

# JADE Buddha



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## CMAC Black Belt Grading

October 2 2011 Burloak Hilton Inn 1pm  
Come support Miss Merlini challenge NiDan



### Year of the Rabbit



Some Highlights of the Sensei Sukys Seminar



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## Get the CMAC Book Series Book 5 is now Available



*The outside world is a reflection of the inside world, be careful what you focus on.*

## Beaches Newsletter

### Sensei's Note

Stuff, stuff, stuff, everybody has STUFF! I was talking to someone the other day who wasn't training, do-to-stuff. I have stuff too maybe I should take a break as well, cuz that seems to be a good solution!

When I was young I had just as much stuff then, but it was a whole other pile of stuff. I never stopped training though, because it was the training that got me through all the stuff.

The outside world is a reflection of the inside, meaning you get what you think about. If you always focus on bad things, bad things will keep happening, that's just the way it goes, Law of Attraction.

Things often go wrong in three's, something happens and then something else then just when you're thinking what else could go wrong, something else does.

The funny thing is these kinda things happen just after you say something like "I'm having the Best Summer EVER!" Which is what I said at the end of July, well what a string of bad luck befell me right after. I'm not going to go into details but wow, a pile of stuff happened. Thank God for the training it really helped me keep it together. Remember - be thankful for what you have, and don't brag about it, because the second you do, karma straightens you out.

Yes I realize I said thank God and karma in the same paragraph, that could be another reason for the string of bad luck, haha religious humour.

### Training Tip

Here's a tip, when there's a special guest coming in to do a seminar you should go! Sensei Sukys put on a great seminar and some of you had the opportunity to go and you totally missed it.

Going through the ranks I went to everything! Back in the day we did piles of stuff, week long camps with Sensei Kim, trips to Cuba, Japan, New York to see Sensei Urban, lots of South America trips and tournaments. It was and still is part of the Martial Arts experience. Ok so you missed the West Camp, and the Mouth of the Lion seminar at the Grey Highlands, you still have a couple more things to get in on this year before another year passes you by.

I'm talking about the CMAC Seminar weekend and Black Belt Grading on October 1 & 2, by Sensei Platt, and the CMAC China trip, by Sensei Bassels in November. These events are part of the CMAC history so years from now when you are out with a CMAC group on some adventure you have previous experiences of times when you trained this Legend and that Master. Get involved!

### Beaches

### Grading Results

Sept 24 2011

### Yellow Belt

Jovana Shrestha  
Elysia Harrison  
Regan Gillies  
Seonguk Back

### Orange Belt

David Walters

### Red Belt

Marcus Chafe

### Green Belt

Diego Zumer

### Blue Belt

Helder Cabral

### Next Grading

October 29 2011



*In this life you get what you think about, be careful what you think about.*

## BEACHES EVENTS

### October

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

### November

- 11 Remembrance Day
- 26 Kyu Belt Grading.  
China Trip



### Mat Laying Seminar

Call to Action October 3! We will be laying down a new floor. We will start right after the Hasu Sukys seminar. Let me know if you can help.

I had planned on a new floor at some point this year and after seeing Mr. Lagrastas dojo floor in Shelburne I was sold on the new mats. He had the exact kind that I had been thinking of and even a good amount left over, so once again the universe has provided, blame it on the power of creative thought.

A special thanks to Mike, Val, Sava and Cozi for your donations it really helped. Sensei Ponied up the rest.

Here a couple pics of Mr. Lagrastas Dojo in Shelburne, awesome.



## From the Vault

This is a story that could have ended badly over \$5, while vacationing in Jamaica with my girl. We were a couple young Martial Artists at the beach in Montigo Bay, enjoying the sun and surf when out of nowhere this freak storm blew in and it started to rain Big Time. So we jumped up and ran to this little 3 walled shack that looked empty. As it turned out there were 3 locals in there who were young men.

With the rain coming down the way it was we would have went into this shack whether they were there or not. They offered to sell us some ice cream, then some herbs, which is everybody side job over there as it would seem, and we said no thanks to both. Then they started to compare knives, which I think might have bothered some people, but I didn't care about this lame attempt to intimidate us, so I asked this one fella if he was holding a gravity knife.

Next, this big dred came in with his girlfriend, she wanted to do my girls hair, free sample she said, and then demanded \$5. I wouldn't pay and the dred was really working me, the room was heating up. After some words with the dred and being circled by the knife boys my girl paid her. I was pretty sure I had them right where I wanted them. They backed off, the rain stopped and we left. I said why did you pay? She said cops would ruin the holiday. \$5 was probably the right thing to do.

*Pain is just weakness leaving the body.*

## Your Health Your Responsibility! Injuries?

Ok here's the thing, you're not learning Ballet, you might get a bump or bruise along the way. I probably shouldn't have compared Martial arts to Ballet since I've never done Ballet before, apparently dancers, from what I've heard are very driven and competitive, so blood, sweat and tears is all part of the program.

Back to my point, Martial Arts can be very demanding, there's people blocking full blown punches, kicks, and strikes from people intending on getting into the target. Throws, locks, take downs, rolls and break falls, can be very tricky and dangerous if not performed correctly, and sometimes injuries can occur.

The other day one of the guys kicked an elbow belonging to Mr. Jones, very educational. First of all it's Mr. Jones, you're not going to hurt him with a round kick, and secondly, kicking someone on the elbow is going to leave a mark, mostly on the kicker. Well the kicking foot was black and blue for days, so a little online research by the injured party found that if you put a hot wet towel on the calve and ice on the injured foot and toes, the discolouration will go away. The next day the foot's natural colour was back.

This combination of heat and cold in two different places stimulates the circulation to the damaged area to stop bruising and reduce swelling.

Although he was injured he didn't stay away from the dojo, he just trooped through it, took responsibility to deal with it and found a solution. The internet can be a wonderful thing.

If you are injured, mentally, physically, spiritually, or emotionally keep to your training schedule, at least get to the dojo to watch a class, it keeps you in the loop. When you stop, you break your routine and that can throw you out of whack making it hard to get back to it.

If you're injured and at the dojo, let your partner know what's up with you, so you can work together and not cause further damage. You are your own Martial Arts control board! Always train with your health in mind. Speaking from experience we are only human, mere mortals, and although we can do things average people can only dream about, there are personal limits to what we should do. It is up to you to make the right call concerning your involvement in certain drills and exercises. You want to train for a long time you have to train smart.

Martial Arts training has the ability to hurt and to heal. It is very obvious that the blocks, punches and kicks of Karate can hurt, as do the throws, locks, pins, and chokes of Aikido and Ju Jitsu. So what of this healing power? Where does it come from? The healing power naturally occurs through years of serious training in these arts, by putting "Chi" or "Ki" into everything that you do. But the art that has it's main focus on the internal healing power is Tai Chi. It has blocks, strikes, punches, throws, sweeps, kicks, and take downs similar to Karate, Ju jitsu and Aikido but a completely different presentation.

Internal power is develop through your mind, body movement and breath, all coming together in the right combination. Your mind controlling the movement and the breath to develop power. The power of the minds concentration of the breath will move "Chi" or "Ki" through the body to areas that need energy, this is healing power, natural heat moved by mind, breath, and movement.

Try a Tai Chi class at some point, it is powerful stuff.

*Anything worth doing, is worth doing right.*

## Definitions

**Bushi** - Warrior born into a clan with an honorable military tradition.

**Shogun** - Rich and powerful lord - above him was only the Emperor (which is not a military rank).

**Daimyo** - Feudal lord - the Samurai would swear allegiance to him.

**Samurai** - Particular class of warrior family which defended the Daimyos. Warriors highly trained in the military arts. Over time Samurai became synonymous with Bushi (warriors).

**Ronin** - Bushi or Samurai who were under no obligation or loyalty to a particular lord, or a Samurai whose lord was deceased, or whose lord had been banished and his property confiscated. Actually, the Ronin functioned as "hired swords" and their very existence went to a certain extent against the stance and principles of the Samurai. The title Ronin took the place of the term Nobushi, or Bushi who hired out his services and was not obligated to any lord.

**Ninja** - Warriors of a low rank. Not from families of established warrior status. The Ninja served various lords usually as Guerilla fighters, assassins, or spies.



## No Faking It I Can Tell!

Ok, Ok, in the first few classes you may hear "fake it 'til you make it". Well, that ends after the first few classes! Faking it is not the way you want to go through your life. The secret to your Martial Arts training is commitment, not only to just showing up, but to every technique, to your partner, to the philosophy, every aspect of the training.

Martial Arts is like Math! You can't fake Math, Math is Math! Basic!  $2+2=4!$  Balance equals power!

Summation of joint forces. Six areas of the kata must be present in every technique, basics must present in every drill. Everything worth doing or having takes work, and if you think it isn't worth it get out of my house!

We do basics every class, even the Fifth Dans do Basics! Ever wonder why we do so many Basics? Because Sensei Yamaguchi said "Master the Basics". He was a Ten Degree Master!

Studying the Basics will give you balance, balance equals power. The lesson there is balance is important, you need it in every aspect of your life. Balance the Mind, Body and Spirit. Develop the one to beat the many, the many challenges we have to meet in every aspect of our lives.

The Basics are your foundation, without a strong foundation you have nothing. You can build on a strong foundation. The junior kata are that foundation to the more advanced forms, which, over time will reveal the secrets of this amazing style we call Goju Budo.

*John Lennon once said "Happiness is a warm Gun" But he was an American.*

## Happiness is a Sharp Knife

Earlier this year I was riding along on my motorcycle when I passed one of those knife sharpener guys in his truck so I thought I'd get my knife sharpened. I pulled him over and he sharpened my knife for me. It was so nice to have a super sharp knife I got my own grinder and sharpened all my knives, and axes too. What a great day!

These things get dull after constant use and more accidents will happen with a dull knife than a sharp one, the problem is there's never one of those knife sharpening trucks driving along when you need one. So here's the solution, just bring whatever you want sharpened down to the dojo and I will sharpen them

### Think about that for a second?

up for you for \$5. Lawnmower blades, axes, knives etc. you can leave them or wait it only takes a few minutes and it is so worth, so believe me when I say "Happiness is a Sharp Knife".



## Who is Suzy Lebec?

### Befriending your Dark Side

What fascinates me about Martial Arts is the theory that in order to be able to fight a student must also find inner peace. The opposite or polarity of the aggressive behaviour of sparring must also be present for balance to occur. Without peace, one's strength may come from a defensive place in the human psyche.

In Gestalt Psychotherapy this is also true of many facets of the personality. Often we tend to disown the trait we find unattractive or deem negative about ourselves instead of embracing it as part of who we are as a whole person.

An example of this is when a person has been told as a child that they are angry and discouraged and/or shamed into holding back their feelings. In adulthood that same person may have difficulty expressing their anger.

Anger has been shunned in cases of repression. Anger is, regardless, an important emotion and the more we can find appropriate ways of its expression, the more we are able to feel its opposite; Joy.

Martial Arts is a wonderful way of expressing aggression and releasing the joy associated with physical exertion. For others who have been traumatized by life experience there is Gestalt Psychotherapy which offers support and provides a safe environment for those disowned traits and feeling to be expressed and accepted as part of being whole, healthy beings.

Suzy Lebec is a Gestalt Psychotherapist under Clinical Supervision, and a Pilates Instructor at the Dojo.

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*Karma has a way of coming back around.*

## Sensei Sukys Seminar

September 16/2011



The two seminars on Muay Thai and Brazilian Ju Jitsu by Sensei Sukys were excellent, everyone had a funtastic time and got a great work out. Sensei Sukys is really in his element, he has a true passion for these arts and a gift of turning people into pretzels, Awesome! Well it was mostly Mr. Jones that got to feel the pain from Sensei Sukys, being the main Uke for the seminars, even the tour, he followed Sensei Sukys to Oakville the next day for another 4 hours of pins, cranks, kicks, knees and elbows. Personally I liked that I could see all kinds of Goju in the Muay Thai, and the arm bars and some of the pins we have worked on in the past. All in all a great event, you should have been there.

*Everyday is a test, the grading is just formality.*

## Beaches Kyu Belt Grading

*Highlights of September 24 2011*



*Ring of Pain - Kalin demonstrates Block*



*And Counter*



*Big throw by Helder and Diego comes down hard*



*What a great look*



*Miss Nathwani and Regan Banging it out*



*Classic Sava Superman Punch*