

JADE Buddha



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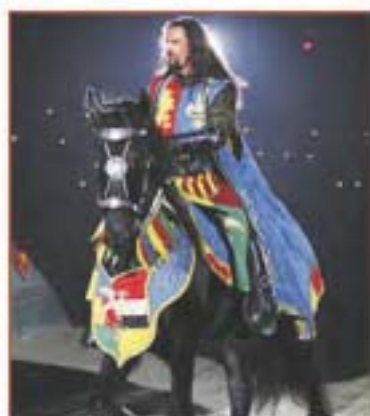
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Medieval Times March 15

Come join the Dojo

*Year of the Dragon
January 23/2012*



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Get the CMAC Book Series Book 6 Coming Soon



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

Beaches Newsletter

Sensei's Note

People are funny. One of the reasons I keep training is because psychology has always interested me. If you can understand the way people think, and behave in certain situations of pressure and stress you may stop a lot of needless suffering.

Having a decent size student body there are many people to think about and making a schedule change or putting someone in a grading can be a huge deal to some people, believe me when I tell you I understand. I have lost more students over this grading process than anything else I can assure you, but we keep to the path as it is all part of the process.

I would like everyone to be happy of course, so I have made some new classes, Kobudo, Kick Box class, and the Sunday Senior class, to accommodate some people's schedules. Now I'm teaching everyday! Its Martial Arts and that's what I love to do. I also go to Burlington on Friday nights to train at the Honbu, and I leave right after the Kobudo class. So I have used up all my free time for the greater good.

If I want to take some time off to go skiing or whatever the adventure is, don't give me a hard time about it, I make these classes to accommodate you and sometimes you don't show, that makes us even.

Back to the opening idea of psychology in training and in life. Here is something that has got me through all my gradings and tests since I started, "just treat each grading like a regular class." Someone told me that when I first started, and it totally works. You are not nervous when you go to class, I actually enjoyed most of my Martial Arts gradings. So if you go into things with the right mind set they will be more enjoyable and rewarding. I know that's not rocket science, but it certainly helped me out, maybe looking at your training like that you will benefit.

Training Tip

Basics? Why do we have to do all these basics all the time - it's always the same.

Basics are always the same, that's why they are basics! If the basics were different how could you build a foundation. Basics are like math, tried and proven, imagine if 2 plus 2 was 22, that would just be weird.

You need to work the basics so that everything else you try to learn will make sense, kata, drills etc. With that being said, try and put nice, clean and sharp basics in your kata, a sharp, well rooted stance for balance and power, proper posture to maintain a center of balance, and a strong block, punch or strike to finish it off.

Basics are essential for your Martial Arts and your advancement through the ranks. Basics make you focus on little details, and the discipline and control of the mind, body and spirit.

Beaches Grading Results

January 28 2012

Yellow Belt

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

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

March

- 3 Kyu Belt Grading
- 6 West Seminar
- 12-16 March Break Dojo Closed
- 15 Medieval Times 7:30

April

- 1 April Fools
- 8 Easter Parade
- 6-9 Easter Break
- 28 Kyu Belt Grading



The Rabbi's Gift

The story concerns a monastery that had fallen upon hard times. Once a great order, as a result of waves of anti monastic persecution in the seventeenth and eighteenth centuries and the rise of secularism in the nineteenth, all its branch houses were lost and it had become decimated to the extent that there were only five monks left in the decaying mother house: the abbot and four others, all over seventy in age. Clearly it was a dying order.

In the deep woods surrounding the monastery there was a little hut that a rabbi from a nearby town occasionally used for a hermitage. Through their many years of prayer and contemplation the old monks had become a bit psychic, so they could always sense when the rabbi was in his hermitage. "The rabbi is in the woods, the rabbi is in the woods again," they would whisper to each other. As he agonize over the imminent death of his order, it occurred to the abbot at one such time to visit the hermitage and ask the rabbi if by some possible chance he could offer any advice that might save the monastery.

The rabbi welcomed the abbot at his hut. But when the abbot explained the purpose of his visit, the rabbi could only commiserate with him. I know how it is," he exclaimed. "The spirit has gone out of the people. It is the same in town. Almost no one comes to the synagogue anymore." So the old abbot and the old rabbi wept together. Then they read parts of the Torah and quietly spoke of deep things. The time came that the abbot had to leave. They embraced each other. "It has been a wonderful thing that we should meet after all these years," the abbot said, "but I have still failed in my purpose for coming here, is there nothing you can tell me, no piece of advice you can give me that would help me save my dying order?"

"No, I am sorry," the rabbi responded. "I have no advice to give. The only thing I can tell you is that you the Messiah is one of you."

When the abbot returned to the monastery his fellow monks gathered around him to ask, "Well, what did the rabbi say?"

"He couldn't help," the abbot answered. "We just wept and read the Torah together. The only thing he did say, just as I was leaving - it was something cryptic - was that the Messiah is one of us. I don't know what he meant."

In the days and weeks and months that followed, the old monks pondered this and wondered whether there was any possible significance to the rabbi's words. The Messiah is one of us? Could he possibly have meant one of us monks at the monastery? If that's the case, which one? Do you suppose he meant the abbot? Yes, if he meant anyone, he probably meant the Father Abbot. He has been our leader for more than a generation. On the other hand, he might have meant brother Thomas. Certainly Brother Thomas is a holy man. Everyone knows that Thomas is a man of light. Certainly he could not have meant Brother Elred! Elred gets so crotchety at times. But come to think of it, even though he is a thorn in people's sides, when you look back on it, Elred is virtually always right. Often very right. Maybe the rabbi did mean Brother Elred. But surely not Brother Phillip. Phillip is so passive, a real nobody. But then, almost mysteriously, he has a gift of somehow always being there when you need him. He just magically appears by your side. Maybe Phillip is the Messiah. Of course the rabbi didn't mean me. He couldn't possible have me, I'm just and ordinary person. Yet supposing he did? Suppose I am the Messiah? To be continued.....

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!

At the end of January we had someone come in to do evaluations of people's health for those who wanted it. Some chose not to and that's fine, I thought for \$10 why not, and I was surprised at the results.

After only a couple weeks of diet change and increasing my vitamin intake I feel like a champ once again!

Think of yourself like a car, what do you want to drive? Something fast, something tough, something hot, or something that can't keep up to the other cars on the road, something that is rusting out from the inside, something that is always breaking down? So look into the mirror, go for a run, do a flight of stairs and figure out what you're driving. If you're not happy with the performance of your machine, take steps to get to where you want to be. Get a tune up, change the oil, try some high grade fuel, spike the tank with some high performance fuel supplements, grind the rust off and get a paint job.

Sometimes just little changes are the best way to go, want to drop some weight cut out something you know is bad and replace it with something good like exercise. After some small victories you will be inspired to expand your limits and try to make new health goals.

When your car's engine blows up you can just buy a new engine or get a new car and sure it is a hassle but at least we can do that. When you have let yourself go and you are now driving an old beat up bus that sounds like a tank and is covered in rust, you need to figure that out before it's too late.

Make healthy choices! Take one day at a time, you are now on a health path and as long as you keep your eye on the goal you will see the results in time. Your body is your vehicle to get through this plane of existence so take care of it and your life will be easier in the long run. Getting old doesn't have to be a crippling experience, but it will be if you let yourself go.

Rust (cancer) happens when your machine sits idle and is not looked after. Of course there are other ways to get cancer, it's big business, so keep on top of your health, do your own thinking and have faith the cure is out there.

The Rabbi's Gift cont....

Oh God, not me. I couldn't be, that would be too much could I?

As they contemplated in this manner, the old monks began to treat each other with extraordinary respect on the off chance that one among them might be the Messiah. And on the off, off chance that each monk himself might be the Messiah, they began to treat themselves with extraordinary respect.

Because the forest in which it was situated was beautiful, it so happened that people still occasionally came to visit the monastery to picnic on its tiny lawn, to wander along some of its paths, even now and then to go into the dilapidated chapel to meditate. As they did so, without even being conscious of it, they sensed this aura of extraordinary respect that now began to surround the five monks and seemed to radiate out from them and permeate the atmosphere of the place. There was something strangely attractive, even compelling, about it. Hardly knowing why, they began to come back the monastery more frequently to picnic, to play, to pray. They began to bring their friends to show them this special place, and their friends brought their friends.

Then it happened that some of the younger men who came to visit the monastery started to talk more and more with the old monks. After a while one asked if he could join them, then another, and another. So within a few years the monastery had once again become a thriving order and thanks to the rabbi's gift a vibrant center of light and spirituality in the realm.

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.

Beaches Big Wave Kids Camp

This Summer is Gonna Be Fun!

CMAC Beaches has Teamed up with the Big Wave Kids Camp this summer and it's going to be a blast!

There will be trips to the Beach, Medieval Times, The Science Centre, Rom, Albion Hills, The Docks.

We are going to skate board, beach volley ball, archery, kite surf, swim, roller blade, mountain bike, ninja training ground, rock climbing, etc. etc.



Fun Friends Adventure

Have the Best Summer Ever at Big Wave Camp.

Get out there and do things that will make this the most memorable summer ever.

905 301 4760

info@bigwavecamp.ca

bigwavecamp.ca



nature - outdoors- hiking - ropes course - arts - drawing - sculpting - painting - crafts - music - theatre - swimming - biking - martial arts - sports - rafting - canoeing - skateboarding - archery - fishing - games - languages - sciences - leadership training - quests - theme days - international program and ESL - team challenges - and more!

Camp is simple: safety, fun, affordability, quality.
Get value at **BigWaveCamp!**

Quality, experienced staff

CPR & first aid certified, police-checked, in their 20's or older

Extended hours at no extra charge

We work with parents' schedules because most can't do 9am-4pm

Bus transportation included in various locations

No extra charges. Stops are located near main roads for easy access.

Healthy, positive outdoor environment

Away from the city in beautiful conservation parks

Small groups based on age

For safety and fun (2:12 ratio)

Equipment and supplies included

Bicycles, art supplies, sports equipment, life jackets, etc.

Special guests and instruction

Animal experts, canoeing, mountain biking, ESL, and more.

Activities for all ages and interests

we accept ages 4-17

There is something for everyone!



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

Calgary Street Gangs

It's gangs like these that the people of Calgary have to put up with.....A bit different from the problems of other cities.....It proves that every city has their own "unique" gang problems.

They roam the streets and yards night and day. They hang out in even the best neighbourhoods ...and you CANNOT (legally) stop them. Awesome!



What does this have to do with Martial Arts? Nothing at all but look at how cool it would be if we could live with nature like this. My parents have a little wooden deer in their yard, these guys are real!

CMAC Black Belt Grading and Seminar Weekend

Just a Fantastic weekend, with lots of training, demonstrations, and students challenging different ranks.

The seminars presented by Sensei Platt were as they always are, challenging but inspirational at the same time.

The Black Belt grading started off with an hour long demonstration of the last CMAC China trip that Sensei Bassels took the initiative to have happen with the support of Sensei Williams.

There were many beautiful pictures of the trip to China that were sold and the money was donated to Sea Shepherd, an organization that Sensei Platt supports because they are trying to protect the ocean wildlife.

A Martial Artist is an Artist of Life.

Beaches Easter Parade April 8th 2012



After last years banner performance we will be doing the Beaches Easter Parade again.

Those parents who got involved last time are welcome to join in again.

Come be part of the excitement and show some Dojo Spirit.

More details to follow.



Medieval Times

Every year the dojo heads to Medeval Times to watch the show and have dinner together. It's a lot of fun and the show is always very exciting.

Mr. Delaney is the Head Knight at Medeval Times and is one of our Black Belts here. He is usually the Green Knight and is very skillful, he has survived countless battles.

I enjoy the horses, they are so strong and fast. What a cool gig to be a Knight, riding horses and having sword fights everyday, it takes me back to when I was a knight back in 1099.

We will be going March 15 at 7:30 \$45.77 tax and tip included. Come out and have a blast with us. All other CMAC Dojos are invited just mention that you are with CMAC.



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

Air Powered Car



The Air Car, developed by ex-Formula One engineer Guy N. For Luxembourg-based MDI, uses compressed air to push its engine's pistons and make the car go.

The Air Car, called the "Mini CAT" could cost around 365,757 rupees in India or \$8,177 US.

The Mini CAT which is a simple, light urban car, with a tubular chassis, a body of fiberglass that is glued not welded and powered by compressed air. A Microprocessor is used to control all electrical functions of the car. One tiny radio transmitter sends instructions to the lights, turn signals and every other electrical device on the car. Which are not many.

The temperature of the clean air expelled by the exhaust pipe is between 0-15 degrees below zero, which makes it suitable for use by the internal air conditioning system with no need for gases or loss of power.

There are no keys, just an access card which can be read by the car from your pocket. According to the designers, it costs less than 50 rupees per 100 KM, that's about a tenth the cost of a car running on gas. It's mileage is about double that of the most advanced electric car, a factor which makes it a perfect choice for city motorists. The car has a top speed of 105 KM per hour or 60 mph and would have a range of around 300 km or 185 miles between refuels. Refilling the car will take place at adapted gas stations with special air compressors. A fill up will only take two to three minutes and costs approximately 100 rupees and the car will be ready to go another 300 kilometers.



This car can also be filled at home with it's on board compressor. It will take 3-4 hours to refill the tank, but it can be done while you sleep.

Because there is no combustion engine, changing the 1 liter of vegetable oil is only necessary every 50,000 KM or 30,000 miles. Due to its simplicity, there is very little maintenance to be done on this car.

This Air Car almost sounds too good to be true. We'll see in August. 2012



Wow an Air Powered Car how amazing! What's more amazing is that it actually got this far...how did the oil companies miss this?

We do live interesting times.