

# JADE Buddha



1971 Queen St. E. #208, Toronto, ON

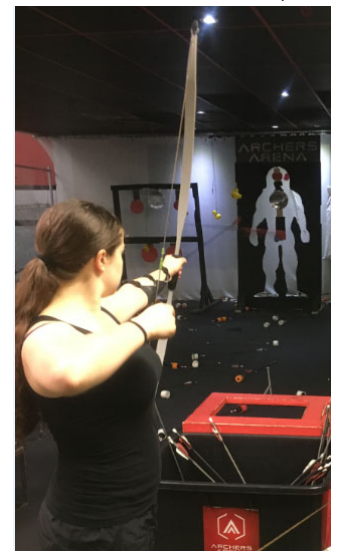
647-258-7469

www.cmacbeaches.com

## Archery Fights!!!!

*Be part of the Apocalypse games Jan 29 at high noon.*

**CMAC BEACHES DOJO  
IS NOW ON FACEBOOK**



**Archery Tag Jan 29/17**

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## DON'T MISS THIS!!!

## Get the CMAC Book Series



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

## Beaches Newsletter

### Sensei's Note

Good Bye 2016 and Hello 2017! Thanks to everyone for all the Christmas goodies, very much appreciated.

Let's make this year better than the last one! I want to have a tournament in June and would like it to be with High Park, Yume Dappo and the Beach. We haven't had a tournament in over a decade due to reasons that I'd much rather not get into.

I had to compete a lot when I was going through the ranks, my Sensei could be pretty persuasive and most of the time I felt it was my duty to represent the dojo. There was a lot of loyalty, honour and dedication in those days.

One time Sensei asked me to go to NYC with him to compete in the Sensei Urban tournament, I felt honoured that he would ask me to go with him. We both went and we both competed. He asked me what kata I was going to do, I said Seipai. Then he asks to see it, so I did the opening and then looked at him with the look of - that's all I got. Sensei taught me the whole kata before I had to compete and I took a second with a kata I had only just learned.

I've competed in a few countries USA, Mexico, Argentina and of course Canada, in some big events. Most of the organization today have never had the opportunity to compete and that just doesn't sound right. Not that competition really means anything and is often more trouble than it's worth but still some good things do come out of them.

Here are a few reason why a tournament can help your training: It gives you a purpose and reason to up your training, you will work harder trying to get ready, you will come together with others with a common goal, it is an experience that will be a memorable part of martial arts history, it looks good on your martial arts resume for black belt, you get to meet and compete against students from other dojo's.

I planned to have it in June before summer vacation, so it will be a nice thing to end off the school year. It will be a good motivator to max out your training before the big summer break and leave you with a new purpose for the next Fall term.

I also like to get the numbers of new adult members up for this event and plan to have some membership drives this winter and spring so the new comers could have enough training in to actually compete by then.

If you know someone who you think would benefit from the program, get them involved in a membership and you will get some time added to your membership.

## 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 Goonarate

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

Allan Tonner



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

## BEACHES EVENTS

### January

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

### February

- 14 Valentine's Day
- 20 Family Day Dojo closed
- 25 Kyu Belt Grading

### March

- 13-17 March Break

## Archery Tag

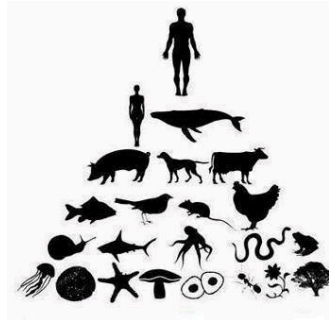
Get your name on the list for Archery Tag and don't miss out on this wicked afternoon of bow fighting! Sure it's a different kind of bow fighting than you're used to but it's a blast all the same

January 29 noon till 3 for only \$20 how can you go wrong?!

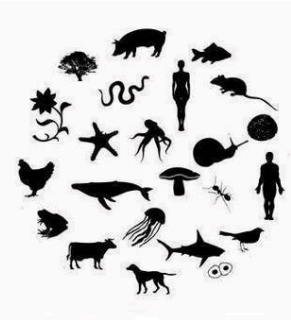


It's a dog eat dog world, or more actually an everybody eat fish world. Look at this picture! What a vicious world we live in. A bird catches a fish and the snake tries to steal the fish from the bird. A snake tries to steal his meal. Watch out for the snakes in your world.

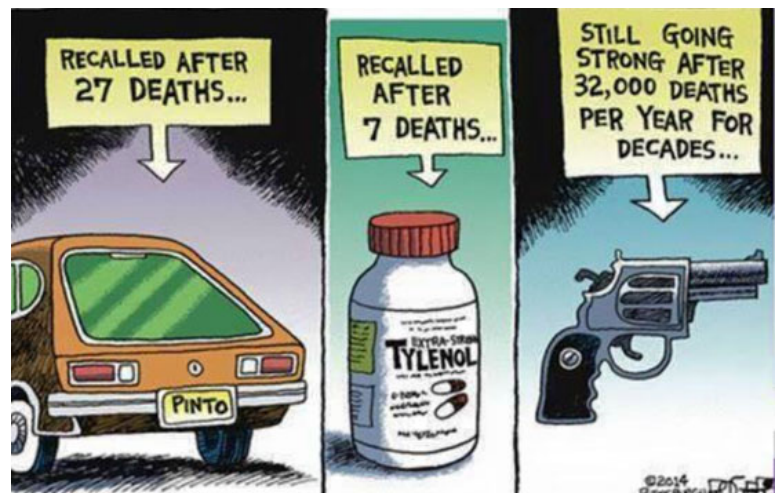
## EGO



## ECO

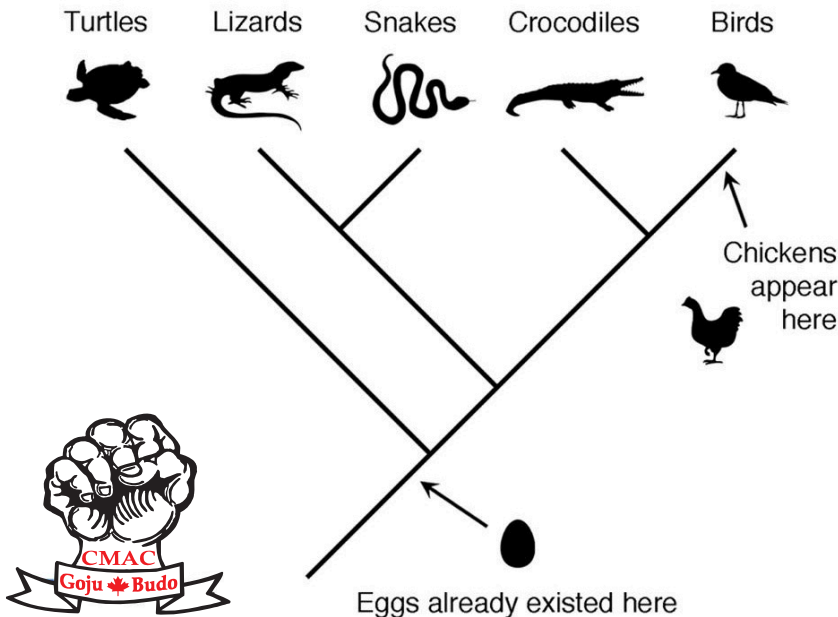


Look at these pictures, on the one hand you have a man at the top of the food chain, ruling all below him. On the other hand you have everything living together, no one bigger or more important than the next. As it sits right now only humans have rights and even that is questionable sometimes.



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

## Which came first, the chicken or the egg?



Thank you Mr Busbridge! If there was ever a question that needed a good answer this is it. How many nights have been wasted by nerds sitting around trying to come up with a reasonable answer that every one can agree with.

Now that that has been solved, the next big issue is, why did the chicken cross the road?

Was it really to just get to the other side or did the chicken have deeper motives?

I'd like to know a few things about the chicken: What kind of chicken was it? Where in the world did this chicken come from? Was it a young chicken or an old chicken? Did the chicken have an owner or was this some wild chicken out looking for adventure? Was it a boy chicken or a girl chicken?

Have fun with that.

## What came first Karate or Kung Fu?

Our Karate style came from Okinawa. The founder Chojun Miyagi learned Naha te (Naha Fist) from his Sensei Kanryo Higaonna who spent many years learning a crane style of Kung Fu on the China mainland. This crane style came from the Shaolin Temple from a monk who had fled the temple because it was under attack and the monks had become fugitives of the emperor, but that's another story.

So to get back to the question "What came first Karate or Kung Fu?" It was Kung Fu. Kung Fu has been around for ever, Karate has only been around for roughly 160 years, but it's still older than Canada.

This picture is of Chojun Miyagi The Founder of Goju Ryu Karate, Hard and Soft Style.



Last Black Belt class of the year was December 29/16 and we had very good attendance, to the point that some of the information couldn't be presented due to lack of room, but that was just for sword training. The karate session was awesome with good energy and lots of enthusiasm. I look forward to making that an annual occurrence.

*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 2017

March 5 Jacqueline Kortright

June 17 Dojo grading Michelle Redburn Sasha Decker Andrew Waslen

June 25 Sasha Decker

Oct 22

## Row row row your boat gently down the stream, Merrily merrily merrily life is but a dream.

This maybe the deepest song in the history of songs. Row your boat - What is your boat? It's your body, this life form. Are we not 75% water? Rowing every time we walk? The song says: Row YOUR boat, take control of your life! You are the captain of your ship. Stop worrying about somebody else's boat. Don't take their paddles from them and try and row for them. You can give them direction. Show them technique. But they have to row their own boat! And you have to row yours. "Gently down the stream" Gently! not forcefully not fighting against the current, but going with the flow. You heard that phrase before? Go with the flow of life, because when you argue with reality you lose. So flow gently down the stream of consciousness. "Merrily, Merrily, Merrily, Merrily Not Struggling, Struggling, Not Seriously, Seriously, Seriously No!!! Smile!!! The number one cause of death is Stress. And what is Stress? How you're interpreting what's happening to you. Scientists have proven that in your brain there is no difference between anxiety and excitement the only difference is how you're interpreting what's happening. Shakespeare said: A tragedy is a comedy, misunderstood. It is all about interpretation. Be Happy. Harvard researcher Shawn Acre said that 75% of job and school success is predicted by optimism levels, not only are optimists physically healthier, but they recover more quickly from illness and live longer. "Because life is but a dream" ooooh are you talking about inception, I mean, is this a dream? Are we dreaming right now? As we go to sleep tonight does this world of our strong ideas passions and loved ones not effortlessly disappear? replaced with others. See, all the ancient sages and gurus said the same thing: This is a dream a passing dream and it is your duty to wake up. To the truth. That you are powerful. And you choose how you see life. Every morning when you wake up you could either say: Good morning God! Or Good God...Morning.

Found this on Facebook the other day and thought Wow this is awesome. Personally I find FB a huge time waster and a bit of a dark hole but every once in while something good comes out of it. This year it is my goal to spend less time in front of it, but one thing is for sure I will be cutting some people who are always negative. All the negative in the world is mind numbing, sure it's good to know what's going on in the world but there comes a point. There are some fights out there in the world I'd like to get involved in for sure, but at this time, just talking about it on FB is all I can do and that's just not satisfying at all. I don't want to talk about all this crazy stuff in the dojo because people have enough going on. The dojo is suppose to be a sanctuary, a place to get away and vent stress not accumulate it. So let's keep that in mind while training, keep conversations about the training and not the end of the world.



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

## Dojo Hours

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

**Tuesday 4-7 year old Karate 5-5:45pm Adult Karate 6-7pm**

**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 Senior 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 Kobudo 1:15-2:15pm**

**Show some school spirit  
get your crests on**



This is the correct way to line up your crests on your gi.

Notice that the top of the CMAC diamond is pointed directly at the maple leaf on the banner of the fist and is in this proximity.

Both crests are straight up and down, not on an angle that is lined up with the gi top's lapel.

The crests should sit on the left chest of the gi top.



Notice that the CMAC diamond has the black leaf on top.

If you want to grade to yellow belt you should have a fist on your gi

If you want to grade to orange belt you should have a CMAC diamond.

*Focus is like the sun and magnifying glass.*

## ***Last Black Belt Class of 2016***

