

JADE Buddha



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Cardio Kick Boxing



Classes Start February 2 2012

Nolan being promoted on the Great Wall of China



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Be a light unto yourself.

Beaches Newsletter

Sensei's Note

Wow! What a great Christmas Gift you guys! Thanks for all the great equipment. The best part of it is we all benefit from it.

We had some good times chrisening the new mats in all the classes. Those mats are tough they should hold up for years. The timing is excellent with the old ones pretty much had it and the Kick boxing class happening this year.

I'm looking forward to this kick boxing class this year, Mr. Jones will be doing it and you all know how hard core he is, so be prepared to be toughen up. He has three events he is getting ready for; The Warrior Dash, Tough Mudder, and another one equally insane, so cardio will be the main idea. These classes won't have any kata, but you will learn how to block punch and kick cuz that's what we do!



Training Tip

Some times you just have to change it up. I'd like to get a cardio kick box class going for those who would like to burn some calories and do some drills and more sparing. Classes will begin February 2 2012.

Mr. Jones will run these classes on Tuesday and Thursday at 6:15 to 7:15pm, it is a seperate program and a pay as you go format to be more suitable to those people that a class like this will attract.

Weapons class will be moved to 8:30 to 9pm Tuesday and Thursday, and the kids weapons will go to a combined Kids and adult weapons class Friday at 5pm and the Saturday adult class will stay where it is.

Beaches

Grading Results

December 3 2011

Yellow Belt

Robin Pappin
Ty Rosse
Max Dobrowolski
Haydan Mcaulay
Andrew Waslen
Jacob Fromer
Ryan Wheeler

Orange Belt

Matt Tobin
Amelia Brooks
Marin Pappin
Alex Brooks
Elysia Harrison
Morgan Thomas
Jack Kirwan
Michael Cassidy

Red Belt

Alex Armstrong
Aidan Brown
Zoe Lawson
Ross Ivano
Cassandra Moctezuma
Carson Clause
Kieran Tisdall

Green Belt

Sammy Joo
Callum Gillies
Rita Riedstra
Devon Moussa
Nikko Hunt

Purple Belt

Rickey Reidstra

Blue Belt

Paul Swanson

Next Grading

January 28 2012

Discover for yourself the true nature of who you are.

BEACHES EVENTS

January

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

February

- 2 Kick Boxing class
- 14 Valentines
- 20 Family Day



In football the coach realized I had a gift and gave me numbers to hit, it was defence for me, I don't think I ever scored a touchdown in the 5 years I played, maybe on an interception or something, but I wasn't there for that, I just wanted to stop them from scoring.

I was on the swim team too, kinda lame, there was absolutely no contact. But it was good conditioning for sure and I learned to like it, even to this day I can swim for a good distance and if I get tired I just float, or tread, or do some of the other things they taught us to keep from drowning. I remember at practice we used to swim for crazy lengths of time back and forth across the pool, front stroke, back, breast, side stroke, and butterfly, I remember being so tired when I got out of the pool my body felt heavy.

Later I moved to a new town, and had to prove myself all over again. Teenagers punch a little harder so that was interesting. I was glad that I had trained hard and knew the value of being strong, it got me through some tough times. My parents didn't like the idea of me fighting so Martial Arts was out of the question. But of course I found someone who would teach me, my parents never knew what I was up to. My teacher wasn't a pro but he had some skills, no philosophy so it was all about fighting which was fine with me, that's all I thought it was in the first place.

Trouble comes for those who look for it and I got my share. Three years in the army added to my aggressive side, so I was lucky to have found Sensei Platt when I did, I left the army and tried to straighten out, one of the rules is you couldn't use the training outside the dojo unless you absolutely had to, if you abused it, you were asked to leave. So I didn't fight. Any idiot can fight, it takes real will power not to. That was a lesson I could have used earlier.

Wow, I just told you my whole life story! What does that have to do with the opening paragraph? Well, I wish I could have found a dedicated Sensei when I was a kid, it would have saved me a pile of hard knocks. If I had the lessons I needed at certain times of my life I could have avoided all kinds of real life negative experiences, but then I wouldn't be who I am today.

When I was in hockey I played defence, football defence, I joined the National Defence, now I teach self defence, I might be a little defensive. I've always said "it's better to have Martial Arts and not need it, than it is to need it and not have it." I think its better to have it earlier than later, but still better later than never.

From the Vault

The other day I got an email from someone that their kid has now changed his mind and totally loves Karate. He was going to quit, but had a good class and that changed his mind.

When I was young I had to go to hockey every Saturday morning at some ridiculous hour and only got 20 minutes of ice time for the hour that the team played, I skated hard and played defence because I liked to get the guy with the puck. I didn't like hockey but I did like to hit the guy with the puck.

At the arena there was an area that had a Karate school in it and I would see them there every once and a while. I always wanted to do Karate but my parents thought it was too violent and I already had some issues so I wasn't allowed.

When I was young I was bullied by a few kids in school and one day after school I had to take out three kids, we were like 8 or 9 at the time so black eyes and bloody noses were kind of a big deal. After I felt good and I liked it, they stopped bullying.

One who lacks awareness perceives the truth like a spoon perceives the taste of soup.

Your Health, Your Responsibility! Get along!

Steve Jobs passed away last year, a very successful man as far as billionaires go, and he had a few ideas that I'd like to share with you:

#1. Find something you love to do, because it will get you through the hard, meek times.

#2. Love those around you. It is important to be happy with those around you, so you need see the good in them instead of the bad. People will do the most incredible things, and sometime they take from you without asking, so what. He ended up sharing his ideas with competitors so that the whole world could interface.

#3. Know that we spend the better part of our days working and one day you are going to die. He would look into the mirror and say to himself "One day I'm going to die, it could be today, do I really want to do what I'm about to do?" If the answer was no enough times he would find another job.

He was not about his ego, he was about the bigger picture and even though things happen in life he didn't burn bridges, but instead looked for opportunities to help others out, so that we all may benefit.

Sensei's Driving Tips

Over the Holidays I was doing some driving and I thought Sensei's driving tips might be a life saver for those of you who don't have the miles under their belt that I have.

#1. While driving on the highway or any road that has a passing lane, get out of the left lane if you don't plan on passing someone.

#2. Don't drive in someone's blind spot.

#3. Don't drive beside anyone for more than a few seconds, in front or behind is best, being right beside them jams up the flow of traffic and if they do something stupid they might hit you.

#4. Think about the other people on the road, if you see them signal they probably want to turn, or change lanes, so make some room, don't jam them up so they have to change up their flow.

#5. If someone is not showing you any courtesy keep your cool and take steps to get away from them without beeping and yelling and acting like a crazy person. You'll only look like an idiot. Do not reduce yourself to their level.

Those are a few tips for now, there will be more later because people are always doing stupid things on the road and I will keep you posted as they happen. When people are uncourteous to me on the road I don't make gestures, yell or scream, I do not get upset at their stupidity because that's just the way it is, people are selfish, inconsiderate, unconscious, disrespectful and self absorbed, so why would you expect anything different on the road. Losing your composure and carrying on only effects you in a negative way (heart, blood pressure, etc.) so just zen your way through it. Easier said than done right? It takes practice just like anything else, but it is the way to be while driving. Zen and the art of transportation.

I have driven a tractor trailer all over North America and have been cut off, jammed up so I had to miss my exit, not let in so I had to stop instead of being able to merge into the highway, etc. etc. and that's the way it goes, you just have to deal with it and move on. Because of all the hours on the road over the years you just know what to expect, but what I have noticed is that courtesy is becoming a lost concept. So be nice, you just might live longer.

One who practices awareness, perceives the truth, like the tongue perceives the taste of soup.

Whale of a tale

Here's a big surprise, \$30 million of Japanese earthquake relief money went to pay for security for the Japanese whaling fleet to fight against Sea Shepherd.

I was shocked and amazed for like 2 seconds that someone was able to take Millions of dollars that had been given out of the goodness of people hearts for those in need and redirected the money to an inustry that is frowned on by the rest of the world.



How is it that the people we vote into power so overtly screw us, and the animals, and the planet, and we just keep taking it? Unite and make your voice be heard, take a stand, do your own thinking.

Fable of the Porcupine

It was the coldest winter ever. Many animals died because of the cold. The Pocupines, realizing the situation, decided to group together to keep warm. This way they covered and protected themselves; but the quills of each one wounded their closest companions.

After awhile, they decided to distance themselves one from the other and they began to die, alone and frozen. So they had to make a choice: either accept the quills of their companions or disappear from the earth. Wisely, they decided to go back together. They learned to live with the little wounds caused by the close relationship with their companions in order to receive the heat that came from the others. This way they were able to survive.

The best relationship is not the one that brings together perfect people, but when each individual learns to live with the imperfections of others and can admire the other person's good qualities.



The moral of the story is: Learn to live with the Pricks in your life!



You will become your own worst enemy if you live without awareness.

Ninja Bread Anyone?

Thank You Mr. Jones.

What a great Saturday morning December 10th, Mr. Jones showed up with a pile of ninja bread cookies.

OOHH they were so good and fresh, he was up till 1am the night before baking cookies.

Those little guys were all over those cookies, there was barely enough for Sava.

Mr. Jones brought the recipe which is to the right with all the cookies on it, so you can make your own.

I also liked the crazy Santa, notice Santa is a Black Belt and Rudolph is sitting seiza.



Makiwara

Lots of new stuff to Kick and Punch - Awesome!

Here is Mr. Busbridge punching the Makiwara.

This new piece of equipment was built by Senpai Tisdall, who, as you all know, loves his reverse punch. If he was here when I decided to do this bit on the Makiwara he would have been in the picture, but as luck would have it was Mr. Busbridge (aka The Laughing Crane).

The Makiwara is a very traditional training aid, that helps to develop a strong punch and condition knuckles or whatever striking surface you are using. You will find a Makiwara in most traditional dojo's, they are less forgiving than a heavy bag but easier to hit than bricks.

Body conditioning is so important, you will not believe what your body can take if properly trained. The Makiwara can assist you to the next level, just start easy and then go harder and harder, you will notice skin getting raw, try not to bleed on the Makiwara. Let the hand heel then start again, build the calous.



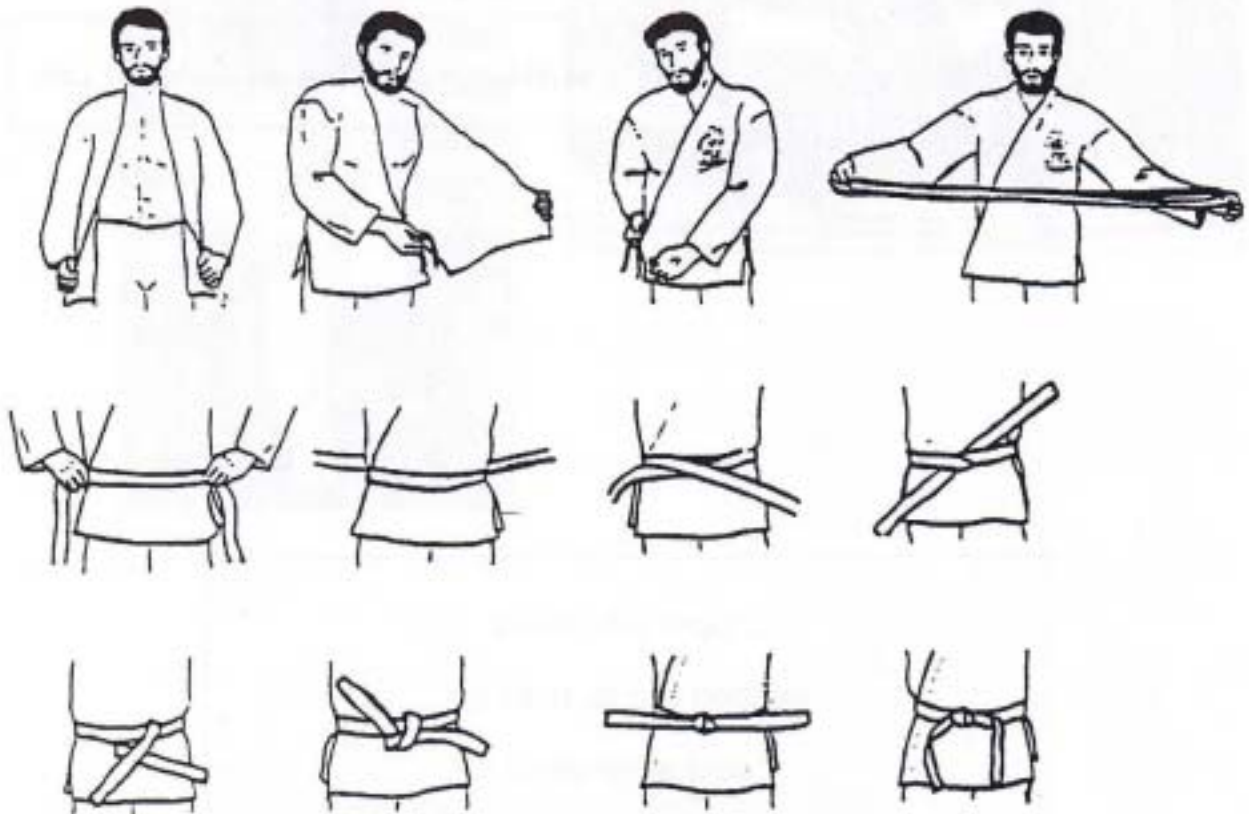
Grow in watchfulness and meditation and your life will be fruitful.

OK Everybody, Enough is Enough - Here it is Now Figure it out!

Belt Tying Procedure

Make sure that your jacket ties have been properly secured first (1,2,3). After you have folded the belt in half to determine the center (4), place the centerpoint at your naval (5). Then cross each end around the back of your body (6) then continue the ends to the front (7), and tie the knot as shown; right over left. From there draw the overlapping ends of the belt up between the jacket and the belt (8) and complete the square knot as shown; left over right (9, 10). It is considered a matter of pride for the ends of the belt to be of equal length after the knot is neatly tied (11, 12).

TRY IT!



Only when clouds have ceased to obscure your view will your ability to see be clear.

A Call For Power

The call may happen at anytime, anywhere, the only question is - how will you respond? Well it happened Sunday December 4th 1900 hours to a chosen few, Mr. Jones, Fuad, and The Savanator.

Sensei was working diligently on re-tiling the front entrance way when he came up against an obstacle that needed reinforcements, so he reached out to three guys he knew he could always count on. One brought his own back up - Devon.

So there they were in the front of the dojo, 4 and a half men and one crazy huge counter to lift up and slide over the brand new tiles that had just been laid. So now that you have the gravity of the situation, you can imagine how nervous everyone was about scrapping the new tiles.

Well, long story short, thank God Devon made it out, he was instrumental in the whole event, if he hadn't of been there to pass the belts under the counter while all the muscle was on the Heave Ho it never would have went as smoothly as it did.

Sensei thanks you for all your efforts.



Mr. Jones and the Savanator working out some frustrations on who had the heavier end.



Fuad and Devon getting their backs into it!