

# JADE Buddha



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## CMAC Family Day

*Albion Hills June 5th, come be part of the action at this great location.*



### Big Wave CAMP

*Summer is coming and so is the Big Wave Camp. Make sure you get to the camp this Summer.*



### New CMAC Dojo Open in Kitchener



*Crazy Teens Doing Crazy Stuff*

### Kew Beach Demo Team



## Year of the Rabbit



*Hair Doo of the month goes to Marcus - looking good Man*



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*The meaning of life is in living it.*

## Beaches Newsletter

### Sensei's Note

Summer has finally showed up and it is going to be a good one for sure! We have a few Funinars for the kids lined up on June 10, 11, & 12. Which will go for four hours except Sundays which will only be for two hours. The fee is \$10 per hour plus \$5 for pizza.

Funinars are seminars set for the kids class as last blast before the summer. I call them FUNinars cause its like seminar But I threw Fun in front so they think it will be lots of fun. I'm sure most of you already knew that.

Other events are Big wave camp for the kids, CMAC Family day June 5th, West camp July 29-31, TTC Demo June 12, CMAC Black Belt & Seminar June 18, 19, Spear seminars at the Beach, camping and archery outings for those who are in the loop, life is more fun when you get involved.

### TTC Demo

Sensei Titus is putting together a demo for the TTC on June 12. There will be free food for those who make it out to be part of the demo, the location is 700 Arrow Rd. If you can make it please give Sensei Titus a call to let him know 905 251 1472.

Last year the demo was very well received even with the small numbers that made it out, this year he is asking for more bodies to take part and show some CMAC Goju spirit.

You Brown belts should get on this as it would look good on your Black Belt resume, so get out there and rock the house.

### Training Tip

Class schedule is changing up this summer so that weekends will be free for everyone to enjoy.

Kids classes will be divided up into two classes: ages 4 to 9 will train Tuesday and Thursdays from 5pm to 6pm. 10 and older are Monday and Wednesdays 5pm to 6pm. Adult classes will be Monday through Thursday 7:30pm to 8:30pm. Tai Chi and Weapons will be at there usual times just not on the weekends.

This is system that has been used by the Waterloo Dojo for the last three years and the report is that it takes a lot of the pressure of the students and having the weekends off really helps to re-energize everyone.

With the summer months being so short its good to max them out. I realize some of you can only make it to Saturdays, you will have the time tacked on to your membership.

## Beaches Grading Results

April 30 2011

### Yellow Belt

Lucas Hunt  
Alerander Brooks  
Amelia Brooks

### Green Belt

Anne Vos  
Kevin Hunt

### Brown Belt

Chris Clause  
Chris May  
Fuad Moussa  
Mandela Addah

### Next Grading

June 11 2011



*As people we are all on the same planet, but more of us are living in a different world.*

## BEACHES EVENTS

### June

- Father's Special
- 5 World Meditation
- 5 CMAC Family Day
- 10 Teen madness 6 -10
- 11 Kyu Belt grading
- 11 7-11 yrs Seminar 6-10
- 12 4-8 yrs Seminar 11-1
- 12 TTC Demo
- 19 Father's Day
- 18,19 CMAC Weekend and Black Belt Grading

### July

- 1-2 Canada day Holiday
- 22-31 Summer Holiday
- 29-31 CMAC West Camp

### August

- 1 Dojo closed.

## The 13 Tones of Creation

Each Tone presents qualitative and numeric meaning in itself, and in relationship to the other Tones. Where the 20 Solar Tribes provide measure, the 13 Tones portray the movement of creation, showing the progression of life in interconnected stages.

These universal energies govern the unfolding sequence of the recurring 13-day-cycle, as well as the 13 moons of the year, and also correspond to the 13 major articulations (joints) which allow our body movement ( 2 ankles, 2 knees, 2 hips, 2 wrists, 2 elbows, 2 shoulders and 1 neck/spine.)

Working with the Tones, we are invited to see life as a process, reflecting on these naturally occurring patterns of inner and outer growth. In addition to its name, each Tone has 3 specific code words – exact keys to unlock their power, action, and essence. As succinct clues, these code words are the ideal point of focus to understand the unique functions of the 13 Tones.

Each Tone are inspired by the codes, and merely reflect various insights one can derive from their contemplation. As a language of energies, the codes offer precise portals into the mathematical nature of fourth dimensional Time!

**Twelveth Tone** - Crystal "12 represents the maximum evolution of form-its attainment of complete complexity." Key words: Dedication - Universalize - Cooperation

Having dissolved rigidity in Tone 11, the Crystal Tone presents a higher order of coordination - offering complex stability, creative cohesion, and comprehensive vision. Here, we perceive the coherency of the whole as a composition of related parts, honouring the elaborate inner workings of life as a mandalic synthesis. Crystal Tone asks us to universalize to translate our knowledge and insights that they may be universally applicable, relevant and shareable with all, assisting the elevation of the common good.

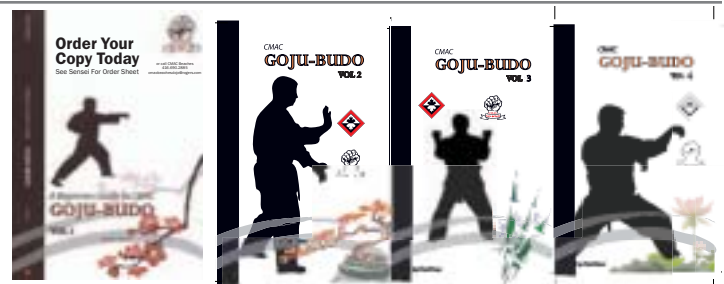
Tone 12 affirms that we ourselves embody the highest qualities of internal and social architecture. Like a crystal with its unique facets individuals which constitute the power of a strong, interdependent community. Tone 12 offers the recognition that in a healthy whole system the needs of the individual are met by the collective, and in return the individual feeds the aspirations of the collective. May we strive to collaborate with one another, combining our gifts and enhancing our efforts, while remaining clear and lucid in the grace of our autonomy

Every being has a place in the formation. Our individual efforts of perseverance and commitment are invaluable. As we work in concert with one another, a powerful synergy emerges, a crystalline configuration which equals more than the sum of its parts! May we each experience ourselves as integral components of a network of divine creativity!

### Get your own merchandise online

Its quick, easy and you get a 10% discount everytime you order. [www.dojobuy.ca](http://www.dojobuy.ca) and shop. The user id # 4166902885.

**CMAC Guide to Goju 1, 2, 3, 4,5 and the CMAC manual are all excellent sources of training information. Get yours Today!**



*Your health is your true wealth, invest in yourself as you would a savings account.*

## Your Health Your Responsibility! Metabolism

Metabolism is a set of chemical reactions that happen in living organisms to maintain life. Enzymes are essential in the breaking down of foods for the body to use as it needs to. Proteins are made of amino acids arranged in a linear chain and joined together by peptide bonds. Many proteins are the enzymes that catalyze the chemical reactions in metabolism. Other proteins have structural or mechanical functions, such as the proteins that form the cytoskeleton (scaffolding) that maintains the cell shape. Proteins are also important in cell signaling, immune responses, cell adhesion, active transport across membranes, and the cell cycle.

Sources of healthy, high protein foods can be from nuts, seeds, eggs, beans, milk, cheese, yogurt, fish, poultry, soy, and beef.

Exercise also plays an important role in metabolism, we all know that, but what some people miss is how to exercise. Lifting heavy for power will also give you an after burn for a few hours, which burns calories. Going hard for 30 second bursts will also ramp up your metabolism. Putting on 5 or 10 lbs. of lean muscle mass will rev up your resting metabolism.

Eat balanced meals regularly so your body doesn't store fat. Unbalanced meals at irregular times causes your body to store fat, because your body doesn't know when the next meal is coming.

Sleep! Proper sleep is important for burning calories as your body at rest burns 60% to 75% of your total daily calories. Lack of sleep can decrease the numbers of calories your body burns just resting.

## Kew Beach Party Demo

Thank you to all those that made the effort to come out for the Demo. It was the perfect day for it, and you guys did a great job for sure.



*You gain knowledge from taking things apart, and you gain wisdom from putting things together.*

## Patience and Wisdom

**No explanation necessary**



## Kids Seminars

There will be a couple of extended training sessions for the kids in June.

The first is for the teen class on June 10 from 6 to 10pm. We will be covering a pile of information and many challenging and possibly life threatening exercises that will definitely leave a mark one way or another.

The next will be for the ages 7 to 11 on June 11th 6 to 10pm. Equally as challenging but there will be a movie and some Pizza I'm thinking.

Finally the little guys 4-8 yrs. on Sunday 12th 11am to 1pm.

All seminars will be structured for the age groups so everyone will have a great time and in a safe environment. Prices for each event will be \$10 per hour plus \$5 for pizza.

This will be a last blast before the summer kicks in, as most of you like to hit the cottage for the summer.

## Who's that kid peeking through the window

Opportunity comes to those who are around. 90% of success is just showing up. Here is little Thomas who was peeking through the window during his brother's class, so we invited him in. He did alright, so he can stay. That has been happening a lot around here.



## UFC Craze

Wow UFC broke all kinds of records last month when it came to TO. Seat revenue brought in \$11 million - some seats were going for \$10,000 a piece. They said it probably generated \$23 million for Toronto.

Not being a fan of UFC I didn't see all the excitement, this was the only photo I saw when I wrote this bit. Makes me want to sign up, kidding.

But one thing I did notice was, they showed GSP doing Kata in the cage, he likes traditional Karate.

*Do your own thinking!*

## Osama is dead?

The official word from the President of the U.S.A. is that Osama bin Laden is dead. The body was buried at sea immediately, DNA proof was produced to verify that it was him 99.9% in under 24 hours. The pictures were too gruesome to be made public. Who is writing this stuff? How long does it take to get DNA proof? If you have been looking for something for 10 years you're not going to find it and throw it in the ocean right away, what sense does that make? Why didn't they just blow someplace up and say they found pieces of his DNA at the scene but the building was totally destroyed, that's a little more believable than this load they trying to put out there.

They have been looking for him for 10 years and they find him now? Why? The war needed a break, or have they found someone else to direct their green machine at? It took 10 years for the USA to find him and only a month or two to find Sadam, I understand he did give them the slip with all those videos of him in a cave in Afghanistan so obviously that's where they have been looking all this time, not thinking that he could be living like a guy who has piles of money somewhere else.

He's probably been dead for years, remember he was living on a dialysis machine while running his evil empire from a cave via satellite phone, (totally doable by the way) but they kept it quiet so they could justify upping security all over the world, the US on a constant orange alert, creating fear and unrest. They decided to kill him off now for some American moral, they really need something to lift their spirits and economy, the stockmarket stabilized over night. He was very useful when he was alive, now that he is dead who will be the next infidel?

Pakistan? If they go to war there, it won't be pretty, Brampton is like 20 minutes from here.....Yikes!

War is useful, it justifies new laws, tighten security to keep us safe, which justifies increased taxes to pay for more police, soldiers, muscle, weapons, stealth fighter planes, cool new technology, electromagnetic projectiles that can go for 7 km before they start to arch. We live in interesting times, and its good to be on the winning team.

Remember the G20 fiasco, 1\$ Billion on the event for security and this and that, nothing was happening so they torched a couple of their cop cars to justify all the cop violence. Why didn't they have it out of town instead creating this situation? Order through chaos, that's why.

Freedom isn't free, those new fighter plane were a chunk, and why is there so much war out there anyway? Oh right war is big business, too bad peace wasn't profitable. Why didn't the US try and take over Canada we have oil? They did but not a bullet was fired, we signed the free trade agreement. Can you say sell out.

We have been at war for years but I don't think too many people know about it. Banks and corporations have stolen a once great nation right out from under your nose. They are the ones running the show, and everyone has signed onto it like the sheep we are.

Walmart has boat loads of products coming into North America from China and nothing being exported to China. North Americans would rather save a few bucks than support their country men.

Sorry got off topic a little, I was talking about Osama and now he's dead. Maybe it did happen the way they said, why would they lie about it. Obama seems like a trust worthy guy, President of the Free world, Oprah likes him that's good enough for me.

*Don't make it hard make it happen.*

### Kitchener Grand Opening

Congratulations to Scott MacDonald for the Grand Opening of the latest addition to the CMAC Fleet of Dojos.

The ceremony went off flawlessly, with Demonstrations from the Waterloo, Kitchener, Beaches and Mississauga dojos.

Sensei Scott MacDonald got up and performed an advanced Goju Kata (Seipai) and demonstrated the application. Speeches and presentation followed. All in all an excellent event, good for you Scott Well Done!



*If you don't stretch your limits you set them.*

## **This is what those crazy teens do when nobody is watching**

Here we see Chris, Andy and ring leader Noel, risking life and limb doing the next to impossible and making it look easy. In the first row - Andy dive front rolls over Noel while he practices mawashi uke, row two Chris dives over Noel while he does upper cut (a dangerous move for sure), lastly Noel runs over their backs and dives off 3 stacks of boxes. Surprisingly no one was hurt during the shooting of this newsletter.

