

THE JADE BUDDHA



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MASTER KEY

Nov. 14-16, 2003

Sensei Wallace Platt
Valhalla Inn

At this seminar you will come into an understanding of why things are the way they are, why certain things happen to some people and not others. You will understand the great power behind thought and the thought process that has made many men and women a success today, not only in the business world but in the great business of life.

See the Dojo Sign-up board for more information and pricing.

Kids All Nighter

Saturday November 22nd, 2003

Kids on November 22 if you are between the ages 8 to 15 you, and maybe a friend can attend the Dojo's 1st Kids All Nighter. We will have pizza, games, movies, and training, like sumo fights, pinn'em, pit bull fights, a new kata, plus if you're good some weapons training. You'll want to go to this event because your buddies are going to be talking about it for years. CMAC members are \$60.00 and non CMAC are \$70.00 See you then.

Surf the Dojo

Keep up to date on the Dojo newsletter and all event scheduling by visiting online at:

www.cmacbeaches.com

INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tips	2
Grading Results	2
Events Calendar	3
Children Learn...	3
Dome Demo Review	3
Did you know?	4
MAZE	4

"Tomorrow is worth more than yesterday but less than today."

SENSEI'S NOTE

Change is the essential process of life. In our quest to evolve and grow we must deal with the uncertainties of change, and how we deal with these changes reveals much of our character. Growth is the natural order of things and if you're not growing, you are stagnating, which leads to decay and death. You can't steal second base and keep your foot on first. Sure there is a certain risk in stealing second, but risks must be taken in order to achieve goals. Going to second base is just a matter of time, if your timing is good that base is just a quick sprint away, if you wait too long someone will be running up your back, forcing you to move when you're not ready. The world is full of interesting people, places and things, so live your life and experience what life has to offer. With that in mind, how could you let the jet boating and Dome Demo go past without making a real effort to make it? Sure we'll do it again next year but don't miss this stuff, it's great or we just wouldn't bother, time is too important to waste. With that in mind, we are going to China in August 2004, so start saving and come along, it's the opportunity of a life time, summer camp in China with Sensei Platt, the Great Wall, Wu Shu Monks, The forbidden City, Martial Arts training, don't miss out, because once time is spent you can't get it back. I don't want you to end up like some elderly people I know who look back at their lives with regret because they didn't do enough with it because the time wasn't right or what ever the excuse. Now they have all kinds of time but their health, or money or this or that. Get a grip; excuses are the tools of the unsuccessful. Here's one you might not have heard; where there's a will there's a way. Try living your life with that thought in your head!

TRAINING TIP

It is both a honor and a privilege to have Hanshi Platt (Head of CMAC) up for a seminar, his knowledge is both vast and deep, and from my personal experience no one has a better seminar format. We will start at 2:30pm Saturday November 15th . Sensei will be covering many things over a short period of time, so bring a willing spirit and an open mind. Our first session will be on Tai Chi and after the break we will be working on Karate. The seminar will go until 6:30pm roughly and cost \$40.00 for per session or \$60 for both CMAC members only. Don't miss it.

GRADING RESULTS

for September 27th

KARATE KYU Kids

Orange Belt

Jay Anderson, John Biral, Andrew Kocur
Daman Barrett, Kara Gani

KARATE KYU Adults

Blue Belt

Jacqueline Kortright, Carey Burton
Lindsay Hacker, Adrian Hiller

Orange Belt

Alex Bethke, Susan Warren, Vito Clemente
Sean Delaney

Yellow Belt

Geoff Busbridge, Farah Menassa
Mark Gingras, Angelo Dilisi, Shanta Nathwani
Eric Wallis

KOBUDO

Blue Belt

Alex Bethke

Green Belt

Carey Burton

Yellow Belt

Rick Ho

22-Pass 0-Probations 0-Failure

Congratulations to all the new graduates!

Next Kyu Belt grading November 8th



"The wise man will always make more opportunities than he finds."

EVENTS CALENDAR

November, 2003

- 8 -Kyu Belt Grading
- 8 -Picture Day
- 14-16 -Master Key Seminar
- 22 -Kids All nighter
- 27 -Sensei Platt Seminar

December, 2003

- 13 -Kyu Belt Grading
- 13 -Dojo X-mas Party

Gradings 2003

November 8th
December 13th

Things to Look forward to in the New Year

Spring 2004 CMAC
Camp Banff

Summer 2004 CMAC
Adventure tour China



Children Learn What They Live

- If a child lives with criticism he learns to condemn.
- If a child lives with hostility he learns to fight.
- If a child lives with fear he learns to be apprehensive.
- If a child lives with pity he learns to feel sorry for himself.
- If a child lives with ridicule he learns to be shy.
- If a child lives with jealousy he learns what envy is.
- If a child lives with shame he learns to feel guilty.
- If a child lives with encouragement he learns to be confident.
- If a child lives with tolerance he learns to be patient.
- If a child lives with acceptance he learns to love.
- If a child lives with approval he learns to like himself.
- If a child lives with recognition he learns that it is good to set goals.
- If a child lives with sharing he learns about generosity.
- If a child lives with honesty and fairness he learns what truth and justice are.
- If a child lives with security he learns to have faith in himself & others.
- If a child lives with friendliness he learns that the world is a nice place to live in.
- If a you live with serenity your child will live with peace of mind.

Dome Demo 2003

CMAC Rocks the Dome once again and the Argos win again. It seems every time we go, they win. Everyone had a great time and performed like pros, even our little guys handled the pressure no problem. These Demo's are just the best time, it's a chance for all the dojo's to get together and train and mingle with each other. The Demo started with Sensei Platt and some of the seniors doing kata in the big CMAC diamond that all the student form when we ran out onto the field. Then everyone performed the Shaolin monk sequence. We all did our own thing for a few minutes, then there was a group Tai Chi and that was it. The Fans went wild, it was well received by all.

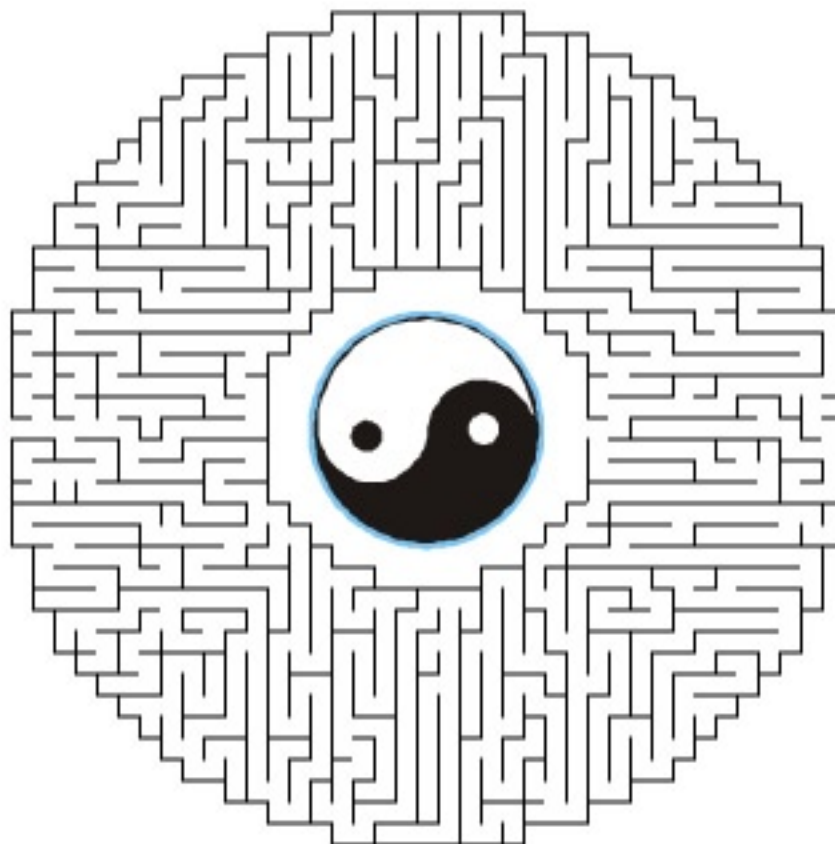
"Motion is motion and action is action never mistake one for the other."

Did you know...

Tea is said to have been discovered in 2737 BC by a Chinese emperor when some tea leaves accidentally blew into a pot of boiling water. The teabag was introduced in 1908 by Thomas Sullivan of New York.

British Standard 6008 and International Standard ISO 3103 advise that tea is best made with water that is freshly boiled. Prolonged boiling of water, or water that is boiled twice, drives off the dissolved oxygen in the water, making the tea taste flat.

Find your balance →



Last Months Puzzle Goju Scramble

Phrase:

F	L	E	X	A	B	L	E	P	E	O	P	L	E	N	E	V	E	R	G	E	T
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22

B	E	N	T	O	U	T	O	F	S	H	A	P	E
23	24	25	26	27	28	29	30	31	32	33	34	35	