It's not like I don't know how to do the kicks I just got stuck in my ways and that was that. Sure it will take some getting used to, so maybe I'll go back to the old way of calling it. It takes a little longer but at least there will be no more confusion. So an inside crescent will be called an "outside to inside crescent."

As hard as it is to admit to my mistake, I will suck it up and be straight with you instead of trying to deny the truth. My ego is not so big that I can not admit to my mistakes.



Have you ever thought about why things keep happening to you over and over again? Why is there this weird pattern in your life?

Well it's you. You are the reason things keep happening to you. You're the cause, and the effect is what the world is trying to teach you. Karma

The other day I was video some drunks fighting out front of the library, then I started to notice these guys here and there and there was always drama. They were always fighting about this and that. Maybe drinking doesn't agree with them.

A young kid almost a teen is constantly getting in trouble for stealing things, skipping school, fighting, and generally being a nightmare for the parents. Just a couple years ago just a regular kid, now the parents are at their wits end.

What has happened? Self sabotage is a thing, it's not a smart thing, but I can relate to it, I had some rough teen years too. A call for help...maybe.

People need love and understanding, we need to balance mind body and spirit, when something's out of whack things can spiral out of control and before you know it, you're in deep trouble.

*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**

Had two great Ninja experiences in October, we had a couple different ninja games this year, Ninja Star Wars and Ninja Dodge ball, both were totally crazy and too much fun. Although we didn't do an all niter on Saturday we managed to pack a full night of fun in there. Way to go Ninjaaaaaaaaaaaaaaaa.....





*Focus is like the sun and magnifying glass.*

## October Kyu Belt Grading

