

# JADE Buddha



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## Black Belt Promotions

*From the CMAC Black Belt grading in October 2016*

CMAC BEACHES DOJO  
IS NOW ON FACEBOOK



## Kyu Belt Grading Highlights



*Archery Tag Jan 29/17*



## Get the CMAC Book Series



### INSIDE THE JADE BUDDHA

Sensei's Note	2
Grading Results	2
Events Calender	3
Crests	3
Archery Tag	3
Sen	3
Meditation	4
Vibrate Higher	4
Squirrel	5
Poor little sparrow	6
We all have stuff	6
Last class	7
Kyu Belt Grading	8

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

## Beaches Newsletter

### Sensei's Note

So Trump won and I tried very hard not to talk about it during the classes as the dojo is about training and not about politics, or religion for that matter.

I don't believe it will be the end of the world, as I've heard that the world will end so many times now and it has never happened, so when I hear the world is coming to an end I don't take it too seriously. I like to be prepared mind you, which is why I have devoted my entire life to training.

The blackout taught me to have enough food and water to last a week or so, and gas and cash etc. plus an exit strategy, but I don't want to live in a paranoid state of mind so I have trust that everything will be fine.

I do find the whole Standing Rock stand off in the States pretty disturbing as big oil is forcing American law enforcement and now the army to threaten peaceful protestors. The ironic part was that it has been happening during their Thanksgiving. You know it will come to violence.

The same thing is happening here in Canada too. Big oil needs to be stopped. The banks support big oil too so if you find that your bank is backing big oil, maybe put your money somewhere else. We need to hit them where it hurts, we support them with our dollars. They have made it pretty difficult not support them though, they have their greedy little hands in a lot of pies.

You have to respect the Standing Rock protestors, it's very admirable. I'll be watching the decline of an American nation over the next 4 years with some degree of interest, but I'm not going to let it consume me. We have enough going on here with the price of hydro and our on pipelines. Why does power have to be so complicated, just make it free...right, how would they control us then. Silly little slave, just keep working and paying through the nose.

Someone was mentioning that Trudeau was breaking his promises. I had to laugh, have ever known a politician to come through? It's one thing to get the job and it's quite another to come through with your promises. There is just too much money in oil, they're pulling the strings, and they won't be happy until they have milked us for all they can.

I'd love an electric truck, Volvo is making electric semi trucks now, I think we are getting close to switching over to a cleaner energy and it should be a pretty exciting time. Back to the Standing Rock show down, it is really bringing global awareness to the oil situation. Isis and Iraq, well the whole middle east nightmare sham for more oil, is starting to get people thinking that the government isn't being honest about army muscle in foreign countries, now it's happening at home.

Don't freak out we are living in the most interesting times ever.

## Grading Results

December 3 2016

### Yellow Belt

Jessica Young

### Orange Belt

Emma Gingras

Madison McEwen

Jacob Ortiz

Carter Melinson

Madeline MacKillop

Elisa Paszt

Emerson Moncada

### Green Belt

Ethan Goonaratne

Devon Moussa

Shafullah Shinwari

### Brown Belt

Zach Marshall

Sean Delaney

## Next Grading

January 28 2017

## CMAC Black Belts Promotions

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



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

## BEACHES EVENTS

### December

- 3 Kyu Belt Grading & Dan Promotion
- 24-31 Xmas Holidays
- 29 Last class of 2016

### January

- 1-2 Dojo Holiday
- 3 Dojo Open
- 28 Kyu Belt Grading
- 29 Archery Tag

## Archery Tag



We have put the challenge out there to some of the other dojos for an epic battle at the Archery Aren in Toronto January 29th.

We need between 36 and 48 warriors to do battle, and for the money it's an experience you won't soon forget.

Miss young is our front man on this job so let her know you're in and let's get this going!

### Sen - The ways of strategy

Sen is a martial arts concept relating to timing, strategy, and a state of mind. The word sen is the same as in "Sensei" and means "before" or "ahead". When talking about strategy it means the ability to defend yourself against any attack and attain victory no matter what the circumstances. This has more to do with your state of mind than specific techniques, although mastery of the basics is still essential. As you continue your training watch for the following different forms of sen in sparring and rendori.

Go No Sen "Late comes ahead" is the phrase for this one. The opponent attacks and you react - the most basic form of self defence strategy. This can be a block and counter, dodge and counter, or getting in a quick shot of your own to disrupt the incoming attack. This is the most common form of sen, a purely physical response to a physical threat. Develop this through constant practice of the basics.

Sen no sen "Ahead comes ahead". Timing wise this means attacking first, but it's more than that. The first level of this is when you see in the stance of the opponent and the way they hold their body that they are about to launch an attack. At a deeper level it is all about the mind. Both your kimechi and your subconscious developed to the point when you get a sense of what your opponent is planning. You perceive the attack in his thoughts, then strike before it becomes a physical reality.

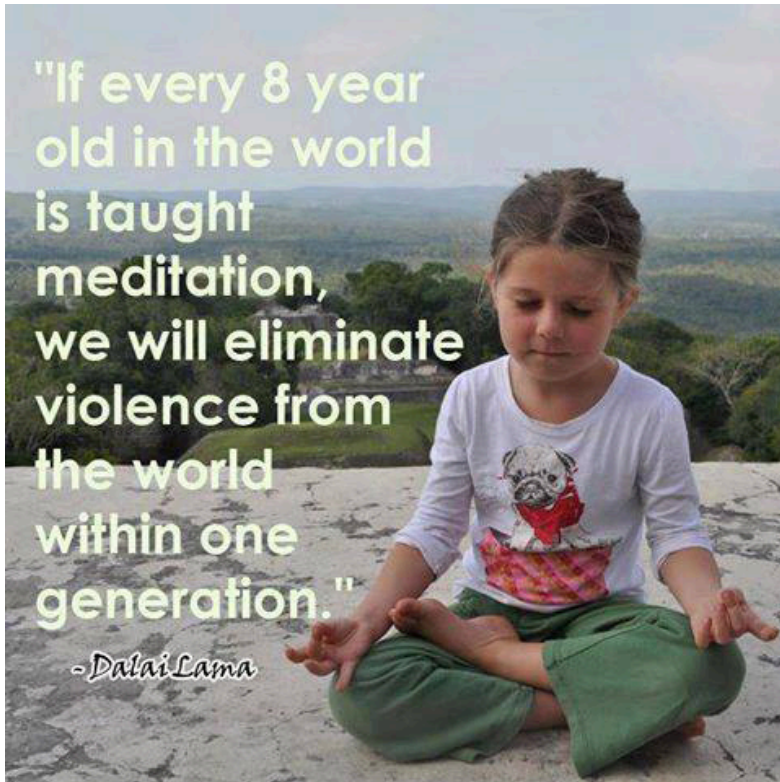
Ken no Sen - This is about making your opponent lax and over confident. There are a number of ways to go about it. One is feign a lax disposition, seeming unaware and unprepared, which lulls the opponent into the same state of mind. This will make them careless, and when you see that his mind is weak you surprise them with a burst of speed and power. Another way is to pretend to be weak or injured, or over-emphasize a real injury, so that the opponent falls into the same false sense of security.

Tai no Sen - This one is all about laying traps. You create false openings in your guard, enticing them to attack specific areas. When they take the bait you spring an ambush. The aikido masters do this by presenting a wrist as bait, letting the attacker take hold. The master either sweeps in with a counter grab of their own, or uses the opponents attack against them, in both cases taking full control of the situation. Another great example is when a victim runs and the attackers give chase, only to find out they're being lead into an ambush set by the "victim" - a classic guerrilla technique.

More on sen in book 5. ***Reading is to the mind what exercise is to the body.***



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



Meditation is the key to inner peace, and reflection is the cornerstone to growth.

I love the Dalai Lama and eliminating violence would be awesome, but there are too many other generation perpetuating a violent population for violence to just go away. We as species would need to all get on the same wave length. The government would have to push it on an industrial scale, they would have to enforce it, the media would have to promote it, parents and schools would have to make time for it, the prison system would have to be all over it.

Wait a second, religion has been holding hands with governments for thousands of years, media makes money through chaos, parents work too much, schools have an agenda, and the prison system wants repeat offenders.

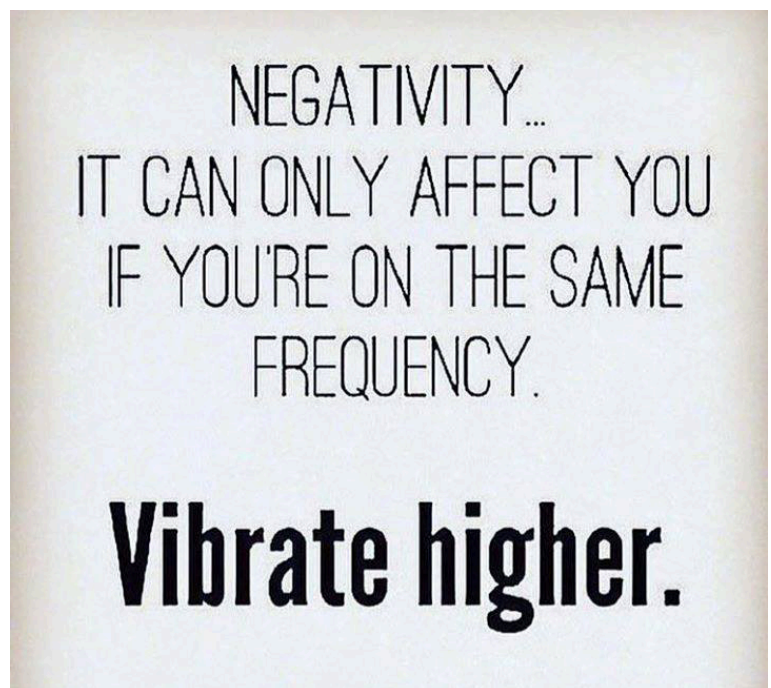
The system is rigged, do your own thinking.

The above write up on meditation and the system being rigged may sound like a negative take on a positive idea and unfortunately the reality of it is, it is.

Here is turning a negative into a positive, which is the goal of dealing with your day to day, now you know the system is rigged you won't be surprised when violence doesn't all of a sudden stop just because you started meditation.

You need to be the change you want to see in the world. You need to meditate on the world you want, because the outside world is a reflection of the inside world. If you have no time for self reflection the world will be in charge and the world can be a pretty unforgiving place, as far as karma goes. Your attention and karma are related.

If something bad keeps happening to you, it's because of you, you need to change your thinking. Like attracts like, you want a smoother more positive existence you need think happy thoughts, you need to guard yourself against negative ideas, you are the gate keeper to things that enter your mind, be vigilant.



*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?

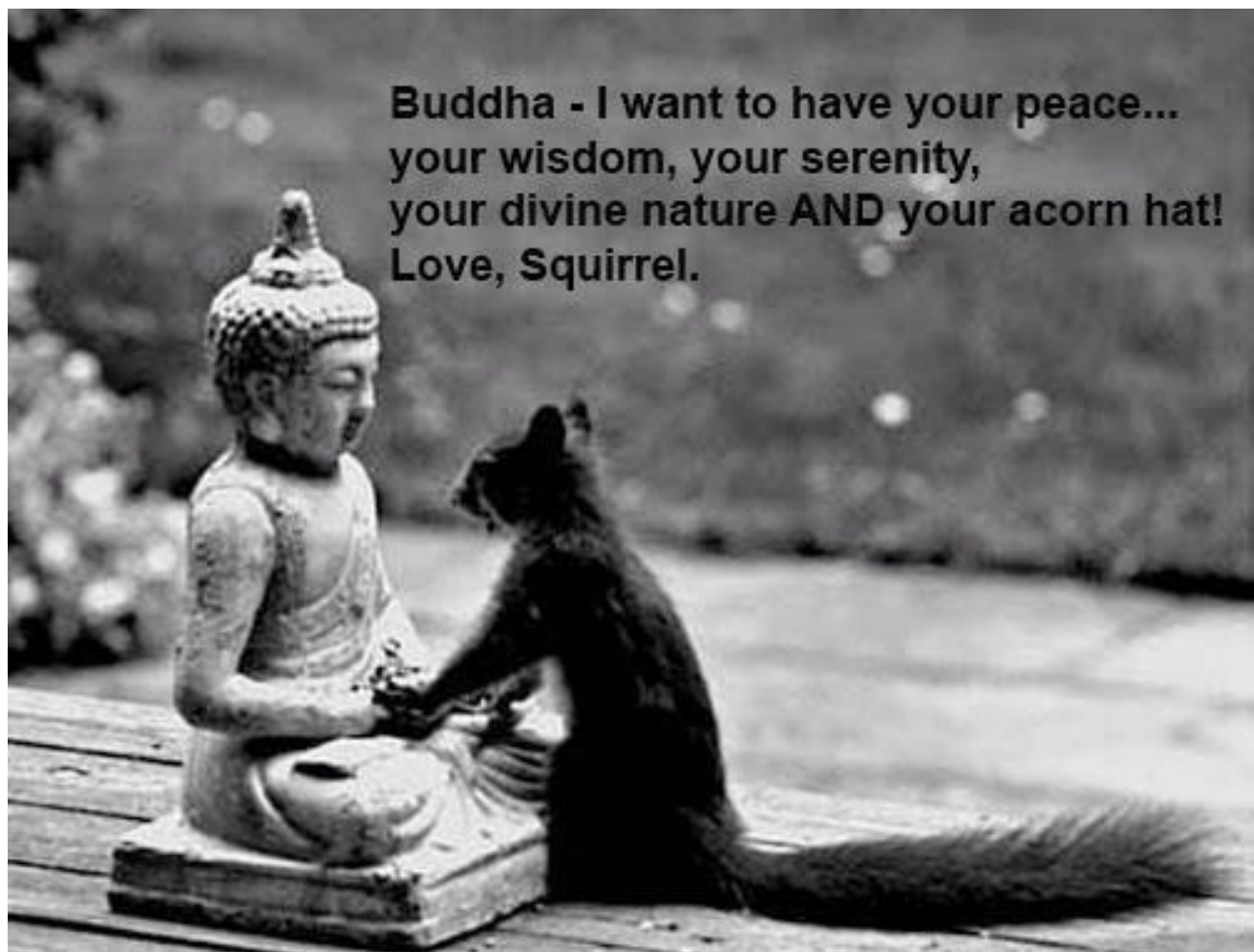
Give Earthways Tree Service a call and they will take care of everything 647 544 8733.

## 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



**Buddha - I want to have your peace...  
your wisdom, your serenity,  
your divine nature AND your acorn hat!  
Love, Squirrel.**

There is a zen riddle - "Does a dog have a buddha nature?"

Have you seen the size of the squirrels these days, they are fat! Winter is coming!

Who cares if a dog has a buddha nature, their job is to love you unconditionally and they do. But look at the squirrels, they are free and they are fat, they are getting ready for a hard winter. It's suppose to be a tough winter, so just in case the power goes out have a plan, - heat, water, food, and some cash.



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

## Poor Little Sparrow

A young sparrow waited too late to fly south for the winter and the day he finally went it was cold and rainy. The rain began to freeze on his wings and body making him too heavy to fly so he fell into a farmers field. The poor bird was in bad shape and just when he thought he was going to freeze to death a big old cow showed up. It's not known whether the cow knew he was there or not, but what happens next is pretty graphic. The cow had a nature call and dropped a cow pie right on the bird's head. Sure the bird was upset about what had just happened but what he did notice was that he wasn't cold anymore. So he

started to chirp thinking that I'm not going to freeze to death today, yay, but now I'm stuck in this mess. As he was singing there in the cow pie a cat heard him and came over. The cat smiled and began to help the sparrow out of his mess, then the cat ate the bird.

Moral of the story is; Plan ahead and don't wait too long to go where you have to go. Just because someone dumps on you doesn't mean they hate you. When things are good don't be too loud about it. And finally - just because someone gets you out of trouble doesn't necessarily mean they are your friend.



You ever notice some people are always going through stuff. We all have stuff!

I like to tell you guys stories about what's going on in my life cuz to be honest it's usually cool stuff, and there's a point at the end. Or if there isn't at least it will be entertaining.

I know an older guy who used to love to tell stories as well, now he doesn't talk so much and when he does, it's hard to listen to as he can't keep on point. He's easily distracted and forgets what he was talking about.

When you're telling a story make sure your audience wants to hear what you're talking about. I have a captive audience literally and figuratively as they're trapped in the dojo till I dismiss them. They give me body language that tells me they aren't interested so I adjust my presentation until they are back on my side.

I've never taken a speaking course and to be clear I hate public speaking but luckily story time is different.

Here are some tips for keeping your audience on your side, get them involved by saying things like "Have you ever had this happen?" Or "When the last time you ...." something that would lead up to your story. Think of ways to get them involved. As for the story itself, don't go too crazy on the little details, keep it rolling, use colourful language and expressions, don't ham it up too much, but put some personality in there. Keep it positive - try not to be so damn negative all the time! Don't be a downer, people have their own crap to deal with. Unless you want some advice try and keep all your negative stuff in a box deep down inside and when it's kiai time open that box UP!

*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**



Last class of 2016 will be Dec 29 19:00hrs

We be covering several topics, from standing to ground some stick and knife and a Xmas kata.

Last years last class was so much fun we need to do it again. Here or Ajax?





*Focus is like the sun and magnifying glass.*

## December Kyu Belt Grading

