

JADE Buddha



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

647-258-7469

www.cmacbeaches.com

Jade Buddha Issue #108

*Year of the Dragon
January 23/2012*

Senpai Tisdall Demos Shattering Palm



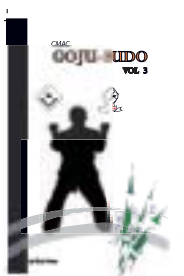
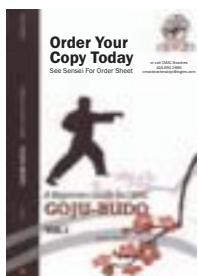
Grading Highlights January 2012



INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tip	2
Grading Results	2
Events Calendar	3
From the Vault	3
Your Health - Detector	4
Driving Tips	4
Regrets	5
Nose Bleeds	6
Steve Ritchie	7
Taikyoku Samsung	7
Grading Highlights	8
Shaolin Monks	8

Get the CMAC Book Series Book 6 Coming Soon



CMAC
GOJU-BUDO
VOL. 5

Itchie Itchigo, Everytime is the first time, Everytime is the only time. Know the eternal moment.

Beaches Newsletter

Sensei's Note

You may have been asked to join the CMAC organization recently as we are on a big push to make sure you are up to date or on board.

One of the young green belts said "Why do we have to be members it doesn't give us anything?!" Well....., I thought to myself, sure I can understand why you may think that way, once you have the cool cmac crest you have the crest so why bother renewing? What you fail to understand is that if it weren't for Sensei Platt and the cmac organization you wouldn't have a dojo to train in or the amazing curriculum that we all train.

Back in the old days we used to belong to the Butokukai, that was Sensei Kim's organization and we would all do an annual membership with him for around the same amount of money. This membership helps the organization and it helps to show support to the Sensei that is responsible for the quality of the Martial Arts that is available to all those of you who are training with us.

There is a small deduction for seminars and gradings if you are a member and Sensei Platt has a seminar, grading weekend three times a year for those who are members and grading for Black Belt.

Sensei Platt has dedicated his life to bringing a top quality Martial Arts program that has been tried and proven since 1983, he is my Sensei and I expect you to follow my lead on this one, so just get on it, out of respect for what you have received from the training, like; health, confidence, balance, strength, coordination, self control, physical fitness, etc. etc. This is the way it is done.

Training Tip

Hey big fish get out of the little pond!

This is when its time to go to the next class e.g. you have reached a certain age and are now too big for the class you are in now, and you don't want to move up. I get that it is comfortable here at the old class and change can be a scary thing sometimes but the hard fact is that we live in a world that is constantly changing and you have to change with it or get left behind in the dust.

The assurance that I can offer is that there are a pile of students here and they are all cool, you couldn't be safer if you were in your mother's arms. The students safety is my concern and setting people up for failure is not what we do here. Have some faith in the system and most importantly yourself, when its time to move up, Go! Go in with confidence that it will be a good time and everyone will be cool.

Beaches

Grading Results

January 28 2012

Yellow Belt

Hendricks Pleau
Conner McDuggle Hunter
Brenden Galli
Jack Waslen
Ryan Dynes
Travis Kearns

Orange Belt

Rheanna Swanson
Conner Slade
Jonathan Dobrowolski

Red Belt

Angelo Frangos
Marcus Smith
Kofi Payton
Armand Bellon

Blue Belt

Anna Tisdall

Brown Belt

Zach Marshall
Andrew Chen

Next Grading

March 3 2012



If you are preoccupied with the scoreboard you may lose the game. O'Sensei Kim

BEACHES EVENTS

February

- 2 Kick Boxing class
- 14 Valentines
- 20 Family Day Doj dojo
- Closed
- 26 CMAC BB Grading
- 29 Leap Year extra day.

March

- 3 Kyu Belt Grading
- 12-16 March Break Dojo
- Closed



From the Vault

This one ties in nicely with the training tip, and is how it came to mind.

When I was going from the white belt class to the yellow belt class, the first thing I heard out of one of the guys at the Honbu was "Alright fresh meat!" I was like "What?!" So for me, it was game on from there.

We always fought hard in the dojo, and I went a little harder on those guys.

Years later I read some where that you should always be nice to junior belts because you never know how talented they will become, and may one day hand you your butt. My senior belts liked to throw their weight around, and some of them were good fighters so that was a motivator to train hard because I knew at some point I would have to go against them.

There was this one time, I was a first or second Dan and was in the dojo warming up before class and asked a couple of the guys to spar which we did, easy, then I asked one of my seniors, but I said lets just go easy, I had a back issue, he agreed then went hard and swept me to the ground, I jumped up recognizing a jerk when I saw one.

He put his hands up and said some threatening things, I was a little thrown back that he would do that to me after I told him my weakness. I walked away from him and didn't bow. He apologized after the class, I wrote him off from that day forward. He showed his true colours some time later.

The training will develop character for sure so have some faith and most importantly be cool. Nobody really cares how tough you are, but they will remember how cool you are.

One side of Shattering Palm



#1 Starting position.



#2 Hit with the right wrist Kakuto.



#3 Push to the left shoulder.



#4 Hit to the right shoulder Kakuto.



#5 Raise the right hand in a Haito position.



#6 Drop the right hand down Shuto.



#7 Circle the right hand over head.



#8 Keep circling the hand clockwise.



#9 Circle the hand twice clockwise.



#10 Drive the hand down Teisho.

Four tools of discipline: 1 Delayed gratification, 2 Take 100% responsibility for your actions, 3 Balance of mind, body, and spirit, 4 Adhere to the truth.

Your Health, Your Responsibility! Fight Cancer!



Dr. Oz Fights Cancer with Antioxidant Scanner

"Ultimate Nutritional Lie Detector"

Come and get tested just like on Dr Oz Show

January 28th, 2012 9:00 a.m. - 12:00 noon

Antioxidants

Knowing your antioxidant status is as important as knowing your cholesterol levels or your blood pressure. The Pharmanex Antioxidant Scanner will accurately assess your antioxidant status and internal health.

Current medical literature suggests that key antioxidants can decrease your risk of cancer, heart disease, and complications related to diabetes. Antioxidants can slow down the aging process, boost your immune system, and speed recovery times while decreasing pain and inflammation.

The Scanner

The Antioxidant Scanner is patented, clinically proven and field tested by over 10,000 doctors in 51 countries with over 20 million scans performed. The scanner is based on Noble Prize winning science that represents over 15 years of R&D at a cost of over \$100 million. We have 80 scientists on staff supporting the science as well as 14 PhDs on our Advisory Board. US Patent Office approved the scanner as a measuring device for antioxidants to determine risk for cancer, heart disease and age-related macular degeneration. Also confirmed in the patent approval was that this device is the first and only method to provide a non-invasive, rapid and safe measurement of antioxidant levels and it is more accurate than a blood serum test and much less expensive.

How do you know if you are getting enough antioxidants through your diet? The Antioxidant Scanner enables us to provide a non-invasive, painless, accurate and low cost assessment of your nutritional status. **Cost is only \$10.00.**

Check it out on youtube: <http://www.youtube.com/watch?v=QxVlflzrokI&feature=endscreen&NR=1>

Sensei's Driving Tips

Oh this is too much! The very next month after I say people's stupidity doesn't bother me when I'm driving this has to happen...

I pulled up to the red light in the right lane and kinda inched out in front to show the guy in left lane that I'm going for the first position in the left lane because there are parked cars in my lane. Light turns green so I punch it, it's a forty and I get there quick enough, I keep at it to about 50k and look over figuring I should be out in front and there he is giving me a vertical salute. I give it some more juice and so does he, just before I'm going to hit the parked car I pull in behind Mr. courteous and turn my high beams on and follow him for several blocks while he was shaking his hand at me.

I thought he might get out at one of the lights to talk to me but he didn't, I was on a date so pushing it wasn't the way to go, but I really wanted to slap that guy. I know that's not the right thing to do, but I'm only human, just a man. What he did was dangerous and uncourteous. If I see someone doing what I did I let them in, it was pretty obvious what was happening all he had to do was give me that spot, but no he had to be a huge jerk over it.

When someone does something stupid and doesn't know it, that's one thing, but when they challenge you like that well that's another story, guys like that deserve some serious karma.

For the uncontrolled there is no wisdom, nor for the uncontrolled is there power of concentration, for him without concentration there is no peace, and for the unpeaceful, how can there be happiness.

Regrets **By Sarah Robinson**

We all share common sentiments at the end of life, according to this anonymous nurse.

Death has been called the ultimate equalizer. Money, societal standing and physical appearance become irrelevant in death. But that's not the only way we become one on our deathbeds. According to one nurse, many of us share the same regrets.

The top 5 regrets people make on their deathbed has been spreading like wildfire in the social media world, and it's all courtesy of a nurse who worked in palliative care "for many years."

"People grow a lot when faced with their own mortality," said the anonymous author.

The nurse explained that the post stemmed from experience with patients in the last weeks of their lives.

"When questioned about any regrets they had or anything they would do differently, common themes surfaced again and again."

Here are the most common five regrets, according to the nurse:

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.

"This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honoured even a half of their dreams and had to die knowing that it was due to choices they had made, or not made."

2. I wish I didn't work so hard.

"This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret. But as most were from an older generation, many of the female patients had not been breadwinners. All of the men I nursed deeply regretted spending so much of

their lives on the treadmill of a work existence."

3. I wish I'd had the courage to express my feelings.

"Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result."

4. I wish I had stayed in touch with my friends.

"Often they would not truly realize the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying."

5. I wish that I had let myself be happier.

"This is a surprisingly common one. Many did not realize until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content. When deep within, they longed to laugh properly and have silliness in their life again. When you are on your deathbed, what others think of you is a long way from your mind. How wonderful to be able to let go and smile again, long before you are dying."

But it wasn't all sad recollections for the patients. The nurse also said that all of her patients eventually came to terms with the life they had lived and experienced acceptance.

"Every single patient found their peace before they departed though, every one of them."

If you died tomorrow, would you have any regrets?

REMEMBER Budo begins and ends with courtesy and respect for each other at all times, inside and outside the dojo.

How to stop a nose bleed

Not that nose bleeds happen a lot here at the dojo, but those little guy are gold diggers and that's usually how they happen. You'd think at a Martial Arts dojo they would be caused from a nice punch to the nose or an elbow to the nose or a hook kick to the nose, nope not here, so either you guys have great control, or lots of compassion.

1. Lean forward, not back. Don't try to protect a favorite shirt by leaning back. The blood needs to go somewhere and will most likely go down the throat. If the victim leans back, blood could get in the wind-pipe causing a blocked airway, or go into the stomach. Blood may irritate the stomach lining and cause the victim to vomit.

2. Pinch the victim's nose just below the bony bridge. Your fingers should be on the soft tissue as well as the bone. If there is still blood flowing, adjust your grip. There should not be visible bleeding while you are holding the nose. Blood vessels that supply the nasal membrane can be pinched against the bony bridge (the hard part) to slow blood flow and create a clot. Hold the nose for at least 5 minutes. Do not let go to check bleeding until the 5 minutes is up.

3. After 5 minutes, release the pressure to see if the bleeding has stopped. If not, repeat Step 3 for 10 minutes this time. Remember: don't let go to check bleeding until the 10 minutes is up. Repeat for another 10 minutes if necessary.

4. If a nosebleed doesn't stop after the second or third try, it's time to see a doctor. If at any time, the victim feels light headed, dizzy, or weak, call 911. If left uncontrolled, bloody noses can lead to shock.

I had to put little Johnny's Pick in there, it's just too funny. Classic, it's just like Saturday morning, that deer in the head lights look, mouth open, the whole expression says "What is that, a rice krispy square?"

Tips:

1. Placing ice or a chemical cold pack over the bridge of the nose can constrict the blood vessels and help stop bleeding. Use this in addition to pressure.
2. After the bleeding is controlled, do not let the victim blow his or her nose. Blowing the nose will release the clots and encourage bleeding to start again.
3. Most bloody noses are the result of dry nasal membranes or trauma. However, some nose bleeds occur spontaneously and may indicate more serious medical problems. Contact a physician if the victim is suffering from frequent or hard-to-control bloody noses.
4. Bloody noses after trauma to the head may indicate a brain injury - especially if the bleeding occurs without obvious facial injury. If a victim of significant trauma - such as a vehicle accident or fall - is bleeding from the nose, call 911 immediately.



Wow how graphic!

*A Martial Artist is an Artist of Life.***Testimonial from Steve Ritchie**

I started my training in martial arts at a young age in Pickering, On over 20 years ago. Before long a friend of mine, Lloyd Campbell convinced me to search out a new club where we could take our skills to the next level. I started training with Sensei Dixon in Pickering not long after he opened the Dojo there. The decision would forever change my life. Sensei Dixon instilled a sense of confidence, respect for others and so many other crucial life lessons. I felt then as I do now which is empowered by the spirit of martial arts and all that it can provide for yourself and others. I currently serve in our Nations Armed Forces and have excelled in many aspects of my life both personal and professional. I give much credit to Sensei Dixon and the teachings of Goju Ryu. I have since studied WTF Taekwondo, a brief stint back with Goju Ryu and now train exclusively in ITF Taekwondo. My martial arts journey has been a life long challenge that I will continue to let guide me as I travel.

I wish to say thank you to Sensei Dixon and all the other instructors a long the way who have guided me and made such a positive impact on my life.

Sincerely, Steve Ritchie

**Taikyoku Samsung**

Notice the vacuum all tucked away in the corner, that's where it lives.

Its tidy there in the corner with the cord around the hook in big loops that reach all the way to the floor.

If you ever get the chance to work on Taikyoku Samsung please return it back to the corner just as you see here, attach the hose to the base, and loop the cord as it is in the picture.

I have seen it done many different ways and I don't like any of them, if the cord is tightly wound it ruins the cord, if the base is down it takes up too much room.

Some people say I have a way to do everything, well that maybe true, so here's how this thing goes.



Everyone works, all start at the bottom, nothing is free, Sensei's word is law by consent of the governed. Sensei Urban

Shaolin Monks



Here are some cool shots I found the other day while going through some old China stuff from the 2004 trip.



Highlights of the January 2012 Grading

