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TOURNAMENT SEASON

April Tournament and BEYOND...

Sunday April 4th will mark the first tournament of 2004. Good Chi to all of those competing in Kobudo, Karate and TaiChi. This marks the first of many tournaments for the year, keep your training fresh to prepare for competing.

Beaches Lion Club Parade

April 11, 2004

This event is fast approaching. Join your Dojo brothers & sisters and represent your Dojo in the Parade down Queen Street.

DUSK TILL DAWN

May 8th, 2004

This is always an event that can't be missed. If you haven't had a chance to be a part of this night, get your name on the sign-up sheet and be prepared to push your body and mind to the limit!

May the 8th will cover many topics Karate, Tai Chi, Ju jitsu, weapons and the most popular candle light session with the mudras and mantras the cost is **\$75.00**.

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"The will to win is not nearly as important as the will to prepare to win."

SENSEI'S NOTE

If you don't deal with Reality, Reality will deal with you. Hiding from your problems or not dealing with them is no way to get through this reality. If something is not dealt with, it just doesn't go away. Your meditation will help to give you the insight into potential disaster. Be pro-active instead of re-active, because it is easier to stay out of trouble than it is to get out of trouble. Look for the warning signs, get in touch with your environment, the more you pay attention the more you will see the signs.



TRAINING TIP

Tournament season is upon us, and it is important to remember that the will to win is not nearly as important as the will to prepare to win. Practice, practice, practice. Some of you have noticed the benefits of the private lessons. It is really amazing how much progress can be made in just one session. So if you're looking for some extra training time that will give you the edge on the opponent, book a private lesson, Sensei will do a half hour or a full hour any time, so book now.



GRADING RESULTS

March 26th CANCELLED

Do you think you are ready for the next level? Train hard and attend as many classes as you can before the next grading.

Next Kyu Belt grading
April 30th

SCENES from the TOURNAMENT

Look forward to the tournament results in May's issue



"The eyes don't always see what the heart feels."

EVENTS CALENDAR

April, 2004

- 4 -Toronto Spring Challenge
- 9 -Good Friday
-Dojo closed
- 11 -Beaches Lions Club
Parade 10am to 1pm
- 25 -USAGA Invitational
NY,NY
- 30 -Kyu Belt Grading

May, 2004

- 8 -Dusk Till Dawn
- 21-24 -Banff Spring Camp
- 22-24 -Victoria Day Holiday
- Dojo Closed
- 29 -Kid's All Nighter

June, 2004

- 5 -Battle in the Beaches
- 11 -Kyu belt grading
- 19 -Mini camp
- 20- -Tai Chi seminar
-Oakville Holiday Inn
- 20 -Black Belt Grading

August, 2004

- 1-22 -Summer Camp China



Kids All Niter!

Kids all Niter, will be the 29th of May and with all the training and good times will be the pizza and breakfast as before. The value is well worth the price. There was some comment about the price last time and after a quick evaluation of the time, effort and value, of the night I decided to raise the price to **\$75**. Those that came out to the last one thought it was worth it, and they are looking forward the next one.

How about...

Palates for moms during the 4-7 class on Tuesdays. Tell us what you think.

MERCHANDISE INFORMATION

Tournament season is upon us, what equipment will you need to compete?

General Checklist:

Karate: Gi (uniform), mouthpiece, safety equipment & wooden knife.
Tai Chi: Red CMAC T-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.



"People know the price of everything and the value of NOTHING."

So Long, Farwell!

Our Boy Adrian Hillyer is leaving us to go back to the States. Apparently an education in acupuncture can only be earned in Arizona. That's OK Adrian I know the real reason. I'd want to live in place that you can ride a motorcycle all year to. Good Luck, Ous.

This **Friday April 9th** the Dojo will be gathering for an official farwell evening for Adrian at Fitzgeralds in the Beaches. For more information ask closer to the date.



No running in the Hallway please...

Parents please stop the kids from running up and down the hall way, it is disturbing the neighbours.

Did you know...

The Easter bunny originates from an ancient Anglo-Saxon carnival



The ancient Anglo-Saxons celebrated the return of spring with a carnival commemorating their goddess of offspring and of springtime, Eostre. The offerings were **rabbits and coloured eggs**, bidding an end to winter.

As it happened, the pagan festival of Eostre occurred at the same time of year as the Christian observance of the Resurrection of Christ and it didn't take the Christian missionaries long to convert the Anglo-Saxons when they encountered them in the 2nd century. The offering of rabbits and eggs eventually became the **Easter bunny and Easter eggs**.

Prior to 325 AD, Easter was variously celebrated on different days of the week, including Friday, Saturday, and Sunday. In that year, the Council of Nicaea was convened by emperor Constantine. It issued the Easter Rule which states that Easter shall be celebrated on the first Sunday that occurs after the first full moon on or after the vernal equinox. The "full moon" in the rule is the ecclesiastical full moon, which is defined as the 14th day of a tabular lunation, where day 1 corresponds to the ecclesiastical New Moon. It does not always occur on the same date as the astronomical full moon. The ecclesiastical "vernal equinox" is always on 21st March. Therefore, **Easter** must be celebrated on the first Sunday after 21st March.

Christians commemorate the Friday before Easter as Good Friday, the day that Jesus was crucified. Easter Sunday is celebrated as the day Jesus rose again.