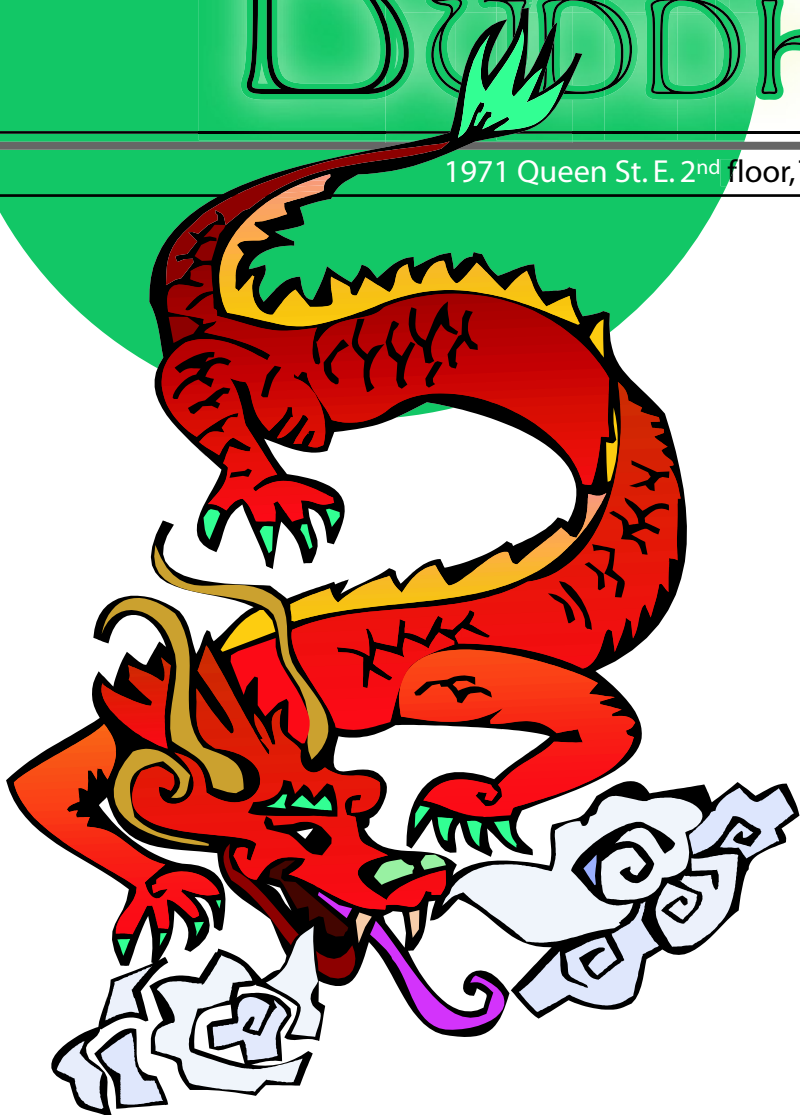


THE JADE BUDDHA

1971 Queen St. E. 2nd floor, Toronto, ON

416-690-2885

www.cmac1.com



DOMED DEMO

Toronto vs Calgary

October 24th, 2003

This years Dome Demo is at 7:24pm and game time is 7:30pm.

Demo practice is 3:15pm. I realize the practice time is a little early and hard for some of you to make, don't worry about it, when you get to the group you will be informed of the demo procedure, no problem. In the meantime keep working your kata, self defence, and two person routines that you have been putting together. Make sure you have your tickets before the day.

Dusk Til Dawn

Saturday October 18th, 2003

A must do seminar for 2003, especially if you were unable to make the first Dusk Til Dawn this year.

Sensei has alot of goodies in store for us. See the Sign -up sheet and Schedule in the Dojo for more details.

Shaolin Warriors

October 29th

at the Hummingbird Centre

Having wowed the world with their incredible precision, power and skill, and due to previous sell out performances in Toronto, the SHAOLIN WARRIORS will once again return to Toronto. We welcome them back and encourage everyone to experience the mystique and magic of their dazzling martial artistry!

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"Self defence is like life insurance – it's better to have it and not need it than to need it and not have it."

SENSEI'S NOTE

There's only one thing worse than a hard heart and that's a soft head. So when you have to deal with people use your heart, have compassion and be fair, when you have to deal with yourself use your head, be disciplined and focused. The training will help to develop the discipline and focus needed for your success in your chosen profession. You will notice that as your training improves so will your life. The training helps to balance the mind, body, and spirit, and this balance is attainable, if you have the discipline to get to class. Sometimes in our crazy paced lives, something comes up and we have to miss a class, then another class, then a week, then before you no it a whole month has gone by. What happened? Take time for you, the training is for your health and well being, don't let people or things rob you of that.

TRAINING TIP

Big fish, little pond to little fish, big lake. Moving up to the next class level can be a stressful thing for some students. One day you're at the top of the class, invincible, the next day you're at the bottom of the line and everyone is bigger and tougher than you are. As seniors it is your duty to make the juniors feel at ease and welcome on their first class, just treat them how you would like to be treated. One of the goals of the training is stress management and how can they attain that goal if they are too stressed out to come to class. It's easy to come up with excuses not to do something that you may feel uncomfortable with, but you're only giving up on yourself, what kind of character is that you're developing. The next class should excite and motivate you, it's a new beginning, a higher level of training, it's about growth and progress. If this is a problem, you need to overcome it and get out of your comfort zone, it is holding you back. A Martial Artist is about overcoming those quirky little character flaws that have no purpose what so ever, except to slow us down. Self sabotage, and fear of something new or unknown stop so many people from being successful, get over yourself and just do it.

GRADING RESULTS

for September 27th

Results for the September grading will be posted in the October Newsletter.

Remember, patience is very much part of your training.

Next Kyu Belt grading October 27th

Congratulations in September!

This month has been quite eventful to say the least, from the biggest Kyu Belt grading our Dojo has seen to new family editions. Congratulations are definitely in order.

- To Sensei Dixon on his promotion to 5th Dan.
- Congratulation's to Mr. Titus & Lynn on their baby boy.
- Mr. & Mrs. Tisdall on their baby boy.
- Vito & Cailey Clemente on there surprise wedding.
- Miss. Haw on her inspirational grading for Nidan.
- CMAC celebrating it's 20th year anniversary.



"Things work out best, for the people who make the best of the way things work out."

EVENTS CALENDAR

The boy who called Dragon

October, 2003

- 13 -Thanksgiving
Dojo Closed
- 18 -Dusk to Dawn
- 24 -Dome Demo 7:30pm
- 29 -Shoalin Monks-
Hummingbird Centre

November, 2003

- 8 -Kyu Belt Grading
- 8 -Picture Day
- 14-16 -Master Key Seminar
- 22 -Kids All nighter
- 27 -Sensei Platt Seminar

December, 2003

- 13 -Kyu Belt Grading
- 13 -Dojo X-mas Party

Gradings 2003

November 8th
December 13th

Things to Look forward to in the New Year

Spring 2004 CMAC
Camp Banff

Summer 2004 CMAC
Adventure tour China

In a small village in Japan about 200 years ago there lived a boy named Jutaro who liked to play tricks on people, and make up lies so he could laugh at how the people would react. It just so happened that surrounding this little village was quite a large group of Kamoto Dragons. This had the Villagers very concerned and it was the talk of the town. Well this gives the liar boy an idea, so off he goes to the woods and starts screaming at the top of his lungs, HELP DRAGONS!!! HELP THE DRAGONS HAVE ME!!!! All the Villagers come running out as fast as they can only to see the liar boy rolling on ground in fits of laughter. After a few choice words were said they left the boy and went home. Now all alone the boy sits up turns around and to his surprise, staring him right in the face was the biggest Dragon he had ever seen. Well he just started screaming and yelling, but no one came to help him. A few weeks later the Villagers were talking "What ever happened to Jutaro?" then another said "Maybe he was eaten by a Dragon." Everyone was quiet. Then another said "Maybe now we will have some peace and quiet around here." Everyone laughed and smiled and went on about their day. Jutaro was never seen again.

Did you know...

Japanese Halloween, O-Bon festival celebrates the memory of the dead relatives. Food and water is placed in front of photos of the dead. Bonfires and lanterns light the spirits' path back to earth.

O-Bon celebrated by some people from July 13-15 and others from August 13-15, O-Bon gets its name from the Sanskrit word for "to hang upside down." It refers to a legend about a Buddhist monk who, deep in meditation, was able to "see" his long-dead mother hanging upside down in the Buddhist equivalent of hell. This was her punishment for having eaten meat during her lifetime - a Buddhist taboo - and refusing to repent of it. The monk was holy enough to go to hell and buy his mother's passage to Nirvana with some of his own excess goodness.

On the first day of O-Bon, people decorate their loved ones' graves with fruit, cakes, and lanterns. On the second day, spirit altars or as they are referred to tamadana, are assembled at home: Atop a woven rush mat stand the ancestors' memorial plaques, tempting vegetarian dishes, and cucumbers carved to represent horses on which the spirits are invited to ride. On the third day, whole communities gather for the bon-odori, a hypnotic, slow dance that moves in concentric circles or multiple lines. Hundreds of people often dance together. As evening falls, tiny paper lanterns are set adrift on river or sea: these omiyage gently light the spirits way back to the "other shore".

Buddhist Japanese remember their dead at the time in autumn of equal days and nights. The festival that is celebrated is called Higan. It is a time when people visit the graves of friends and family who are dead. They tidy up the area and think about the dead people.

"The less we think the more we work, the less we get for our work."

Goju Scramble

Unscramble each of the clue words.

Copy the letters in the numbered cells to other cells with the same number.

XIETED

4						

WFOLLO

31	27	7	30			

GERTA

8		34	26	

SETMAR

32				10	

SESNIE

25				14	

LEBU

6	28		

INRAC

15				

LONI

13			

MUELBF

23				3	

HECSUNP

9						

KEITUM

22			16	

DONRAG

19		20		11

NETIPECA

12	29		18		21		

REALN

2	35			

HIFGT

1	33			

RUTVIE

17	5				24



Phrase:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22

23	24	25	26	27	28	29	30	31	32	33	34	9	35	.