

JADE Buddha



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Aikido Seminar

November 29 /11 noon till 3pm

Beaches Dojo



Year of the Rabbit



Highlights from the Kyu Belt Grading



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Get the CMAC Book Series Book 5 is now Available



Money will buy a fine dog, but only kindness will make him wag his tail..

Beaches Newsletter

Sensei's Note

When is the best time to look for work? After you get the Job!

I always find it strange that people go back to being slack and idle after they get promoted to the next rank. Usually before a grading everyone is really going for it, which is totally understandable, then they get invited to the grading, usually pass, then go back to being a slacker after they get their next belt.

You need to represent the rank once you get it, that means train at the same or higher intensity that got you there in the first place. At the Kyu belt level, it is all about the basics and focus, strong stances, powerful blocks, punches and kicks. As a training aid never let a junior belt be faster than you or get the better of you, in any drill, that can be a strong motivational force.

As a junior to your new belt level try and be faster, stronger and out do the guy on your right. This is how you become a strong Martial Artist, and how you become a good Martial Artist is to work that system without creating a lot of enemies along the way.

Which bring us to ego. Always keep your ego in check. As you become stronger, faster and able to do impressive things the ego will tend to flare up, you end up talking way too much about how great you are. At least until that one guy who is stronger, faster and better than you comes along and straightens you out.

How do you push yourself, motivate the seniors and the juniors without get your head all swelled up? Three ideals, Respect, Compassion, and Gratitude. Meditate on these three ideas and make it part of your training and your life and see what happens.

Oh yeah, try talking less about yourself.

Training Tip

Kime, get some Kime!

Ever notice some people just seem to have more focus or power, like it was a God given gift or something, well it is, and guess what? We can all have it!

Kime can be learned and earned, through practice, that's right, repetition, lots and lots of repetition. The more you work your round kick the better it gets, the less you have to think about how to do it. The less you have to think about how to do it the faster and stronger it may become, because the subconscious mind is so much faster than the conscious mind.

Want to understand Kime, start cracking a whip, or a towel, a cloth napkin. The idea of loose to tight to loose again is Kime. Learn to make it crack, make your block, punch or kick crack when you throw it and you will understand Kime.

Beaches

Grading Results

October 29 2011

Yellow Belt

Nolan Warfield
Arjun Johal
Emily Armstrong
Johnathan Armstrong

Orange Belt

Jaya Vos
Kennedy Clouse
Colin Henderson
James Simmons
Sebastien Dobrowolski

Red Belt

Tyler May

Green Belt

Sasha Decker

Purple Belt

Andrew Waslen
Regan Gillies

Blue Belt

Shannon Smith
Owen Sulter
David Walters
Matt Tobin
Sava Drayton

One Probation

Next Grading

December 3 2011



There are worse things than getting a call for a wrong number at 4 a.m. - like, it could be the right number.

BEACHES EVENTS

November

- 5 Picture Day
- 11 Remembrance Day
- 29 Aikido Seminar
China Trip

December

- 3 Kyu Grading
- 23 XMas Holidays Dojo
Closed

January

- 1-8 Dojo Closed
- 9 Dojo Open
- 28 Kyu Belt grading

From the Vault

Here's one over \$6, last months story was over \$5. You guys are going to start to think I'm the cheapest guy in the world.

Anyway I was getting ripped off by the debit card guys for \$6 every month, despite all the channels I had to go through to end a contract and to get them to stop taking my money. This was going on for months, then one day I got the bank statement and there it was again, after jumping through all the hoops they still charged me that \$6!

Being a Martial Artist it is important to keep a level head and not to resort to violence even when you are getting robbed by these sleazy debit guys. But there is a limit to my patience.

After seeing that \$6 being taken again, I jumped into my truck drove to St Catharines, blasted into the parking lot of their office, did a full combat stop and rushed the door! A couple were standing out front and when I rushed them the guy got so freaked out he spilled his coffee all over his leg, she was a little cooler. If anyone was going to get it, it would have been him for sure, she knew that, and so did he.

She asked me what I was doing there, and I said "I'm here for some result!", (Insert some colourful language for effect). They quickly disappeared into the secured building with all their cameras and locked doors. So I went back to my truck pointed the it at the front door and waited. I was hoping they would send out some big mook, but what do they send out but a little 5'3" 105lbs blonde to talk to me!

That was good strategy on their part, Sun Tzu "Art of War" - Know your enemy!

Anyway she managed to calm me down and I told her my dilemma. She still tried to get rid of me before everything was totally taken care of, but I wasn't falling for anymore brush off's or waiting for this or that, it was happening today!

It took about 45 minutes but it got resolved. Next bank statement it was gone.

The thing is, who does that, and why did they push me to that end?

Well, lots of companies do that kind of underhanded stuff, because when you do it to thousands of people that's a nice little passive income that just keeps coming. They get away with it because its a huge pain to try and get it all sorted out. It took me months of phone calls and waiting only to see that the charge was there again. I had to find them, drive down there, and get there as they were going into this bunker and pull off a crazy, kinda "Fix this or else!" threatening presence, before it was finally fixed for good.

Not too many people are going to do that - they would probably keep paying or cancel the bank account or whatever. It was a while ago and I did a pile different things to make it go away, but it always showed up. The psycho option just kind of happened and it actually worked.

I don't recommend that's the way to go and there are easier ways, there has to be, but Sensei once said I have a volatile personality. It takes a long time to come out and the training has really helped. Well, thank God for the training!

If you don't have a sense of humour, you probably don't have any sense at all.

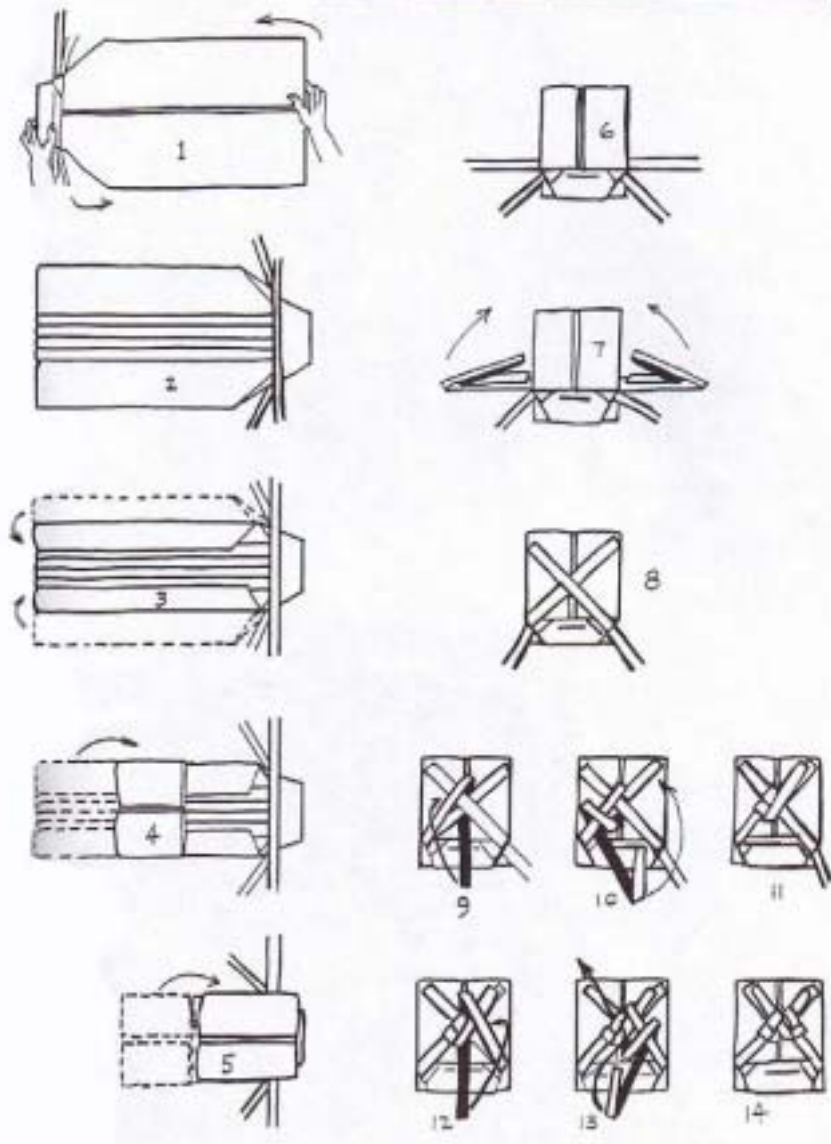
Your Health, Your Responsibility! Drugs?

Here's something you may not know, there is a pile of money being made by selling drugs, the legal ones. Some of the prescription medications have a 30,000% to 100,000% mark up. And is less regulated than dog food.

I'm not going to bore you with a bunch of comparisons of dollars to drugs but what I will tell you is that if you need meds because of the Big "C" money machine you can get them at Costco for huge savings and you don't even have to be a member to buy them. When they ask you for your card at the door tell them you are going to the pharmacy and because its a Federal Department they will let you in.

Now if you don't want to fall into the trap of this big money grab, get a good Doctor of Chinese Medicine, eat right and exercise. The way to beat cancer is to stay on top of your health in the first place.

HOW TO FOLD A HAKAMA



What's the deal with the Hakama?

We train in Classical Martial Arts from Japan, China and other parts of asia. For Karate we wear a white gi which is an old style of clothing that the Japanese wore a hundred years ago.

The Tai Chi uniform is a style of clothing that the chinese wore from around that same time period.

The hakama is a more formal Japanese out fit that we wear in the Kobudo class. The hakama will be worn by people practicing Kendo, laido, and Aikido. These arts are all directly related to the Japanese sword of old Japan and at the time of their development the hakama was clothing worn.

People need to be able to defend themselves in the clothing they wear, so it makes sense to train in your street clothes from time to time. If your jeans are down around your knees and you need one hand to hold them up even just to walk, how effective will your high block be? When your pants fall down to your ankles you can't fight very good, throw a kick, you can't even run away, forget about jumping over a fence.

Sorry got a little off topic there, but I really don't get that style of wearing jeans.

Always be yourself because the people that matter don't mind..... and the ones that mind don't matter.

New Floor



Check out the new dojo floor, Wow very cool! If you haven't been in for a while you have to get down here and try out the new mats, they are totally awesome.

After the "Mouth of the Lion" seminar I saw Mr. Nick Lagrasta's new dojo outfitted with these beautiful mats. Well I just had to have them! Our old mats held up pretty good but they were tired and showing their age. You can only get about 5 years out those Home Depot specials, and that was our second set, so guess what, it's 10 years next spring!

Anyway, back to the story of the mats, it all started with a dream, I heard of these Zebra mats a couple years ago, and thought how awesome it would be to have mats that looked like hardwood. Then there was the tour of Nick's place. He gave me a good deal on his left over mats and that got the ball rolling. I'm not sure how I was able to get the cash together, I seriously think it was Divine assistance, once again the Universe provides.

The pick up was a little rough, I'll get into that another time, but that delay actually worked out for the best. Sometimes a delay is for a reason, this reason was, all the people I needed to help showed up when the mats did, if I got them a day early it would have been a lot of work. The night they came there was almost 20 people to help. Many hands make light work, it only took an hour and a half to get the job done.

Thanks to everyone who was involved, it would have been a long night without you.

Seat belts are not as confining as wheel chairs.

Picture Day

Its that time of year again for picture day. November 5th (all day long) and it happens during the regular class times so it easy. Just have your best gi on with all the crests on in the right place, and your belt tied right and we will take care of the rest.

One other thing, don't even think about throwing a kick for the camera, they very rarely work out and hold up the entire picture taking process.

It happens fast and that's the way Sensei likes it, so listen to what he is telling you to do as a group or individually, move quickly and try not to talk it only slows things down. If you're getting the sense that time is an issue on this job, you are right. The little guys class is only 45 minutes long and there is like 50 of them in there so that first session is absolutley brutal if people aren't focused.

Say Cheese

We are getting the office across the hall for this picture day and that should make it easier, we usually use the end of the hall but the music lady needs that space now. Which is another reason why we shouldn't talk, it will effect her class. Be curtious.



Congratulations

Congratulations to all those that received Dan Promotions at the last CMAC Black Belt grading.

From left to right; Mr. Jones 3rd level Tai Chi, Miss Kortright 3rd level Tai Chi, Ms. Crawley 2nd Dan Karate, Ms. Johnson 2nd Level Tai Chi, Mr. O'Neil 2nd Level Tai Chi, Mr. Bathony 1st level Tai Chi.

Honourable mention goes to Mr. Busbridge 3rd Dan Kobudo and Miss Merlini 1st leve Tai Chi.



CMAC Weekend October 1 & 2 2011

CMAC seminar and grading weekend October 1&2 2011, was a great weekend of training, so, good for you who made it out.

The grading started with a demonstration of a Muay Thai ceremony that you would see before a fight, performed by Sensei Paul Sukys. Then a Iron Thread Demo by Sensei Bassels and then it was game on with drums and basics and all the usual Black Belt craziness.

Only one warrior from the Beaches Dojo was there to represent, Miss Merlini was there to challenge 2nd Dan Karate, she did a great job! There was just a fantastic demonstration of two on one by Sheldon from the Hasu, (sorry don't know his last name) but wow! Try making it to the next one, they are always educational, and inspirational.

Life isn't tied with a bow..... but its still a gift.

Stretching

Do you know that it takes 30 seconds for a stretch to have any impact. All too often people will rush through the stretch, so they can start their training. Stretching is part of your training, except it.

Never bounce in a stretch, because it only aggravates the muscle, and leads to injury. Sometimes you will see people bouncing in their side stretch in an effort to get further down in the splits, don't follow their example.

You never want to feel a stretch in the joint. Keep the stretch about the muscles.

You have to be mindful when stretching the legs that you are tilting the pelvis and hinging from the hips so that if your lower back is relaxed and you're not hunching over.

You always want to move into and go out of a stretch slowly so you don't jerk or strain your muscle, that just leads to injury and more work to get to your original flexibility.

Warm up is to prepare your muscles for working so take it easy, slow down, and breathe. You want to consciously relax the muscle, so don't clench, it will just make it hurt.

You always want to take it to the point of discomfort and just hold it for 30 seconds. You are Martial Artist you can take it! Stretching is not a fight but it can be a test.

Don't Clench

Aikido Seminar November 27

Sunday November 27 2011 at noon till 3pm we will be having an Aikido seminar here at the dojo. Only \$45

We will cover only a couple throws and pins each hour, so the chance of you going home with information burned into your subconscious is very good.

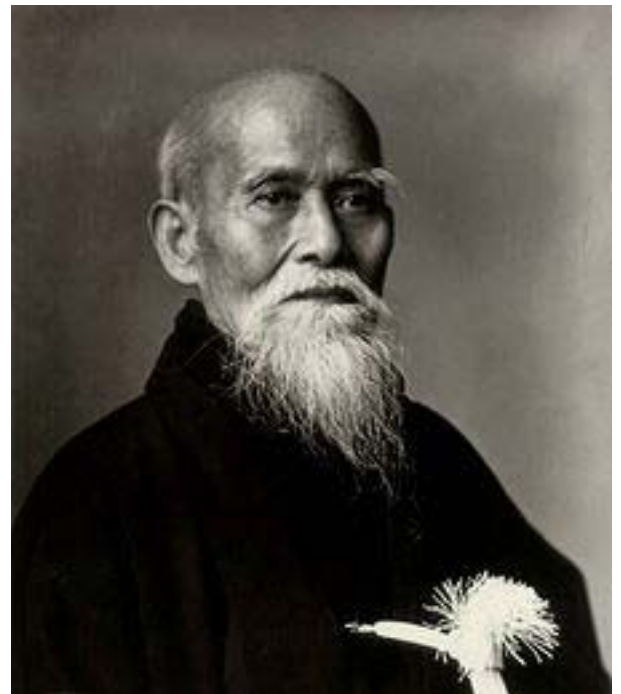
Aikido was developed by Master Morihei Uyeshiba in Japan. This Martial Art combines practical self defence movements taken from sword, and spear fighting, jujitsu, aikijutsu, and other ancient, more esoteric forms of the martial arts.

In Aikido there are no attacks, the defender uses the energy of his attacker against himself. The foundation of the art is built on inner power, developed from the "hara" and by the proper use of this "Ki" energy by a centered and grounded practitioner, the results can be both majestic and powerful.

Come out and be part of the action.

Morihei Uyeshiba

Founder of modern day Aikido



A good time to keep your mouth closed is when you're in deep water.

Beaches Kyu Belt Grading

Highlights of October 29 2011

