

THE JADE BUDDHA



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HAPPY HOLIDAYS

Beaches Dojo

I'd like to thank everyone who helped and got involved with the dojo, and organizational events, this past year. It's that extra mile that really makes the difference. The core is getting stronger, one student at a time. Watching you, leading by good example, helping those that ask or need it, it's nice to see. Well done. All the best in 2004

Sensei Dixon

Dojo Christmas Dinner

Saturday December 13th, 2003

Following the Kyu belt grading on December the 13th, your Dojo will be holding a Christmas dinner at the Aikida Japanese Restaurant at 4:30pm. For more information ask closer to the date.

Picture reshoot.

December 13th 10:30am.

Some of the class shots were a little washed out and some people missed out so this will be a reshoot day.

Surf the Dojo

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

www.cmacbeaches.com

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"The goal of Karate; is to refine and prefect the mind, body and cultivate the spirit."

SENSEI'S NOTE

Don't be unhappy because you want things you don't have, instead be happy because you don't have things you don't want. Thank God we live in Canada and not Iraq, or some other war torn, messed up part of the world. Yes we all want beach front property but not in the Gulf! Try to keep things in prospective this holiday season. There is always someone out there that's worse off than you. So what if you didn't get that new game for your play station, or that what ever it is, just be thankful for family and friends, and make the most of the time you have with them.

TRAINING TIP

It's Christmas, this is a very important time to keep your training up. Training keeps you sharp and focused so you'll be able to spot those Christmas savings. Also by doing a short warm up before hitting the malls you become more limber and agile, enabling you to maneuver through the crowds with speed and grace. A good kumite session before shopping is always a great way to get you relaxed and calmed down so you are able to deal with the experience. Kumite after shopping is also a good time it helps to vent built up aggression from listening to all the Christmas music, and pushy sales clerks. Kumite during shopping is not advisable. Meditation helps to put the vibe out there, so your Christmas harvest is more what you wanted instead of sox and goofy looking shirts. So apply your training this season, and remember to block high and pay low, get in and out of the mall fast, think before you buy, anticipate that parking spot, and for those of you who are married, never ever surrender your credit card to the spouse.

GRADING SCHEDULE

for November 8th 2003

KARATE KYU Kids

Red Belt

Louis D'Arsie

Orange Belt

Rob Holtom, Richard Holtom

Yellow Belt

Matthew McKay

KARATE KYU Adults

Yellow Belt

Ian Kearns

KOBUDO

Green Belt

Rod Batthany

6-Pass 0-Probations 0-Failure

Congradulations to all the new graduates!

Next Kyu Belt grading December 13th



"Great works are preformed not by strength, but perseverance.."

EVENTS CALENDAR

Sensei Platt Seminar

Sensei Platt came to the Beaches Saturday November the 15th for a 5 hour seminar, there were 20 students in attendance. Sensei worked his usual magic to an awe struck group of eager seminar goers. The hours flew by as we watched in delight as Sensei Platt pummeled and beat Mr. Borrows into submission time after time. One of the best parts was when Sensei demonstrated how to use the Yoga warrior posture as a self-defence move, Yoga as a Martial Art who would have thought? We also had some visitors, Sensei Williams from Tsunami, Sensei O'Connel from the Hypark Dojo, and Mr. Borrows from the Honbu, Aurura and Charlene from Ajax, and from the Beaches Sensei DeQuetteville, Mr. Titus, Mr. Date, Ms. Haw, Phil and Carey, Jackie, Lindsay, Adrian Whiteman, Sean, Rod, Shanta, Geoff, Ian, and Patricia. I'd like to thank Sensei Platt for his time and knowledge, and I'd also like to thank Mr. Borrows for coming out and taking a beating so that we may benefit from it. Ous.

December, 2003

- 13 -Picture Reshoot
- 13 -Kyu Belt Grading
- 13 -Dojo X-mas Party
- 24-31 -Dojo Closed Holidays

January, 200

- 1-4 -Dojo Closed Holidays
- 5 -Dojo open for Class

Things to Look forward to in the New Year

Spring 2004 CMAC
Camp Banff

Summer 2004 CMAC
Adventure tour China



The Kids All Nighter

The All Nighter was absolutely a blast. We started at 8pm Saturday night and went hard until 3am. What a crazy night of training, and hard core games like sumo fights, ninja vs samurai, kendo, pit bull fights, and war. Then the pizza arrived, boy were they hungry, so I just had to tease them by having a slice while they watched through the window. After the Za chew the movie went in and the kids crashed out, all the kids except for one. Christian Pratt managed to last the whole night and it wasn't even a problem, so he learned Hakasura the white crane kata. There are a couple valuable lessons to be learned here, one being "If you snooze you loose." And two, "All good things come to those who wait." At 8am we all got it together and headed off to the Sunset Grill for breakfast, everything was fantastic, just the best way to end off the All Nighter. I'd like to thank the adults who came out to help Mr. Ryan, Charlene "smoken round kick" Lindsay, Jackie, Juliette, Alex, Shanta, and Lisa, you're help was greatly appreciated. These are the kids who battled hard like fearless warriors until they dropped, Christian Pratt, Rob Martin, Louis D'Arsie, Even Benson, Julia Merlini, Max Ash, Jay Anderson, Rob and Richard Holtom, Eric Wallis, Stephanie Eic, and Vidan Zivic. Well done you Guys.

*"I drive my own Karma."**"Impulse manages all affairs badly."*

Did you know...

The cherry tree was not cultivated for its fruit, but for its flower, which the Japanese have taken to their hearts as a symbol of purity, of loyalty, and patriotism. Its beauty is short lived. One moment the tree is decked out in ethereal beauty, the next a wind arises and the petals flutter to the ground. The life of the Samurai warrior was like that of the cherry blossom. It was dedicated to his country and when the time came it was laid down without hesitation.



Fallen Phrases!

If you've been attending class this month this puzzle should be a peice of cake.

Instructions:

Each column of letters belongs in one of the boxes directly below it. Try to unscramble the order to solve the Fallen Phrase.

N H
R I T R
O T U W G F I E L Y O U
F O F Y O H A N I T H O T O E S
I I U R Y O U W A S G S R D G O O S R
F F U R T H R F I E T O L D G Y E U R

