



# THE JADE BUDDHA

1971 Queen St. E. 2<sup>nd</sup> floor, Toronto, ON

416-690-2885

www.cmacbeaches.com



## CHALLENGING SHO DAN

Smokin' Round Kick Charlene DeVoue will be challenging for ShoDan  
February 8th, 2004!

Our possitive Chi goes out to you Charlene, Congratulations!

### 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.

### HEY MOM & DAD

Private Classes for kids only \$25.00  
Weekdays 4:30pm to 5pm

Many of the adults are getting extra training with Sensei in private classes. This gives them the chance to really work those problem areas that need a little extra fine tuning. Remember the only difference between ordinary and extraordinary is that little extra.

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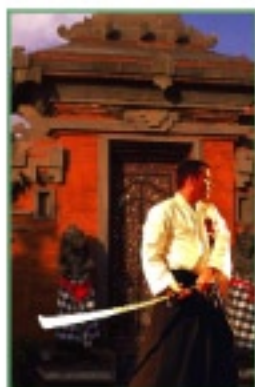
*"A strong fist will open some doors, but a strong heart and mind will open them all."*

## SENSEI'S NOTE

The February Blues are merely a state of mind. To beat them you need to stimulate your mind, body and spirit. This can very easily be done by training more often, plus proper nutrition, and meditation. I said "MEDITATION" not medication! Don't be so quick to take cold medicine and the flu shot, forget it! There are better ways to fight off these viruses, try a natural approach, your body will thank you. You should watch how you talk to people, are you whining about the weather or are you listening to them complaining about it. That will have an effect on your attitude and your vibration. Staying healthy requires a higher vibration, so guard yourself from the downers and your own negative thoughts. Get your vitamins especially vitamin B's for this time of year, they help to calm and reinforce the nervous system, this will have a positive effect on your attitude.

## TRAINING TIP

Ease and perfection depend entirely upon the degree in which we cease to depend on the conscious mind. This concept may sound a little strange at first, but the more you work a drill, combination or kata, the more your subconscious takes over, the less you have to think, and body memory will take over, you simply react without thinking about it. Your self defense becomes as natural as breathing, walking, or tying your shoes. The subconscious mind is instantaneous while the conscious often takes time to process information this can slow you down. "Kokoro wa hanatan koto wo yosu" - "You need to let your mind go." One of Gichin Funakoshi's 20 Precepts. When that happens it is referred to "Mushin" meaning "No Mind."



## GRADING SCHEDULE

for January 31st 2004

### KARATE KYU Kids

#### Yellow Belt

Julian Gagnan

#### Orange Belt

Ismael Khon

### KARATE KYU Adults

#### Yellow Belt

Tom Edwards, Christa Thomas

#### Orange Belt

Shanta Nathwani

#### Green Belt

Alex Bethke, Susan Warren, Vito Clemente

#### Blue Belt

Joe Shoichet

### 9-Pass 0-Probations 0-Failure

*Congratulations to all the new graduates!*

*Next Kyu Belt grading February 28<sup>th</sup>*



*"Earning the trust of others is tough, destroying it is easy."*

## EVENTS CALENDAR

### February, 2004

- 7-8 -Black Belt Grading  
-Mini Camp  
-Holiday INN Oakville
- 28 -Kyu Belt Grading

### March, 2004

- 15-20 -March Break  
Dojo Open
- 27 -Kyu Belt Grading

### April, 2004

- 4 -Toronto Spring  
Challenge
- 24 -USAGA Invitational  
NY,NY
- TBA -Spring 12 Hour

### May, 2004

- 22-24 -Banff Spring Camp

### August, 2004

- TBA -Summer Camp China



## Tools of Discipline

Except 100% responsibility for your own actions.

Delayed gratification in view of long term goals.

Adhere to the truth.

Balance the mind, body, and spirit.

*Success comes to those who have discipline, self control.*

## The Art of Peace. Morihei Ueshiba - Founder of Modern Day Aiki Do.

From ancient times, deep learning and valor have been the two pillars of the Path: Through the virtue of training, enlighten both body and soul.

## Necessities in Life

Three necessities in life are; flexibility, sense of humour, and the ability to admit to one's mistakes.

Have flexibility in the way you deal with other people and their special quirky uniqueness, not everyone is as perfect as you.

Have a sense of humour, laughter is the best medicine.

Admit to your mistake, be mature and don't be so quick to point fingers.

## MERCHANDISE INFORMATION

The Toronto Spring Challenge is a couple months away, start thinking of what equipment you will need to compete.

*General Checklist:*

**Karate:** Gi (uniform), mouthpiece, safety equipment and wooden knife.

**Tai Chi:** Red CMACT-shirt, black pants, tai chi shoes and tai chi sword.

**Kobudo:** Wooden knife, Bo, Jo, Escrima sticks.

For all your Karate, Tai Chi, Kobudo needs pick up a copy of our catalogue. There are plenty of items to choose from. All orders are placed at the end of each month.

*See Sensei if you are unsure of the equipment you need in order to train in your chosen art.*





*"Those who have no compassion have no wisdom."*

## Confucius say:

Confucius say, "Man who run in front of car get Tired."

Confucius say, "Man who run behind car get Exhausted."

Confucius say, "Man who is behind the wheel drives his own Karma."

## CMAC

The Canadian Martial Arts Centre in Burlington is the Headquarters for Classical Martial Arts Canada, (CMAC) is a governing body for affiliated professional and semiprofessional schools in Canada. The purpose of CMAC is to ensure the level of knowledge and proficiency standards remain high. On going training and Development of associated instructors and their students is its top priority. CMAC interfaces with other Martial Arts Organizations, both nationally and internationally to make available seminars, competitions, and research trips to its members. We are committed to do our part as Canadians to develop traditional Martial Arts and promote goodwill for the benefit of all who would participate. CMAC Membership

1 year - \$20 2 years - \$30 3 years \$40

membership required for:

Adults orange belt and up

Children red belt and up.

Refer to your manual for more information

## Famous Quote...

Try to figure out the famous quote. Unscramble the tiles to reveal the answer.

L L   Y L   G O   I T   O U T   K M   U N G   F A

N N A   H I N


For bonus karma points, who quoted it? \_\_\_\_\_

## Did you Know?...

Valentine's Day originates from the ancient Roman fertility festival of Lupercalia, which was celebrated on 15 February in honour of the gods Lupercus and Faunus, as well as the legendary founders of Rome, Romulus and Remus. During the festival, young men would draw the names of women from a box, and each couple would be paired until next year's celebration. Often they would fall in love and marry.

At around 270AD Rome was facing battles and civil uprising. The men were not keen to join the army. Emperor Claudius II believed that the men did not want to leave their loved ones and summarily cancelled all marriages and engagements. Two priests, Valentine and Marius, disobeyed the decree and secretly performed marriage ceremonies. Valentine was caught on 14 February taken to jail. Valentine himself had fallen in love with the jailer's daughter. He signed his final note to her, "From your Valentine."

