

JADE Buddha



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Sensei Paul Sukys Seminar

*Sensei Paul Sukys is the Head Sensei of the CMAC West
He will be in the Beach September 16 for a Seminar.*



Sensei Paul Sukys is a very experienced Martial Artist both in and out of the ring.

He is planning a night of Muay Thai kick boxing and some jujitsu ground fighting.

The seminar will start at 6pm and go till 9:30/10 cost is \$80

Year of the Rabbit



Some Highlights of the Mouth of the Lion Camp



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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

And that was Summer?! How does it go so fast? We wait for it, and wait and then Bam, its here and gone just like that! Apparently as I write this, yesterday was the 8 year anniversary of the Black Out. Wow Tick Tock!

Yes we all know the older you get the faster time goes, if it is blasting by now what will it be like in the next 10 years. It blows my mind just thinking about it.

Remember when you were a kid at school looking at the clock just before end of school and it took forever to hit home time, sometimes it even looked like the minute hand went backwards! Or when you were going to turn 16 so you could get your drivers licence, it seemed like 15 lasted an extra long time. Frustrating...

With the accelerating time factor in mind, the way to beat it or at least deal with it, is to figure out what you want out of this life and make decisive plans on how to make it happen. Ten years will get behind you very quickly so don't waste it.

Try talking to people who are older than you and find out what they did, or things they wished they had of done. Make a list of your own and start ticking things off. You'll find that through the law of attraction, as you desire certain things or events to happen, the universe will provide, so don't make excuses of why you can't do this or that, it is only a matter of will.

Training Tip

I always wanted to travel, see the world, meet interesting people, so I went on all the trips I could with Sensei, I also took jobs that would send me all over North America, and made it a goal to fly to a different island every year. All the travelling was definitely interesting and adventurous, so I have many stories of things that one encounters while on the move.

The training has saved my life on more than one occasion, while travelling, so for that I'm grateful. I'm not talking about fighting, more like reflexes, or break falls or even deciding not to do something at the last minute, only to find out that the out come would have disastrous. How does that relate to training you may ask? Well its a vibe or a feeling that is heightened the more you train, a sixth sense if you will.

Listen to your inner voice, and meditate on a regular basis, and this part is important - say "Thank You" when you get good info from your dreams or your gut or however it gets to you. If the information is not appreciated it won't keep coming.

Of course there has been times where I had to get my hands up too, but to be honest, the sixth sense stuff is way cooler, anyone can fight, its not fighting, that is the real battle.

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 days as a sheep.

BEACHES EVENTS

September

- 6 Dojo open
- 16 Sensei Sukys Seminar
- 24 Kyu Belt grading

October

- 2 CMAC BB Grading
- 8 Long weekend Dojo
Closed
- 10 Thanksgiving
- 29 Kyu Belt grading



From the Vault

From the vault are stories of my past that are kinda funny or interesting.

Back in the truck driving days we would often tell stories, in the driver's room of things that we have seen or heard while on the road. This story is a little disturbing so proceed at your own risk.

A driver was telling a story about two driver's going through the Rockies, one driving and one in the sleeper bunk. As you can imagine going through the Rockies in a snow storm can be very dangerous. Well as the story goes the driver loses control and says "Oh Crap!" and bails out of the truck. The guy in the sleeper hears this and opens up the curtains to see the truck going off the cliff.

Whether this really happened or not is unknown, but it is certainly a disturbing thought to put in someone's head before heading for the same kind of run with a guy you don't know.

Well as things go I just happened to be in the bunk as we were going through a similar stretch of mountainous road. Then what do I hear, but my partner cursing, the door opening, you can only imagine what was going through my mind. So I open the curtain expecting the worst, only to see my partner trying kick a smoke out the door that had fallen into his lap then onto the floor.

Well I had some choice words for him, and smoking almost ended his life that night, the only thing that saved him was that he was driving, and you never punch out the driver while he's driving!

What's the moral of the story? I think there might be a few; don't let people you barely know drive you through the Rockies during a snow storm, or when you hear a story like that realize you might be set up later, or smoking can kill you faster than you thought.

Mouth of the Lion Seminar

Mouth of the Lion Camp was totally awesome! Everyone arrived around noon Saturday, set up camp which was really something to watch! Tents are like condo's these days, (it was like a contest or something) I thought I had a nice size tent - (which it is) but these crazy tents started to show up?! Tent that you could fit 4 or maybe even 5 families in them.

Anyways, all tent envy aside, we trained hard and the food was absolutely amazing (way to go Sensei Bassels) after the last session on Saturday we all meet around this wicked fire and had dinner, drink and song. Nick Lagrasta is really something on the guitar, Mike and Cozi laid down some songs which were totally awesome.

The next morning there was some review, brecky, then we broke camp and went to Mr. Lagrasta's new dojo in Shelburne, all I can say is "Wow" what a beautiful place! The campers did some kata to energize the new space, then Nick had some nice things to say in appreciation for his Sensei and his fellow dojo rohai. Nick is very happy with the way it all came together.

All the best to you Nick and thanks for hosting the event. OUS!

Everyone has a plan until they have been hit.

Your Health Your Responsibility! Cholesterol

By Dwight Lundell, MD We physicians with all our training, knowledge and authority often acquire a rather large ego that tends to make it difficult to admit we are wrong. So, here it is. I freely admit to being wrong.. As a heart surgeon with 25 years experience, having performed over 5,000 open-heart surgeries, today is my day to right the wrong with medical and scientific fact.

The only accepted therapy was prescribing medications to lower cholesterol and a diet that severely restricted fat intake. The latter of course we insisted would lower cholesterol and heart disease. Deviations from these recommendations were considered heresy and could quite possibly result in malpractice.

It Is Not Working! These recommendations are no longer scientifically or morally defensible. The discovery a few years ago that inflammation in the artery wall is the real cause of heart disease is slowly leading to a paradigm shift in how heart disease and other chronic ailments will be treated. Despite the fact that 25% of the population takes expensive statin medications and despite the fact we have reduced the fat content of our diets, more Americans will die this year of heart disease than ever before.

Simply stated, without inflammation being present in the body, there is no way that cholesterol would accumulate in the wall of the blood vessel and cause heart disease and strokes. Without inflammation, cholesterol would move freely throughout the body as nature intended. It is inflammation that causes cholesterol to become trapped.

Inflammation is not complicated -- it is quite simply your body's natural defence to a foreign invader such as a bacteria, toxin or virus. The cycle of inflammation is perfect in how it protects your body from these bacterial and viral invaders. However, if we chronically expose the body to injury by toxins or foods the human body was never designed to process, a condition occurs called chronic inflammation.

Chronic inflammation is just as harmful as acute inflammation is beneficial.

The rest of us have simply followed the recommended mainstream diet that is low in fat and high in polyunsaturated fats and carbohydrates, not knowing we were causing repeated injury to our blood vessels. This repeated injury creates chronic inflammation leading to heart disease, stroke, diabetes and obesity.

What are the biggest culprits of chronic inflammation? Quite simply, they are the overload of simple, highly processed carbohydrates (sugar, flour and all the products made from them) and the excess consumption of omega-6 vegetable oils like soybean, corn and sunflower that are found in many processed foods.

Take a moment to visualize rubbing a stiff brush repeatedly over soft skin until it becomes quite red and nearly bleeding, you kept this up several times a day, every day for five years. If you could tolerate this painful brushing, you would have a bleeding, swollen infected area that became worse with each repeated injury. This is a good way to visualize the inflammatory process that could be going on in your body right now.

While we savor the tantalizing taste of a sweet roll, our bodies respond alarmingly as if a foreign invader arrived declaring war. Foods loaded with sugars and simple carbohydrates, or processed with omega-6 oils for long shelf life have been the mainstay of the American diet for six decades. These foods have been slowly poisoning everyone. When your full cells reject the extra glucose, blood sugar rises producing more insulin and the glucose converts to stored fat.

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

Cholesterol continues...

What does all this have to do with inflammation? Blood sugar is controlled in a very narrow range. Extra sugar molecules attach to a variety of proteins that in turn injure the blood vessel wall. This repeated injury to the blood vessel wall sets off inflammation. When you spike your blood sugar level several times a day, every day, it is exactly like taking sandpaper to the inside of your delicate blood vessels.

While you may not be able to see it, rest assured it is there. I saw it in over 5,000 surgical patients spanning 25 years who all shared one common denominator — inflammation in their arteries.

If the balance shifts by consuming excessive omega-6, the cell membrane produces chemicals called cytokines that directly cause inflammation.

Today's mainstream American diet has produced an extreme imbalance of these two fats. The ratio of imbalance ranges from 15:1 to as high as 30:1 in favor of omega-6. That's a tremendous amount of cytokines causing inflammation. In today's food environment, a 3:1 ratio would be optimal and healthy.

To make matters worse, the excess weight you are carrying from eating these foods creates overloaded fat cells that pour out large quantities of pro-inflammatory chemicals that add to the injury caused by having high blood sugar. The process that began with a sweet roll turns into a vicious cycle over time that creates heart disease, high blood pressure, diabetes and finally, Alzheimer's disease, as the inflammatory process continues unabated.

There is but one answer to quieting inflammation, and that is returning to foods closer to their natural state. To build muscle, eat more protein. Choose carbohydrates that are very complex such as colorful fruits and vegetables. Cut down on or eliminate inflammation-causing omega-6 fats like corn and soybean oil and the processed foods that are made from them. One tablespoon of corn oil contains 7,280 mg of omega-6; soybean contains 6,940 mg. Instead, use olive oil or

butter from grass-fed beef.

Mainstream medicine made a terrible mistake when it advised people to avoid saturated fat in favor of foods high in omega-6 fats. We now have an epidemic of arterial inflammation leading to heart disease and other silent killers.

What you can do is choose whole foods your grandmother served and not those your mom turned to as grocery store aisles filled with manufactured foods. By eliminating inflammatory foods and adding essential nutrients from fresh unprocessed food, you will reverse years of damage in your arteries and throughout your body from consuming the typical American diet.

He is the author of *The Cure for Heart Disease* and *The Great Cholesterol Lie*.

Nose Breathing - Why?

The other day in class I mentioned to someone that they should be breathing in through their nose and out through the mouth. This is something that I have heard my whole life, all my coaches would say that, hockey, football, martial arts didn't matter - to get your breathing under control that's how you do it!

But what's the science behind it, what are the health benefits that go along with it? Well after some research there is really a lot going on. It's funny the things you just take for granted.

Breathing through your nose regulates the amount of air/oxygen getting to the lungs, it also warms the air before it gets there. Regulated air intake reduces hypertension. The white blood cells in the sinuses help to fight cold virus.

Mouth breathing leads to sleep apnea and heart conditions and several other health issues, but the thing to try and get here is that breathing is a habit so during your awake hours breathe through your nose, so while you're sleeping you will continue to breathe through your nose.

Don't let your worries get the best of you; Remeber, Moses started out as a basket case.

\$86,400.00

Think about that for a second?

Imagine that you had won the following prize in a contest: Each morning your bank would deposit \$86,400.00 in your private account for your use. However, this prize has rules, just as any game has certain rules. The first set of rules would be: Everything that you didn't spend during each day would be taken away from you. You may not simply transfer money into some other account. You may only spend it.

Each morning upon awakening, the bank opens your account with another \$86,400.00 for that day. The second set of rules: The bank can end the game without warning; at any time it can say, Its over, the game is over! It can close the account and you will not receive a new one. What would you personally do?

You would buy anything and everything you wanted right? Not only for yourself, but for all people you love, right? Even for people you don't know, because you couldn't possibly spend it all on yourself, right? You would try to spend every cent, and use it all, right?

ACTUALLY This GAME is REALITY! Each of us is in possession of such a magical bank. We just can't seem to see it. The MAGICAL BANK is TIME! Each morning we awaken to receive 86,400 seconds as a gift of life, and when we go to sleep at night, any remaining time is NOT credited to us.

What we haven't lived up that day is forever lost. Yesterday is forever gone. Each morning the account is refilled, but the bank can dissolve your account at any time...WITHOUT WARNING. SO, what will YOU do with your 86,400 seconds? Those seconds are worth so much more than the same amount in dollars. Think about that, and always think of this: Enjoy every second of your life, because time races by so much quicker than you think. So take care of yourself, be Happy, Love Deeply and Enjoy Life! Here's wishing you a wonderful day. Start spending.

Mouth of the Lion Seminar



Nathwani Condo



Vojka's tent before and 5 minutes after



Fire



Senpai's carving seminar - Awesome

Opportunity may only knock once, But temptation bangs on the front door forever.

CMAC West Camp

I can certainly understand why people love Motor Bikes. Whilst in Alberta, on our CMAC West camp trip, I had the pleasure to ride pillion with Sensei. Actually when we started off there was probably about 8 others and we went for an amazing ride through the winding mountain roads down to the border crossing with Montana. At times it was so windy I had to keep my head into Sensei's shoulders as my helmet was getting looser and my glasses were almost flying off!! Anyway after a good rest stop to talk relax and take some amazing photographs we headed back to camp. Sensei wanted to take me to Red Rock which is another wonderful scenic place with a gushing waterfall and stream going through this amazing red rock. To get there you have to ride through even windier narrow roads through the mountains, and it's like a plateau with utterly wonderful and unbelievable scenic beauty. Unfortunately I did not have my camera then or purse as I had left them in Kelsey's mums luggage on her bike and it was just Sensei and me. Even though it was a short time, maybe a couple of hours when we returned to camp I felt just incredulous. It was an adventure that I cherish as it was refreshing, exciting and totally awesome, and of course my driver was someone who I totally trust so once I relaxed I really enjoyed the ride.

I hadn't been on the back of a bike for probably 25 years or so, but it soon came back to me how to behave as a passenger. Maybe I will go for my bike license, hmmm-mmm.

When the next West Camp comes up I urge all students to go if at all possible, as it was such an amazing experience training at the lakeside surrounded by mountains. It was an incredibly powerful place and made me feel quite magnificent.

Thanks so much Sensei, you know I thoroughly enjoyed that and would do it again, and also the privilege of meeting Sensei TJ and her students, they are really special people.

A trip discription by Ms Crawley God Bless Her



You can tell how big a person is by what it takes to discourage him.

The Green Thing *Then and now*

In the line at the store, the cashier told an older woman that she should bring her own grocery bags because plastic bags weren't good for the environment. The woman apologized to her and explained, "We didn't have the green thing back in my day." The clerk responded, "That's our problem today. Your generation did not care enough to save our environment."

He was right -- our generation didn't have the green thing in its day. Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled. But we didn't have the green thing back in our day.

We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

But she was right. We didn't have the green thing in our day.

Back then, we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on a line, not in an energy gobbling machine burning up 220 volts -- wind and solar power really did dry the clothes. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that old lady is right; we didn't have the green thing back in our day.

Back then, we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana. In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used a wadded up old newspaper to cushion it, not Styrofoam or plastic bubble wrap.

Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the green thing back then.

Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest pizza joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?