

THE JADE BUDDHA



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March Break Kids Camp

March 15-19th, 2004

Kids Camp, it's perfect, 3 hours of training everyday from 1pm to 4pm. We will be covering some advanced Martial Arts concepts, Tai Chi, Weapons, Aikido and some things that we don't normally work on in our regular classes, I was thinking maybe the SWORD! How Cool is that? Get your name on the sign up board today.

Friday Class Cancelled

March 26th, 2004

Due to the grading being held on a Friday this Month that regular Friday class will cancelled. Although Saturday March 27th classes will still be available.

SEMPAI...SEMPAI, SENSEI

How to address your instructors

For those of you not yet informed, Instructor Sempai Krumm is now Sensei Krumm and our Mr. Titus is now Sempai Titus. Congratulations to both of you!

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"Knowledge & Experience do not necessarily speak the same language."

SENSEI'S NOTE

Maturing to the rank, no belt is awarded before it's time. Patience in your training is part of your success. Remember that good things come to those who stay focused on the training, keep your goals in mind, and work toward them. Have faith in the training, it has withstood the test of time. Complacency and mediocrity are, the enemy of the Martial Artist, and at certain ranks your progression may take longer than you are used to, so it is up to the individual to keep the spark alive, go after the information that inspired you in the beginning. The Martial Arts is a life time of study and commitment, but the benefits are well worth the investment, confidence, awareness, coordination, self control, concentration, personal growth, stress relief, fitness, and self discipline and that's really just the tip of the iceberg. The training for me has been the adventure of a life time. I've been around the world training, competing with and against the best in the world. So believe me when I say the training is what you make it. You get what you give, the harder and more sincere you take the training the deeper the meaning will be for you.



TRAINING TIP

How's that Gi fitting these days? Your uniform is a very important part of your training responsibility. The Gi reflects your character, your personality. Have the self discipline to keep it clean, white and fitting properly. A lot can be said about the way a person lives their life, by their appearance. The outside world is a reflection of the inside world. Make it your purpose to have an appearance that is all together, clean, sharp, and immaculate, if you can start with that you might find that that attitude will carry over into your training and then into your life. The inside world is a reflection of the outside world. The inside world is your predominate mental thought or attitude, and where your thoughts go your energy flows, so guard your thoughts and focus your energy.

GRADING SCHEDULE

February 28, 2004

KARATE KYU Kids

Yellow Belt

DeVohn Benjamin
Connor Allems, Kiana Tobia
Ryan Kerrigan

Orange Belt

Andrew May

Red Belt

Max Jefferys, John Birol,
Rob Holtom, Rich Holtom

KARATE KYU Adults

Yellow Belt

Peter Jones

KOBUDO Adults

Yellow Belt

Peter Jones

11-Pass 0-Probations 0-Failure

Congratulations to all the new graduates!

*Next Kyu Belt grading
March 26th*



"On Great virtue we'd all like to have patience - if only we could find the time."

EVENTS CALENDAR

March, 2004

- 14 -Tournament Training Seminar
- 15-19 -Dojo Open March Break
Kids Camp 1pm to 4pm
- 26 -Kyu Belt Grading Friday Grading

April, 2004

- 4 -Toronto Spring Challenge
- 10 -Adult 12hr. Dusk till Dawn
- 25 -USAGA Invitational NY,NY
- 30 -Kyu Belt Grading

May, 2004

- 22-24 -Banff Spring Camp

June, 2004

- 5 -Battle in the Beaches

August, 2004

- 1-22 -Summer Camp China



Black Belt Grading and Mini Camp

February 7th Hanshi Platt held a 5 hour training camp. In the first session Hanshi worked a variety of basics and drills, and everyone got a new kata. In the second session there was really fantastic sword work, a new kata, and to finish off the session Hanshi worked Sensei Dixon over with a stick, it was great. After the training we had a nice dinner that the hotel had prepared for us, then a good nights rest before the February 8th morning Tai Chi seminar. In that session Hanshi covered Chi Gung, Ba Gwa, the advanced short form, and the Wu form, which Hanshi mentioned we will be working all year, (so don't miss anymore camps). After the training we had lunch, then the Black Belt grading. It was a large one with 31 students attempting all different ranks in all different arts, like Karate, Tai Chi, and Kobudo it was quite a demonstration of prowess. Charlene DeVouge A.K.A. Smokin' Round Kick, a student of Sensei DeQuetteville had an excellent grading and represented the Ajax Dojo nicely, well done Charlene. All in all, it was a wonderful weekend, and another reason why you just can't beat the CMAC presentation.



CHINA, CHINA, CHINA.

We are going to China in August.

Be advised - This will be an adventure. Pack light and move fast. We will be covering more ground than most people do on an Asian trip. Sensei Platt designed this tour and it has everything in it, Shaolin temples north and south, Mt. Wudang, Terra Cotta Warriors, the Great Wall, Hong Kong, Fuzhou, Beijing, and the Forbidden City. We will be training with the Shaolin and the Wushu Masters, Sensei Platt well be setting up special training sessions at certain power spots in China, this is the tour you'll never forget. Sensei Platt has mentioned that this is not a pleasure cruise, so be prepared mentally and physically, because it will be a test of endurance. Lastly - There will be No Whining!

"Procrastination is the grave in which opportunity is buried."



Here's a thought ...

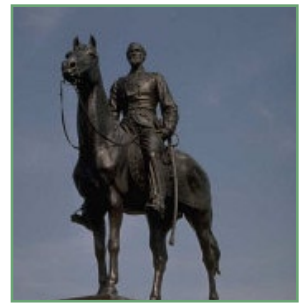
wouldn't it be great to help Sensei go to China, and also help yourself in the process? How you may ask? Easy, book a private lesson today. Private lessons are excellent for getting over that hurdle, improving technique, power, focus, working on that new kata, or whatever it is, it's up to you, it's your hour to work whatever you want. 1 hour is \$50 and if you only want a half hour they are \$25. Book any time with Sensei

CHEERS TOO CHEF VITO!

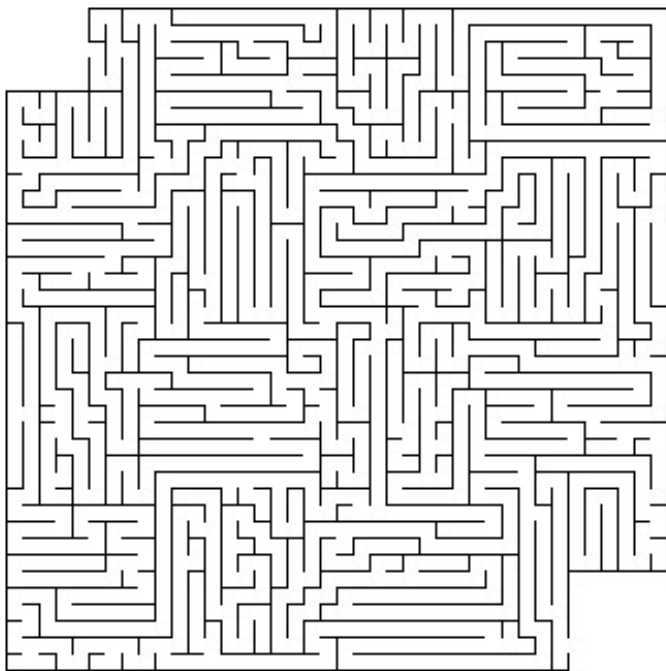
Looking for a nice night out? You must go and try Zucca at 2150 Yonge St. just south of Eglinton Ave. Vito is the Chef there and let me tell you, he is as serious about his food as he is about training. I had a fantastic time and everyone there was very accommodating. Thanks Vito.

Did you know...

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle; if the horse has one front leg in the air, the person died as a result of wounds received in battle; if the horse has all four legs on the ground, the person died of natural causes.



Mazed!



Make your way through the maze!