

JADE Buddha



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

647-258-7469

www.cmacbeaches.com

Grey Highland Camp Aug 22



Year of the Rabbit



Hair Doo of the month
goes to Sava, Wow!



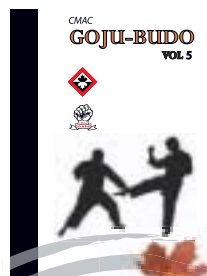
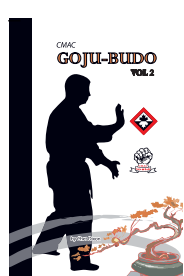
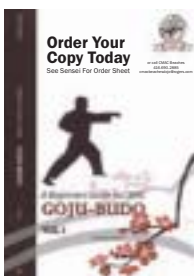
West Camp Highlights Inside



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Get the CMAC Book Series Book 5 is now Available



If you're not living on the edge you're taking up too much room.

Beaches Newsletter

Sensei's Note

What a great summer I'm having, a bike trip to Tennessee, a CMAC West camp, the Toronto Beach everyday when I'm in town. Life is good!

Living in the Beaches is not really like living in a city because of the beach and for the most part, people here are pretty chilled out, but I still have to get out once in a while, and when I go I like to be in nature, water, mountains, trees, wild life like deer, geese and even bears.

While on my last adventure out to Waterton International Glacier Park I was about 15 feet from a Brown Bear, he was just a little guy but old enough to be away from mom. I didn't feel any danger or weird energy from him so I got pretty close, too close for most people and quite a crowd had shown up to watch. Below is one of the pics I was able to get.

At the west camp there was a kid who doesn't train but wanted to, but just stood there. So I mentioned that we are on this planet sharing this point in time that only goes around once, so make the most of it and get involved. She put her hands up and started punching and kicking, she had a good time.

Another teen was there at the camp and didn't train even though she could have, so I said to her I was a little insulted and that didn't work, so I just called her lame and ignored her for the whole weekend. Whatever.....its all good. Its so beautiful there I couldn't hold it against her.

The next thing that I'm looking forward to is the Grey Highlands camp "Mouth of the Lion" seminar with Sensei Bassels and myself, it's going to rock! Outdoor fire, catered dinners, and lots of training, last time out to Nick's was awesome and I think this one will top that. Stick and knife training, spear, tai chi, axe throwing, archery, carving our own tontos and branding our carvings with a CMAC brand.

Also the summer schedule is absolutely awesome, everyone seems to be really maxing out the summer with the weekends free to travel around to cottage or go wherever. Life is short so get out there.



Beaches Grading Results

June 11 2011

Yellow Belt

Matt Tobin

Jonathan Dobrowolski

Sebastian Dobrowolski

Orange Belt

Madison Barna

Red Belt

Mackenzie Beatty

Adèle Swanson

Green Belt

Glenn Barna

Blue Belt

Michelle Redburn

Next Grading

September 24



It is better to live one day as a Lion than 100 as a sheep.

BEACHES EVENTS

August

- 1 Dojo closed.
20 Camping/Training
29-31 Last Summer Break
Dojo Closed

September

- 6 Dojo open
24 Kyu Belt grading



Equipment Checklist

Keep in mind the day's weather, temperatures, and schedule based on the itinerary.

Camping gear and clothing

- ☐ Tent (You may make arrangements with other attendees)
- ☐ Sleeping bag, blanket, pillow
- ☐ Extra shirt, pants, socks, underwear, towel
- ☐ Rubber/waterproof boots, extra footwear
- ☐ Toiletries, sleeping clothes, bug spray
- ☐ Lots of drinking water

For training

- ☐ 2 sets of dark outdoor training clothes
- ☐ Training knife

We encourage you to bring

- ☐ Your own snacks
- ☐ A book for taking down notes

Seminar Itinerary

Saturday August 27

- | | |
|----------------|----------------------------------|
| 10:00 am | Set up camp at Grey Highlands |
| 11:00 am | Lunch |
| 12:00-2:00 pm | Session 1: Form and Knife Basics |
| 2:00 – 3:00 pm | Break |
| 3:00 – 5:00 pm | Session 2 |
| 5:00 – 6:00 pm | Break |
| 6:00 – 8:00 pm | Session 3: Empty Hand and Knife |
| 8:30 pm | Dinner |
| 10:00 | Campfire |
| | Make your own practice knife |

Sunday August 28

- | | |
|------------------|------------------------|
| 8:00 - 9:00 am | Session 4 |
| 9:00 – 10:00 am | Breakfast |
| 10:00 – 12:00 nn | Session 5 |
| 12:00 noon | Return home energized! |
- *Or join us for lunch at a local restaurant.
You may stay longer to explore the farm and visit the soon-to-open CMAC Shelburne!

Grey Highlands Camp Mouth of the Lion Seminar

Next big camp of the summer will be with Sensei Bassels and myself out at Nicks place in the Grey Highlands. I'm sure there will be more than a few repeaters because of the great time we had at the last one.

It's just north of Shelburne up #10 HWY about an hour north of Mississauga, and all you need is a tent, training knife, outdoor training clothes, healthy snacks, water and Sensei Bassels is taking care of the big meals.

Senpai Tisdall will be doing a tonto carving seminar Saturday night so you will have your own knife, a souvenir of the event and branded with a cmac diamond.

Sensei Bassel will do a stick and knife seminar at noon Saturday, followed by two other seminars and in the evening then there will be a dinner and fire with fire side entertainment. Next day there will be Tai chi, energy work then Brecky and spear training.

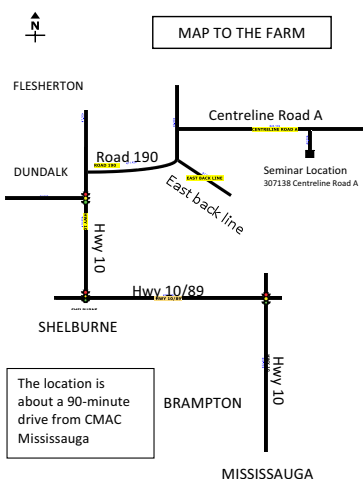
Address

307138 Centreline Road A, Grey Highlands ON

Directions:

Take Hwy 10 north to Hwy 10/89
Turn west into Shelburne
Turn north again at Hwy 10
Pass Dundalk and turn east on Road 190
Second road is Centreline Road A
Fourth farm on the right is our seminar site

For assistance with getting to the location,
please contact: **Nick Lagrasta** (647) 378-0236



Brought to you by:
Modern Samurai

2011 Natsu Gasshuku

Mouth of the Lion

Aug 27th and 28th, 2011
at the Grey Highlands, ON

Lessons will cover in-depth comprehensive approaches to empty hand self defense against an attack from a knife. Defensive methods and theory will be drawn from the hard soft nature of Karate-do.

Concepts and theory to be covered:

- the unpredictable truth
- what to expect
- what you can't see
- talent is not enough
- does strength matter
- does knife defense work
- what not to do

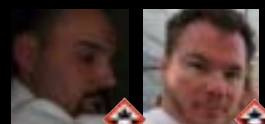
Registration is \$150
includes

- all meals
- all lessons
- material to make your own practice knife
- clean washrooms and wash station
- exclusive access to a beautiful training setting

NOTE Participants can camp near the training area at no extra cost or secure other accommodations nearby. All registrants will be provided a map, directions and an itinerary as soon as payment is made.

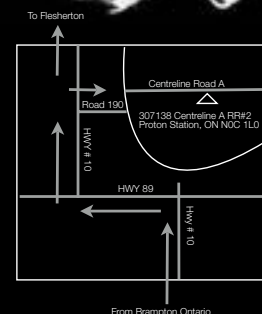


Instruction by:



Sensei J.R. Bassels
3rd Dan Goshu Ryu
Karate and Kobudo
Head Instructor of the
CMAC Yume Daipo Dojo
in Mississauga ON

Sensei C. Dixon
6th Dan Goshu Ryu
Karate and Kobudo
Head Instructor of the
CMAC Toronto Beaches Dojo



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Your Health Your Responsibility! Over Training

Over-Training: Treatments and Prevention by Dr. David Orman

Over-training is characterized by extreme fatigue and muscle soreness, the latter of which occurs due to excessive muscle damage, for example, from impact and lactic acid. Fatigue is due typically to adrenal insufficiency or exhaustion.

In terms of muscle soreness aspects, consider the following:

- Calcium lactate, before and after training. This will allow the muscles to flush out excessive lactic acid in a more efficient fashion, thus eliminating or at least reducing the soreness.
- The herb Schizandrae is also exceptional for metabolizing lactic acid out of the muscles. As a "side benefit," Schizandrae is also known to calm down, allowing for more peaceful and thus, re-cooperative sleeps.

For adrenal exhaustion, a bit of an explanation is required. The adrenals are walnut shaped glands that rest on the apex of the kidneys. They, along with the cerebellum (part of the brain), thyroid and hemoglobin (oxygen-carrying part of the blood), serve as "back up systems" to the heart; that is, when one or a combination of these 4 are weaker than what they should be, the heart is forced to work much harder than normal. The heart of course can do this, but over time, symptoms such as fatigue, insomnia, depression, systemic exhaustion, weakness and a host of other symptoms can occur.

When this happens in the case of the adrenal glands, a number of substances that can be of great assistance. At the top of the list is Royal Jelly. This is the milk of the queen bee as aside from having high Vitamin B content, it is specific food for the adrenal glands themselves.

Another option is the combination of Vitamin B6 with Niacinamide (NOT niacin - would make this situation worse). The ratio should be 1 (Vitamin B6) to 3-5 (Niacinamide). This will provide the nourishment that the adrenals require, thus alleviating the strain from the heart.

So far, I have addressed over-training from a biochemical and nutritional perspective. There is another way of addressing this, both in terms of treatment and especially, prevention - the use of proper breathing.

The body of course requires continual energy (also known as "chi" or "ki") and receives such energy from 2 sources - food and breath. Food is rather obvious. Breathing, especially proper breathing, is often overlooked.

The lungs are responsible for extracting the energy from air which is then combined with the energy of food to provide energy for the entire body. The simple "in through the nose, out through the mouth" breathing allows for the optimal removal of carbon dioxide (and fluid to a degree) and the extraction of energy from the air. The vital exchange of carbon dioxide and oxygen too, is essential for continual rejuvenation. If this sequence of proper-breathing-leading-to-rejuvenation is repeatedly done in a proper fashion, over-training can be easily avoided. The body will be continually nourished with indispensable energy.

In short, proper breathing allows for the elimination of specific waste products.

There is always a way, but you have to want it.

What to do for the Dog

Days of Summer

There is still some room in the big wave camp near the end of the summer if you want your kids to have a really fun and memorable summer.

The camp has been going for the past 5 years and it is very well run with lots of fun and interesting things for the kids to do and learn.

It is a day camp in Albion Hills which is where we had CMAC Family Day so those who went know how cool it is there. It's a day camp so they are bused up and back after a full day of fun and adventure. So go to www.bigwavecamp.ca and get in before it too late.



Beat the System

This section of the newsletter is devoted to real life stories of people beating the system. It doesn't matter if it is saving money on batteries, beat traffic tickets, or anything that will save you a few bucks that most of us don't know about. With everyone out there taking a run at us we have to stick together and watch out for one another.

I was having a particularly good and productive day with my wife. We were on our way to grab a few items from our local health food store, the Big Carrot. We were traveling south on Broadview and decided to make a left on Erindale, which is one block north of Danforth. As soon as we did that we noticed a cop in the middle of the street, who pointed at us and told us to pull over. Puzzled, I did so. When Mr. Officer approached my window I politely asked him how I could help him...he asked to see my license and ownership papers. Before handing those over I asked him what this was all about...? To my horror - he told me that it was illegal to make a left turn onto the street between 4-6pm. "You gotta be kidding me!" I replied to Mr. Officer Dude in astonishment. \$110 plus four points!! Yikes. Where's the sign? Apparently there was a sign somewhere. I'd been making that left hand turn at all hours of the day for years. I guess it all finally caught up with me. So as you can imagine my good day just came to an abrupt halt.

It was then that little wifey in the passenger seat decides to give Mr. Mean 'Ol Copper a piece of her mind....! "Officer, my husband and I were having such a good day together and this would really ruin it. We were just on our way to the Big Carrot. Could you please give my husband a break?" And then she began to bat those pretty blue eyes, looking ever so sweet and angelic. Mr. Officer Dude seemed to melt on the spot and said "So, what are you guys buying at the Big Carrot anyway...? ..."Uhhh food" I said. [long pause] "how's your driving record?" "Perfect" I said. "...and you've got no outstanding fines?"... "Nope!" Well he says "I wouldn't want to be responsible for ruining anyone's day now would I? I would advise you not to buy any of the cookies at the Big Carrot. There's something gritty in them, like cornmeal and nuts and stuff. Nasty." My wife then bats her eyelashes again and says "Can we bring you a cookie from somewhere else?" He declines as he gives me back my license and papers. "Remember, stay away from the cookies." "Yes sir" I replied. And then he says "You are free to go." I shook nice Mr. Officer Dude's hand and we went our separate ways.

Moral of the story, always have a cute blue eyed wife by your side to save the day.

Prana not drama.

CMAC having fun at the Warrior Dash in Barrie - looks like fun!



Before



After



Who That?



After Party



Savanator



Charging the mud mound



Who That?



Going under the barb wire

Don't make it hard make it happen.

CMAC West Camp

West camp hosted by Sensei Thankachen and presented by yours truly was really a great event, even if I do say so myself. The weather was amazing so the whole event took place outside by the lake with mountains in the background. So that alone made it a pleasure to teach.

We covered a few things only and just kept working it over and over so everybody was getting it and feeling good about it. We worked; hard chi gung, shattering palm, 18 hands, 8 palms bagwa, first form bagwa, 3 tai chi sets, bo basics, bo futari, two bo kata, some hand drills and goju kata A to Z and that was it.

Senpai Tisdall and Ms. Crawley made it to the camp so that was awesome, everyone really liked Patty and totally respected Senpai as he was my Uke for the weekend. We had a great time with the West Crew they are fantastic people and love to train, camp, and have a good time.

Canada is such an amazing country so get out there and explore it, next west camp you should make it out there Sensei Thankachen is good people and her students as well.



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

Surviving the Dragon's Tail

Surviving the Dragon's Tail in the Smokey Mountains of Tennessee is not guaranteed! It is one of the most amazing and challenging rides I have ever been on and I have been riding for over 20 some odd years, and been coast to coast a few times. It is truly a bikers dream come true or nightmare, with 381 curves and switch backs jammed into 11 miles of mountain road.

Sensei Platt, myself and Sensei Bassels went on our bikes, originally I wasn't going because I had other plans for the west trip, but opportunity knocked pretty hard on that one. We camped pretty much the whole way to save money, which is really the way to bike anyway, camp fires and cooking out doors is more fun than hotels and restaurants, especially when summer is so short.

We have done many trips together so there is a good chemistry on the road, we respect each others space, plus we all have similar interests. Most importantly we have a special talent that adds to the experience, Sensei Bassels is a fantastic cook on an open fire, I mean truly gifted! Sensei Platt is the navigator, and man with the plan, so there is never a problem on getting to where we have to go. I have the best job, Fire! Oh and light a fire under peoples butts to get the show on the road, (those who went to china may remember). So it all works out and we stay out of each others way.

We found a great KOA camp ground close to the Dragon's Tail that had a air conditioned cabin and enough room for everyone. I know camping in a cabin isn't roughing it, but because of the rain and the heat it was the best option. I learned this phase in the army "Any Idiot can be Uncomfortable."

We found a nice place on the camp grounds to practice some Ba gwa and pick Sensei's brain, which is always good to get those opportunities. After a quick recon of the camp grounds I saw a beautiful spot by the river and was tempted to move over there with my tent, but decided against it. The cabin was pretty awesome, any ways later that night it rained pretty seriously and would have cut the evening short, so the cabin really was the best way to go.

As for actually riding the Dragon's Tail it was a blast and I pushed the bike a little harder than I should have, but I like to ride for all I'm worth. It was really something, hairpin turns and switch backs that went up and down, wow totally awesome. Next time I'll ride a sport bike for that rip, those guys could lean right over in the turns, really push it and make it look easy. The hogs are a bit of work to deal with all that.

The trip home was not without its tribulation, two breakdowns, but life is 10% what you make it and 90% how you take it. Deal with it and move on. The long and the short of is, I'm glad I made the trip, this life only comes around once so make the most of it!

