

JADE Buddha



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

647-258-7469

www.cmacbeaches.com

CMAC 10 Years in the Beach!

Come join the Dojo



2012
Year of the Dragon

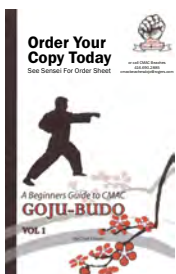


Grey Highlands Seminar

Come out to the "Mouth of the Wave" seminar June 9 and 10, in the beautiful Grey Highlands.

Hosted by Mr. Nick Lagrasta and seminars by Sensei Dixon and Sensei Bassels

Get the CMAC Book Series Book 6 Coming Soon



INSIDE THE JADE BUDDHA

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In Life you get what you give.

Beaches Newsletter

Thank you to every one who made it out to support the event, it was a huge success and probably the best parade we've been in.

Some of you didn't make it out and that's ok, your loss. I don't like to strong arm you to make it out these special events. We set up these events so when you're older you can look back at your life and say you did some stuff.

Those that made it out helped to support the dojo, and the kids that were there. The kids love to be in the Parade and those little guys are the life of the dojo. It's important to give back to the dojo and think beyond yourself, you might even be glad you did, every one said they had a great time.

Training Tip

Having a training partner will make a huge difference in your attendance and the quality of your training. Knowing that you have someone waiting for you at the dojo or gym or track forces you to get there. Getting there is half the battle. With your partner there waiting, you will get there.

The next thing is to show up with the right attitude, show up ready to work hard. If you feel rough keep it to yourself and work through it, you will bring your partner down if you're whining about how rough you feel.

Try and bring something to the experience, like something you have been working on, be it a combination that you are good at, a new exercise, or a different running route.

Be present in the moment, if you must talk keep it about what you're working on or something light, save the relationship conversations for someplace else.

If it's a dojo partner you're looking for, look for qualities in someone that you would like to have yourself, or belt level, or availability and make plans to get to the dojo with that person and start something up.

If it's the gym same kinda thing, also what time do you like to work out, morning, afternoon, or evening. If no one you know is available when you can go, just go to the gym at your favorite time for a while, you will see someone there on the same schedule and if they are cool enough ask if they want to work out.

If it's running, you could try "The Running Room" they have running classes to teach you how to run, and groups to keep you motivated to get into the habit of running.

It's your health and it's a lot of work to maintain a healthy strong body, but if you go at it with the right attitude and a support group to keep you on the path it's not so bad, soon you will see the benefits and become a motivator yourself.

Beaches Grading Results

April 28 2012

There was just too many people to fit into this spot, so look on the up coming events board for the results. The grading was a record breaker as far as size goes, but it went surprisingly smooth and we were done in two and half hours. I like the new grading format, quick, efficient and the kids got to see the adults do the katas. The children were dismissed before the kumite, because some parents had kids there and I don't think it is a good idea for the kids to see there parents in that situation. All things consider the grading was huge success, good for those who made it through.

Next Grading

May 27 2012 9:15am.



They blame you for whatever you do. It is only the wise who are blameless for they are unconcerned.

BEACHES EVENTS

May

- 10 years in the Beach
19-21 Victoria Day long
wkend dojo closed.
26 Kew Beach Demo
26 Shelburne Grand
Opening
27 Kyu Belt grading

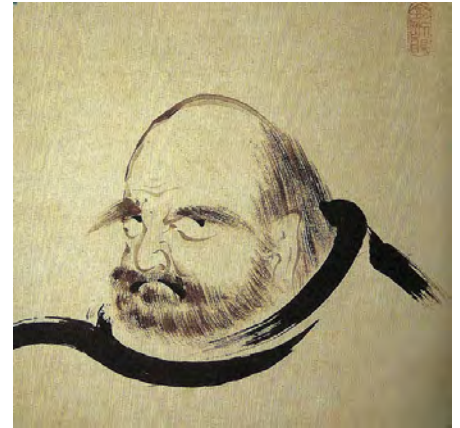
June

- 9,10 Highland seminar
24 CMAC Black Belt
Grading

Bodhidharma

Bodhidharma is considered to be the Grand Patriarch of Zen and the Chinese Martial Arts, Ch'uan fa. According to legend, Bodhidharma was born in India during the early 6th century to a warrior class known as the Kshatriya. He traveled from India to the Songshan Mountains, in the Honan province of China, and founded the Shao Lin Temple.

Please don't call him Buddy Harma.



Kale Smootie - Tough Mudder energy food strategy

2 cups Organic Kale (72 cal / 1 g fat / 12g carb / 3g protein / Vitamins A, C, B1, B2, B6, K, E / Calcium / Potassium)

Banana (121 cal / 0.45g fat / 31g carb / 1.48g protein / Vitamins A, B1, B2, B6, C, E, K / Potassium)

Organic Blueberries (39 cal / 0.2g fat / 9.9g carb / 0.5g protein / Vitamins A, B1, B2, B6, C, E, K / Potassium / Phosphorus)

2tbsp Hempseeds (160 cal / 9.8g fat / 7g carb / 11g protein / Vitamins A, B1, B2, B3, B6, C, D, E / Omega 3&6 EFAs)

1tbsp Flaxseeds (55 cal / 4g fat / 4.1g carb / 2.3g protein / Vitamins C, B1, B2, B6, E, K / Potassium / Omega 3 EFA)

Pinch of Dulse Flakes (Vitamins A, C, B6, B12 / Calcium / Iron / Magnesium)

Dash of Cinnamon

H2O

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Total

Calories - 447

Fat - 15g

Carbohydrates - 64g

Protein - 19g

Vitamins & Minerals - Plenty

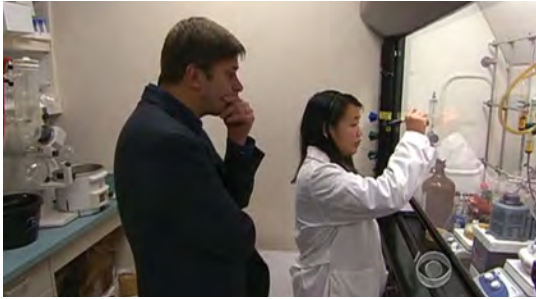
Preservatives, Binding Agents, Artificial Flavoring, Coloring - None

Photo by Mr. Jones and
recipe by Sava, compli-
ments of Tough Mudder.



The three poisons of man are greed anger and ignorance.

Your Health, Your Responsibility! Fight Cancer!



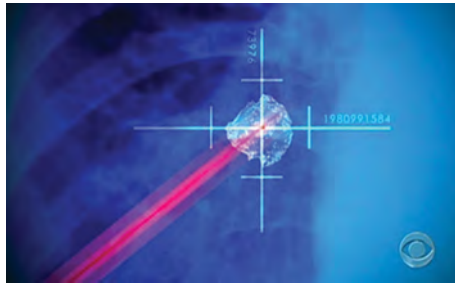
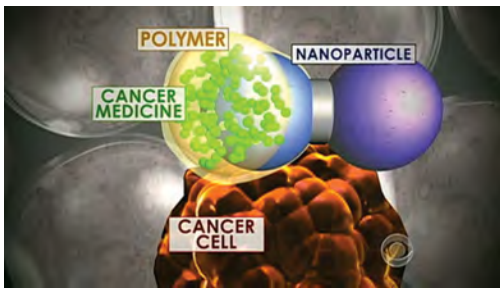
This is a good one. A 17 year old high school girl from California found another cure for cancer in her spare time, and received \$100,000 for the discovery. What have the grown ups been doing all this time?

Angila Zhang wrote a research paper in her spare time, she just thought "Why not, what is there to lose" she read Doctrine level books, then got an opportunity to work in a lab at Stanford, in a short time she was doing her own experiments there.

Her idea was to mix cancer medicine to a polymer and attach it to a nanoparticle that would then attach itself to the cancer cell, this would then show up on a MRI so that doctors could locate the cancer and see just how big it was. Then aim an infer red light at it to melt the polymer and release the medicine to kill the cancer cell.

Well to everyone's surprise it worked, the cancer was gone and the healthy cells were unharmed. Off course it will have to be tested for years to come before it's ready for humans, and eventually forgotten about, but for those lucky few lab rats that were 100% cured it's all good.

Angila entered her idea in the National Siemens sciences contest and won \$100,000. The cure is out there.



Fasting

Fasting is to go without food for an extended period of time. This can be very good for the body, because it gives the digestive organs a chance to rest and flush out toxins. Personally I like to fast in the spring, it's a good time to do it before the summer when you want to be a little lighter, and after the cold weather you don't need the winter insulation.

It is a very healthy thing to do if done properly, most people think you're crazy if you go more than a couple days without food, well try 10 and see how great you feel. Sure it's a hard thing to do, but if you have any health issues a good cleanse might be just what you need. If you are eating any processed food you are putting toxins in your body and they like to stick around because your body doesn't know how to deal with it.

Recently a school was hosting a fast for some cause and all the kids were to go 30 hours without food. After the 30 hours someone thought it would be a good idea to feed the kids pizza, many of the kids had stomach issues afterwards. There are rules to coming off a fast, Rule #1 don't eat pizza! Have fruit, juice keep it light, easy to digest.

Anyway, if you're going to try it I recommend looking into it first before starving yourself and expecting a miracle.

Integrity is doing the right thing, even when no one is watching.

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



**BigWave
CAMP**

CMAC Shelburne Grand Opening

CMAC Grand Opening in Shelburne May 26th.

Mr. Nick Lagrasta will be hosting this most exciting event at his new dojo in Shelburne Ontario. There will be demonstrations by some of the other CMAC dojo's to get things started and fire up the new dojo.

The demo's and presentations will start at 5pm. then after there will be drinks and snacks.

Come out and show your support and if you would like to put on a demonstration let me know and we'll start working on it. These kinda things look really good on a Black Belt resume. So I'm thinking The Beach should be all over this thing since there are some good numbers getting ready to challenge for Dans this year.

**CMAC SHELBURNE
GRAND OPENING**

**DEMOS, SERVICES
AND PRESENTATIONS
BEGIN AT 5PM!**

EVERYONE WELCOME!

**SATURDAY
MAY 26TH 2012
5PM TO 7PM**

Refreshments courtesy of Johnny's Pizza!

Map showing location: Hwy 10, Hwy 124, Hwy 10/89, Hwy 10, Orangeville, Shelburne.

CLASSICAL MARTIAL ARTS CENTRE SHELBURNE (UMAKA DOJO)
802 Main St. E. #4, Shelburne, Ontario L0N 1S4
Phone: (519) 925-9111 Website: firehorsesdojo.com E-mail: umakadojo@hotmail.ca

Your body is a temple, keep it clean - mind, body and spirit.

Sugar



What A Unique Way To Present This...

4.2 grams = 1 teaspoon of sugar = 1 cube !

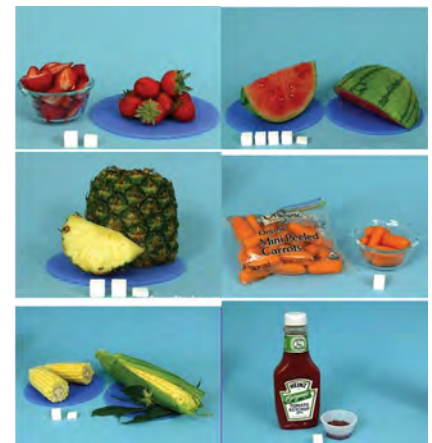
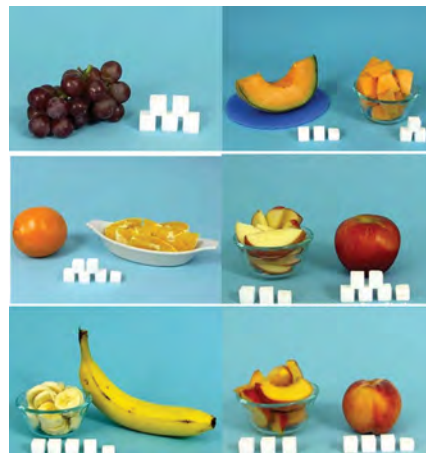
Someone ought to get an award for this. We know the facts, but this brings it into perspective quickly, doesn't it?

Each cube is a teaspoonful.



Start making better food choices, all that sugar can't be good for you.

The average North American kid will consume a wheel barrel of refined sugar a year.



Vemma - All Natural Energy Drink - at the Dojo



How would you like to have all the vitamins and minerals from all these fruits and vegetables in just one two ounce shot of Vemma or Verve. One Vemma a day, you won't believe how much power you'll have.

Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom.

Beaches Easter Parade April 8th 2012

What a great day for a parade, there was a good showing of students, and weather was just perfect. As far as Easter Parades go that had to be the best one yet, there was all kinds of talent, lots of bands, music, flashy cars, horses, Harleys and we even got an ice cream truck to hand out free ice cream thanks to Sensei Bassels.

Everyone from CMAC worked very hard, the kids represented their dojo and kept it together right to the end, the adults were cranking basics and busting kata the whole way. The weapons and Tai chi groups had the their work cut out for them, one minute in a blissful zen like state then running along Queens Street as fast as they could to catch up to the Karate group who were tearing up the street.

Sensei Bassel and myself were in the back on our bikes making lots of noise and handing out Easter Eggs, good times. Thanks for everyone who made the effort to come out.



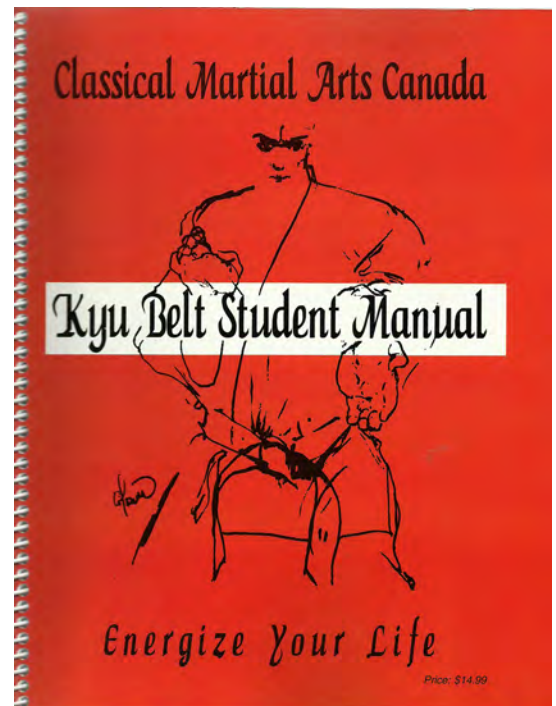
Get a student manual!

The other day in the kids class I asked who are these guys at the front? 98.5% of the kids couldn't name the Shomen, other than Sensei Platt. So I brought out a student manual and said "This thing is packed full of info you just need to know" five minutes later I was sold out of student manuals.

Reading is good for you. There are a pile of books on Martial Arts written by Great Masters, I suggest you go to the section in your manual that is the CMAC recommend reading list and start a library of your own.

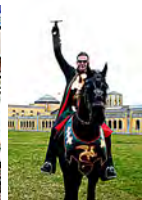
Children are not required to hand in a written exam like the adults so there is no pressure to get a manual, but that doesn't mean you shouldn't bother picking one up for them. If you got one for them as a parent you could go through it with them when it is time for grading so when it is question time they have a chance.

Reading is exercise for your mind, and you just might find your training even more interesting.



Confidence and encouragement will increase the numbers of any cause.

Good times had by all at the 2012 Beaches Easter Parade, Thanks for coming out and being apart of the action.



Really good job everybody and special thanks to Hasu and Yume Dappo for making the effort to be part of our Parade