

# JADE Buddha



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

647-258-7469

www.cmacbeaches.com

## Merry Christmas and Happy New Year 2012

*Year of the Rabbit*



*CMAC China tour 2011 headed up by Sensei Bassels*



*Highlights from the Aikido Seminar*



## Last Class of 2011

*Meeting on the Mats Dec. 22 8:30pm.  
Beaches Dojo*

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

### INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tip	2
Grading Results	2
Events Calendar	3
From the Vault	3
Your Health - Cancer	4
Deep Breathing	4
It is so	5
CMAC China Tour	5
Who's Sandra?	6
Aikido technique	7
Aikido Seminar	8



*Buy Canadian! The job you save maybe your own.*

## Beaches Newsletter

### Sensei's Note

December has arrived, time to support the economy and spend those hard earned dollars on products made outside our country. Here's an idea why not try buying things made in Canada this year, the job you save just might be your own.

Few people know it but we are being taken over, as if we were at war, but instead of using violence to do it, they are using our own greed against us. We have to have the latest whatever, but it is being made by other countries, or it is being made cheaper by other countries and if you can save a buck that's what you're going to do because it's all about you.

Wall Mart has everything under the sun, and it is cheaper than anywhere else, the problem is most the things there are from somewhere else. Container ships from China are coming here full of stuff we have to have, then returning home empty. This kind of non reciprocation is not good for Canada, start paying attention to what and where you are spending, keep your money in Canada.

There is a community in BC that has closed its doors to big franchises, so it is all local people running their own businesses and working for their own dreams. There is no Wall Mart or even Canadian franchises, because as a franchisee there is still limitations to what you can do with your business.

Be proud to be Canadian while we are still Canadians, don't let greed get the better of you, buy Canadian or go without.



### Training Tip

Senior class on Sundays at noon. A few of you have asked for more time on the floor so I set aside Sunday afternoon for you. This time will be for Green Belts and up and we will cover more advanced ideas of the training in an effort to ready you for the Dan Gradings ahead.

Class starts at noon, don't be late. Training time is one hour, but we may go longer once the weather turns nasty, so if you need to leave at 1pm you are free to go.

This class won't be around forever so take advantage of them while you can, and lastly it is a pay as you event, classes are \$5 per head.

### 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



*If God brings you to it, he will bring you through it.*

## BEACHES EVENTS

### December

- 3 Kyu Grading
- 22 Last class - party on the mats after class
- 23 XMas Holidays Dojo Closed

### January

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



## From the Vault

The decision that saved my life.

Back in 1984 I had just started training with Sensei Platt, back in those days there weren't a lot of dojos out there and as luck would have it I ended up in his. Well there were so many white belts that there was actually 3 class of white belts, junior, intermediate, and advanced. I was in the beginner class for a long time and almost quit because of it. Well truth be told I did quit, I took a month off and Sensei never called to see if I was ok, nothing, it was like he didn't care or something, that kind of bugged me too.

Well like I mentioned Sensei had 3 classes of white belts, I'm sure he had over 100 of us at the time, and thinning out the herd wouldn't be a bad thing.

I quit for like a month and in that time I cursed Sensei for not seeing my potential, for not moving me up to the senior class. I was a good fighter, lots of heart, every time we fought I would always hurt or bloody the guy, noses were my favorite.

On the last day before I decided to come back I had an epiphany and decided that quitting wasn't going to get me a Black Belt. I thought that I should go back to the dojo and figure it out, if other people could do it, so could I! I went back to the dojo, nobody missed me, nobody even cared that I had taken any time off, as it turned out people were happy that I wasn't training.

Well after coming back I just put my nose to the grind stone and worked on the basics, and kata and just tried to stay alive in the sparing because Sensei was always putting me with these strong fighters. I didn't talk to people while we were on the floor, I didn't go for coffee or drinks after class, well nobody asked me to in the first place, but still I kept to myself and trained hard during the week and had fun on the weekends, that was the time for the girlfriend and my old buddies and other distractions, during the week work and train, weekends was for fun.

Going through the ranks went a little faster than most students in the dojo, I was on the fast track to success, going to seminars, tournaments, assisting classes, helping out at other dojos of fellow rohai, training on my own or sometimes hitting the noon and then the evening classes in the same day. Back in those days we were trying to build a Martial Arts college where students could live and train full time, so I spent a lot of time there as well.

Coming up through the ranks there were some students that really didn't want me around, as Sensei Platt likes to remind me from time to time, they even petitioned to have me removed from the dojo. I had no idea that I wasn't Mr. Popular, I just thought these city folks liked to keep to themselves which was fine with me, I wasn't there to win any popularity contests. Sensei never told me to take it easy on any one or gave me attitude adjustments, but now that I think about it, he used to attack me in the hallway, and there was one time Sensei and I were sparing and during the beating I was taking he ripped my heavy weight gi top right in half.

I asked him one time why he never got rid of me? If I was causing so much of a problem, wouldn't it have been better for the dojo to ask me to leave or change or something? He said that I had the kind of energy people would have to deal with on the street, it kept people in check, I was kinda blown away at that remark.

I have learned many lessons of respect, compassion and gratitude over the years and they have, I'm sure, saved my life more than once.

---

*Greed the root of all evil.*

---

## **Your Health, Your Responsibility! Cancer.....**

Here's an interesting read for ya - Natural Cures "They" Don't want you to know about, by Kevin Trudeau.

Are you aware that the overwhelming majority of what you eat every day is poisoning you?

Did you know that the medical profession, in partnership with the pharmaceutical industry, has a huge interest in keeping you sick rather than healing you?

Do you realize that the Federal Government is doing everything in its power to keep all this a secret.

I know it sounds crazy that the government would allow companies to make trillions of dollars at the cost of people's health and well being. I seriously doubt that all that tax money is appealing, not to mention all the side action, bribes for new drugs to hit the shelves, etc.

It's also crazy that cancer is more popular now than ever, especially when that whole cancer industry makes so much money trying to find a cure. You would think all that money would have found a cure by now. I guess running for the cure isn't really finding the cure, it is just keeping the whole scam going. Does it make sense to find a cure and kill such a fruitful industry. Not at all, they would be killing the Golden Goose!

If you play on people's fears, you will get a certain reaction. People that aren't consumed by greed will get on board with these ideas of finding a cure and give till hurts, because everyone has been touched by cancer in one way or another and trust the powers to be to do the right thing. Well guess what, you are being played for suckers and they are taking you for a ride.

Are these scientist stupid or something? Where the heck is the cure already! Remember when everybody was starting to think the American army was pathetic because they couldn't find Osama? Once they heard everybody was laughing at how stupid they were, guess what? Oh we found him, caught him, killed him, and threw him overboard, so you just have to believe us, yup that's what happened.

He doesn't talk about Osama, it just kinda came to my mind when I thought of what a big joke the whole scam is.

---

## **Importance of Deep Breathing**

Breathing properly is so important for health and posture into old age. The lungs are an elimination organ, if the breathing is shallow the airborne toxins that don't leave the body settle in the lower part of the lungs.

Deep breathing exercises help to move these toxins out of the lungs and out of the body. Deep breathing helps to keep your posture straight up and down, because your ki is low - in your hara. As you age and only shallow breathe the ki doesn't concentrate in your hara, but rises to the upper lungs, you will see people start to lean forward as they get into their later years, this is because the ki is higher in their bodies and not in the hara. As the ki rises the center of balance is disrupted, at this stage of life a loss of balance could mean anything from a broken knee to a broken back or hip, in any case recovery takes longer the older you get, if you manage to survive the fall.

Deep breathing is a stress reliever, (we naturally do it in emotional or high stress situations) but if you do it on a regular basis dealing with most situations are not as stressful as they used to be. We are air powered and by learning to draw the energy from the air we can greatly improve our health.

*Greed, anger and ignorance, are the 3 poisons of man.*

## It Is So!

It is so, it cannot be otherwise. As you and I march across the decades of time, we are going to meet a lot of unpleasant situations that are so. They cannot be otherwise. We have our choice. We can either accept them as inevitable and adjust ourselves to them, or we can ruin our lives with rebellion and maybe end up with a nervous breakdown.

Be willing to have it so. Acceptance of what has happened is the first step to overcoming the consequences of any misfortune.

Obviously, circumstances alone do not make us happy or unhappy. It is the way we react to circumstances that determines our feelings. Jesus said that the kingdom of heaven is within you. That is where the kingdom of hell is, too.

We can all endure disaster and tragedy and triumph over them if we have to. We may not think we can, but we have surprisingly strong inner resources that will see us through if we will only make use of them. We are stronger than we think.

When we stop fighting the inevitable we release energy which enables us to create a richer life. No one living has enough emotion and vigor to fight the inevitable and, at the same time, enough left over to create a new life. Choose one or the other. You can either bend with the inevitable storms of life or you can resist them and break.

Take a lesson from our Martial Arts, go with the flow of the attack, be strong but flexible, know your surroundings, understand your situation. As long as there is a chance to save the situation, let's fight! But when common sense tells us that we are up against something that is so and cannot be otherwise then, in the name of our sanity, let's not look before and after and pine for what is not.

God grant me the serenity to accept the things I cannot change, the courage to change the things I can; and the wisdom to know the difference.


To break the worry habit before it breaks you, cooperate with the inevitable.

## CMAC China 2011



*Live with respect, compassion and gratitude for a more rewarding life.*

## Who's Sandra?




**beaches**

**fitness**

PERSONAL TRAINING  
IN THE BEACHES

beachesfitness.ca

Sandra Drygas PTS, PNS, NWS  
personal trainer

Can-Fit-Pro 

Here is another opportunity to get into shape, learn about health, while being with your new born at the same time.

Sandra has fitness classes at the dojo for new mothers and child, a couple times a week.

www.beachesfitness.ca

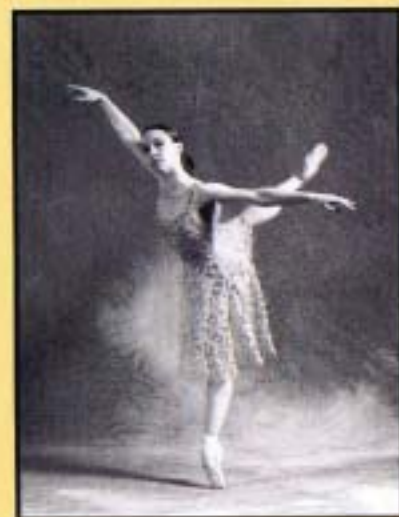
info@beachesfitness.ca

416 690 0045

### About Sandra

I began my professional dance training at the age of 12 and continued through high school. Upon graduation I continued to dance professionally as a freelance artist in Toronto and Vancouver. Since having children I have changed career paths and I am now a certified Personal Trainer Specialist with CanFitPro.

Now that I have returned to Toronto I want to offer affordable choices to everyone interested in living a healthier and happier lifestyle. Along with my certifications I feel that personal experience gives me a deeper understanding of my clients' struggles and desires.



*All change comes from within.*

## Aikido Seminar November 27

Here are a few of the things we covered at the seminar.



First Control



Second Control



Third Control



Entering Throw



All Direction Throw



20 Year Technique



Rotary throw



Heaven and Earth Throw



Breath Throw

*You may have it rough, but there is always someone out there who has it worse, learn to see the bright side.*

## Beaches Aikido Seminar November 27/11



Just a little info on what happened at the Aikido Seminar. The seminar went for three hours and we ended up covering more stuff than we were suppose to, but everyone was getting it so why not. We started out very basic and as they were picking it up we just kept throwing more stuff at them, there was lots of partner work then at the end we got into groups for some more challenging throws. Everyone seemed to be into it, the energy was good. Glad you all made it out. Thank you to all my ukes, your assistance was greatly appreciated.

