



# THE JADE BUDDHA

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## HAPPY NEW YEAR

*The secret of getting ahead is simply to get started.*

### Black Belt Grading & Mini Camp

*February 7 & 8th, 2004*

As always a Black belt grading is a wonderful learning experience and a great way to get a sneak peak of what to expect when you are ready for your Dan level.

For more information on the mini camp be sure to keep your eyes on the event boards in class.

### Summer Camp in China

*August, 2004*

Busting a Kata on the Great Wall with Sensei Platt, what, I ask, what sounds sweeter.

Start saving your change, or in Lindsay's case start saving some trees, to make some change...cause this is a trip you do not want passing you by. Stay tuned for more details closer to the date.

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*"Power corrupts the few, but weakness corrupts the many."*

## SENSEI'S NOTE

2004, this is Year of the Wood /Monkey, a year of movement, discussion, and exchange of ideas. The Irrepressible Monkey.

Year of the Monkey "Year of Reciprocity" Reciprocity means - mutual action, give and take, the condition of being reciprocal, an interchange of privileges, etc. Go and Ju working together for mutual aid and benefit.

While each sign repeats itself every 12 years, the specific combination of Sign (earthly branch) and element (heavenly stem) occur every 60 years. 60 years ago, 1944's Wood Monkey brought a climactic year to the Second World War, when the threat of disaster brought allied forces together. \*Southern France invaded \*Paris liberated \*Philippines liberated \*D-Day \*Battle of the Philippine Seas.

This shall be a very positive year it's about action and getting things to happen. The more you give the more you get, so put it out there and see what happens.

## TRAINING TIP

The key to good technique is to keep your hands, feet and hips straight and centered. If you are centered, you can move freely. The physical center is your hara (just below your navel). Your mind must be centered, and focused on the hara. A good stance and posture reflect a proper state of mind.



Techniques employ four qualities that reflect the nature of the world. Depending on the circumstance, you should be: hard as a diamond, flexible as a willow, smooth as water, or as empty as space.

## GRADING SCHEDULE

for December 13th 2003

### KARATE KYU Kids

#### Yellow Belt

Fraser Langly Waldron, Kate Kocur, Emily Waplinton, Stephanie Eic, Will King, Zidan Zivic, Jigten Nyandak, Norzin Gyaltong, Candy Caddell

#### Orange Belt

Even Benson, Julia Merlini

### KARATE KYU Adults

#### Yellow Belt

Paul Mieschke, Patricia Crawly

#### Orange Belt

Geoff Busbridge

#### Green Belt

Adrian Whiteman, Karl Fernandes

#### Blue Belt

Juliette Corby

### KOBUDO

#### Orange Belt

Geoff Busbridge, Rick Ho, Grant Tisdall

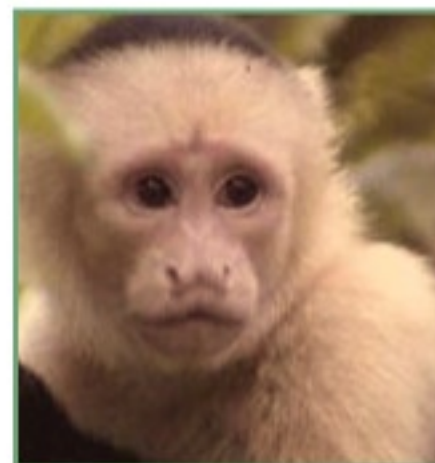
### 20-Pass 0-Probations 0-Failure

*Congratulations to all the new graduates!*

*Next Kyu Belt grading January 31<sup>st</sup>*



*"It is not the answer or the question that enlightens, but the way of getting to the answer."*



## General Outlook for the Year of the Monkey

A year of sidestepping problems and clever manipulations, backed by intelligence and guile. Short-lived, transitory projects and the open exchange of ideas filters our emotions through an agile and razor sharp intelligence. Using a great sense of humor (and sarcasm) Monkey years, hold out bright prospects of a fascinating future, rich in the unexpected. A year of "transformations." A year to give full rein to your imagination, but also be wary of over-optimism, allowing tolerance of the intolerable. Do not let your garden be over-run with weeds (destructive factions could bring trouble if allowed to propagate). Riots, revolutions and the overthrow of rulers, keep everyone on their toes! Monkey years spin everyone's concept of "normal." Bluffs, tricks, ruses and deceptions abound during Monkey years; Those who enjoy risk and novelty, thrive; Those who prefer predictability and convention, wince.

The peak point in a Wood Monkey year is the Springtime, a period of growth and prosperity. The Wood element represents the first 12 years of life, the time of rapid development, idealism and youthful innocence. Wood element years are prime to begin sizable enterprises, expansions and major cooperation's. Where there is recession, this Monkey year will tend to halt it in it's tracks. Business should shoot up under this years optimistic and cunning influence. The resourcefulness in solving complex dilemmas should be a pleasant surprise.

While each sign repeats every 12 years, the specific combination of Sign (earthly branch) and element (heavenly stem) occur only once every 60 years.

## EVENTS CALENDAR

### January, 2004

31 -Kyu Belt Grading

### February, 2004

7-8 -Black Belt Grading  
-Mini Camp

### April, 2004

TBA -Spring 12 Hour

### May, 2004

22-24 -Banff Spring Camp

### August, 2004

TBA -Summer Camp China



## 2004 Forecasts for Each Earthly Branch

Best Year for: *Snakes*

Very Good Year for: *Rats, Dragons*

Improved Year for: *Goats, Rabbits, Oxen, Monkeys*

Complex Year for: *Roosters, Horses*

Difficult Year for: *Tigers, Pigs, Dogs*



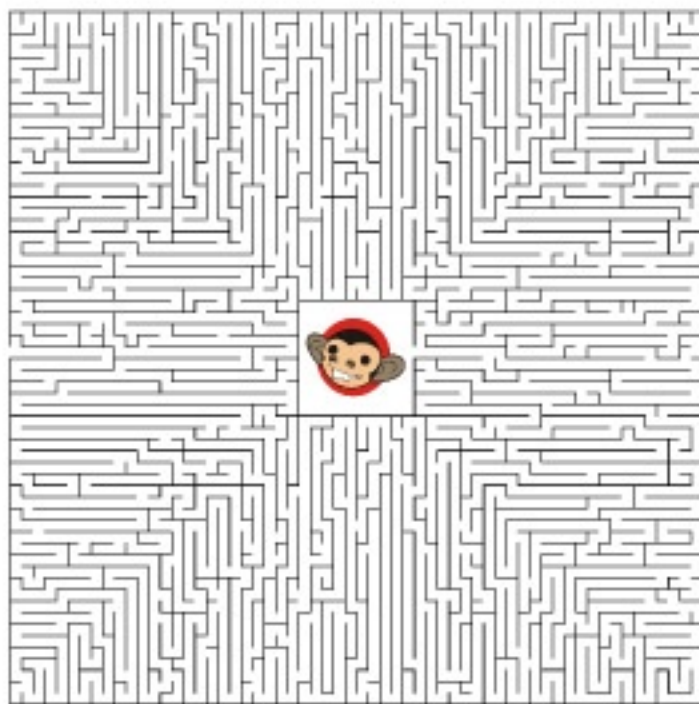
*"Instructors can impart only a fraction of the teaching. It is through your own devoted practice that the mysteries of the training are brought to life."*

## Dojo Christmas Party

December 13th was a big day for the dojo, with all the action going on. We had picture retakes, a grading and the Christmas dinner at Aki da's Sushi bar. All three events turned out just perfect. Thanks to everyone who got involved, and also for all the nice Christmas presents.

## A-Mazed

Help the monkey find his way out into the New Year!



## Answer: Fallen Phrases (December Issue)

If your fist goes fourth withold your anger.  
If your anger goes fourth withold your fist.

## Recycle

Recycling? What's that all about? Well people who are concerned about the environment, use these little blue boxes to put there cans and bottles in after they're finished with them. We are lead to believe that this effort on our part is for the greater good, and millions of tons of waste that can not be broken down in land fills are "RECYCLED" and reused, and that our efforts will help our environment for future generation to enjoy. Please stop throwing your recyclables in the garbage cans and start using the blue box. Thank you.



## Did you Know?...

The word posh, which denotes luxurious rooms or accomodations, originated when ticket agents in England marked the tickets of travelers going by ship to the Orient. Since there was no air conditioning in those days, it was always better to have a cabin on the shady side of the ship as it passed through the Mediterranean and Suez area. Since the sun is in the south, those with money paid extra to get cabin's on the left, or port, traveling to the Asia, and on the right, or starboard, when returning to Europe. Hence their tickets were marked with the initials for Port Outbound Starboard Homebound, or POSH.

