

JADE Buddha



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Easter Parade April 8th Come join the Dojo

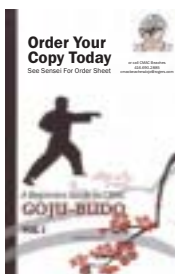
2012
Year of the Dragon



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Get the CMAC Book Series Book 6 Coming Soon



Do not argue with an idiot. He will drag you down to his level, and beat you with experience.

Beaches Newsletter

Sensei's Note

The Easter Parade is coming and is always a good time so make sure to get your name on the sign up list so I know who's going to be there.

This will/should be funtastic, a wild bunch from the Mississauga dojo (Yume Dappo) will be joining us. These guys are a total blast, they know how to have a good time, they put lots of enthusiasm into whatever it is they are doing, so it will be fun having them part of the show.

I was also able to get a couple knights and horses from Medieval Times to join us, the head knight is Mr. Delaney so he will be with us as well. If all goes well we might have a few other CMAC dojo's join in the fun, like Ajax, Northern Fist, maybe even High Park might get in on it.

Whoever can make it out is welcome, even parents that want to help with the kids can suit up in a gi and walk with us, we did that last year and it was fun for the whole family. Get involved life is more fun that way.

Training Tip

Awwww. Is the sound of enlightenment.

I heard that a lot last month, so many people figuring out this and that. Mostly it was the side kick, but the lights went on for the reverse punch as well.

We take a lot of these basics for granted, thinking that we know them well enough, when really, you are so far off you couldn't defend yourself if your life depended on it!

In one of the kids classes the other day I was doing attendance and barking out a bunch of corrections for every one to make, I wasn't even looking at the class when I was doing it. I could feel one of the parents looking at me and thinking "he's not even looking at those kids" so I looked up and said "Didn't you hear what I said?! Fix your stanes, straighten your back, chamber your hand!" So then you could see everyone making little adjustments, I looked at the parent and they were like OOOH.

What's my point? Other than I can run a class blindfolded. Most of you don't know you're doing it wrong, or are too lazy to put everything into it. But once you get it right then it is like riding a bike, you can do it right every time.

It's always the same, they say "Aww I get it, I've been doing it like this, and this way is so much better." I think to myself "Yes I know I've been telling you for years and have almost given up hope for you!" But to be serious for a second when you do get it, it's a total rush, it's like all the hard work and frustration paid off. So just keep at it and keep challenging yourself.

Beaches

Grading Results

March 3 2012

Yellow Belt

Tyler Lyons
 Avi Druxerman
 Joshua Britton
 Josef Burkhardt
 Kaden Campbell
 Willow Westphal
 Carys Beatty
 Nicholas Perschy
 Charlette MacDougll

Orange Belt

Travis Kearns

Red Belt

Elysia Harrison

Green Belt

Mack Beatty

Purple Belt

Sasha Decker

Blue Belt

Andrew Waslen

Next Grading

April 28 2012 noon



The purpose of training is to tighten up the slack, toughen the body, and polish the spirit.

BEACHES EVENTS

April

- 1 April Fools
- 8 Easter Parade 2pm
- 6-9 Easter Break dojo closed
- 28 Kyu Belt Grading

May

- 19-21 Victoria Day long wkend dojo closed.

June

- 24 CMAC Black Belt Grading



Fudo Myo

Description Of Form

Fudo Myo is one of the Vidyârâjas (Myôôs) class of deities, and a very wrathful deity. He is portrayed holding a sword in his right hand and a coiled rope in his left hand. With this sword of wisdom, Fudo Myo cuts through deluded and ignorant minds and with the rope he binds those who are ruled by their violent passions and emotions. He leads them onto the correct path of self control. Fudo Myo is also portrayed surrounded by flames, flames which consume the evil and the defilements of this world. He sits on a flat rock which symbolizes the unshakeable peace and bliss which he bestows to the minds and the bodies of his devotees.



Purpose and Vows

Fudo Myo transmits the teachings and the injunctions of Mahāvairocana to all living beings and whether they agree to accept or to reject these injunctions is up to them, Fudo Myo's blue/black body and fierce face symbolize the force of his will to draw all beings to follow the teachings of the Buddha. Nevertheless, Fudo Myo's nature is essentially one of compassion and he has vowed to be of service to all beings for eternity.

Fudo Myo also represents his aspect of service by having his hair knotted in the style of a servant: his hair is tied into seven knots and falls down from his head on the left side. Fudo Myo has two teeth protruding from out of his mouth, an upper tooth and a lower tooth. The upper tooth is pointed downward and this represents his bestowing unlimited compassion who are suffering in body and spirit. His lower tooth is pointed upward and this represents the strength of his desire to progress upward in his service for the Truth. In his upward search for Bodhi and in his downward concern for suffering beings, he represents the beginning of the religious quest, the awakening of the Bodhicitta and the beginning of his compassionate concern for others. It is for this reason that the figure of Fudo Myo is placed first among the thirteen deities.

His vow is to do battle with evil with a powerful mind of compassion and to work for the protection of true happiness. To pray for recovery from illness and for safety while traveling is to rely upon his vow and power to save. Fudo myo is also the guide for the deceased, to help save them and assist them in becoming buddhas for the first seven days after death.

Change is inevitable, except from a vending machine.

Your Health, Your Responsibility! Fight Cancer!

You should look at this you tube by Dr. Lorraine Day, if you have been touched by cancer.

She beat cancer outside of the regular channels of the main line health industry.

Chemotherapy destroys the immune system. The body is designed to heal itself, the health industry is designed to make money, if we were healthy they wouldn't make money.



Her talk goes on for sometime but it's all good stuff, she talks about proper food, proper living, and even her ideas on religion totally makes sense.

If you have lost your belief in the system because one too many of your friends or family have an illness, try opening your mind to this woman's life story of how she beat cancer.

In 1909 one in 35 people had cancer now it's one in every two have cancer. It's worth a few minutes of your time to look at this and start thinking outside the regular health industry.

The cure is out there!

Medieval Times

Thank You once again Mr. Delaney for making the show happen for us, always a great time. It was Mr. Delaney's 3rd show for the day, and if you have ever seen the show you know how amazing that is. The feats of prowess on horse back are very impressive, but the fight scenes - Wow! The two sword, sword fight at the end was over the top.

Awesome!



Light travels faster than sound. This is why some people appear brighter until you hear them speak.

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.



BigWave CAMP

905 301 4760 info@bigwavecamp.ca bigwavecamp.ca

Here's a combo for ya



As the jab comes in hari uke and shuto the ribs, then shuto the neck.



Block the reverse punch.



Circle the hands and clear the reverse punch off.



Double punch head and middle.

We never really grow up, we only learn how to act in public.

High Tech Pick Pocket



Radio Frequency IDentification



The wallet is scanned by a concealed card reader.



Your card information shows up on the thieves pc.



All cards that have this symbol have this technology.



If you have a chip you could be at risk, debit or credit card it doesn't matter.



All you need is a \$100 card reader and a pc with card programmer to program the magnetic strip and you're in business. It's so easy this man has downloaded info onto hotel door cards and bought dinners with them.

How do you protect yourself against these high tech pick pockets?

Carry cash! Or you can wrap your wallet in tin foil, sounds weird but it works, nothing says cool like a tin foil wallet. Good luck out there, it's a crazy world we live in.

Vemma - All Natural Energy Drink

There is a new energy drink in the dojo called Vemma, its all natural and super healthy.



Here's a drink you'll like before or after class to give you some power to get through. These drinks are packed full of Vits and minerals only \$3.75 per, or you can get it by the case.



Going to church doesn't make you a Christian anymore than standing in a garage makes you a mechanic.

Beaches Easter Parade April 8th 2012

Looking forward to this years Easter Parade with the weather being the way it has been should be a nice day for it.

Last year some of the parents wanted to be part of the parade so they dressed up in brand new shiny gi's and hit the street with us holding shields for the kids, carrying banners and flags. They liked it so much most them started training in one program or another. If any of you parents would like to be involved with this years parade, I extend the same invitation, just get a uniform from the dojo a pair of running shoes and meet us at the Water Works at 1pm Easter Sunday and join in the fun.

We have these parades down to a fine art - get the students into ranks and work basics and kata all the way down Queen Street to Woodbine, make sure you stay for the picture at the end.

This event is good for the kids, they like being part of something so big and with all the other students from the dojo. Most of the teens don't go because they are in an awkward phase of life, maybe that will change this year they are cooler than previous years. As far as the adults go we usually have a good turn out, which is important that the community sees that this isn't just a kids dojo. These kind of events look good on a Black Belt resume, also it shows support for your dojo, its called giving back for all that the training has done for you.

Also its a long weekend so there is no Saturday training, this will be your workout for the weekend. So make it out for this years parade you'll be glad you did, they are a lot of fun and there's chocolate so how great is that!

Crop Circles?

Have you ever heard of crop circles? Here are a few that someone was able to translate. Bottom left is one of a face and a code that is the same as the one in the middle picture which has two codes and a crop circle (believed to be a receiver). Also, the code on the left a scientist sent into space in the 1970's, the code on the right was sent with the human face some 40 years later. These codes have info like math, human make up - carbon based, DNA, human anatomy, where our planet is, etc. The two pictures on the right are pretty out there, but someone was able to translate the disc like code into a message. Weird?!



War doesn't determine who's right - only who's left.

Thank you Mr. Jones
for this cool ninja
bunny cut out.

