

THE JADE BUDDHA



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www.cmacbeaches.com



Dusk Till Dawn

Saturday 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!

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

Kids All Niter!

May 29th, 2004

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 of **\$75**. Those that came out to the last one thought it was worth it, and they are looking forward the next one.

Battle in the Beaches

June 13th, 2004

CMAC Beaches and CMAC Hypark will be hosting The Battle In The Beaches Tournament at S.H. Armstrong Community Centre, at Queen and Woodfield. **\$20** for one event and **\$40** for unlimited events.

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"What you do is spoken louder than what you say."

SENSEI'S NOTE



The learning cycle or process. As you enter the Dojo, nothing is known. The Sensei works with you, and the seniors help you along, as you improve you help others. That is the way life is, you come into this world, your parents take care of

you, then you have kids and take care of them and your parents (who by now need your help). Sometimes I will have someone work with a junior and I can see that they are unhappy to be doing so, this kind of behavior seems selfish and uncalled for. As a senior it is your karmic duty to look after the junior, and also an exercise in patience, not to mention your grading may depend on it. Lastly, you maybe helping a white belt do a white belt kata, it doesn't mean you need to do it as a white belt. If a Black Belt does a white belt kata it's done like a Black Belt.

TRAINING TIP

Whether you're doing Karate or Tai Chi it is very important to concentrate on the kata or form in the beginning. The development of concentration will help you to control your mind. Then you can use your mind to increase the awareness of your internal energy, Ki (Japanese) or Chi (Chinese). After long periods of practice of internal energy awareness, you will be able to command your mind to guide your Ki or Chi power to any part of your body at will.



GRADING RESULTS

Friday, April 30th, 2004

KARATE KYU Adults

Blue Belt

Karl Fernandes

Green Belt

Shanta Nathwani,

Geoff Busbridge, Sean Delaney

Orange Belt

Matthew McKay, Stephanie Eic,
Angelo Dilisi

Yellow Belt

Anne Lesperance, Caily Milito,

Mike Stein, Aaron Gillingham,

Jeff Ross, Matt Collie,

Dave Singer

KARATE Children

Green Belt

Christian English-Pratt

Rob Martin, Louis D'Arsie

Red Belt

Jamie Dolan, Andrew Kocur,

Jay Anderson

Orange Belt

Eric Wallis

KOBUDO

Blue Belt

Shanta Nathwani,

Carey Corrigan, Rod Batthany

Green Belt

Grant Tisdale, Geoff Busbridge

26-Pass 0-Probations 0-Failure

CONGRATULATIONS !

Next Kyu Belt grading June 11th



"I'd rather attempt something great and fail, than attempt nothing and succeed."

EVENTS CALENDAR

May, 2004

- 8 -Dusk Till Dawn
- Adult 12 Hour Training
- 22-24 -Banff Spring Camp
- 22-24 -Victoria Day Holiday
- Dojo Closed
- 29 -Kid's All Nighter

June, 2004

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

August, 2004

- 1-22 -Summer Camp China

TORONTO TOURNAMENT RESULTS

Congratulations to all of those who represented the Beaches Dojo at the Toronto Tournament. WELL DONE - OUS!

Connor Allems 1st Kumite, 2nd Kihon, 3rd Kata.

Christian Pratt 2nd Kihon, 2nd Kata, 2nd Kumite.

Shanta Nathwani 1st Kihon, 1st Tai Chi Sword, 2nd Chi Gung, 2nd Kobudo, 2nd Iaido, 2nd Team Kobudo, 3rd Self Defence, 3rd handles Kobudo, 4th Kata.

Susan Warren 1st Kumite, 1st Team Kata, 5th Kihon.

Geoff Busbridge 1st Self Defence, 1st 2 Person Kobudo, 1st Team Kobudo, 2nd Kobudo.

Alex Bethke 1st Team Kobudo, 1st Iaido, 1st Kata, 2nd Kumite, 2nd Kobudo, 2nd Handle Kobudo, 2nd Self Defence.

Vito (The Bruiser) Clemente 3rd Kata.

Lindsay Hacker 1st Kumite, 1st 2 Person Kata, 1st Team Kata, 2nd Kihon, 3rd Kata.

Carey Corrigan 1st 2 Person Kata, 1st Team Kata, 1st Kobudo, 1st Team Kobudo, 2nd Handles Kobudo, 3rd Kumite.

Easter Parade

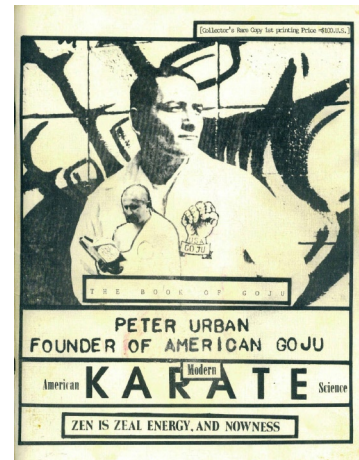
What a BEAUTIFUL DAY for a parade, the sun was shining, birds were singing, the streets were full, packed with excited onlookers, and we had a good crew out for the march across Queen St. Patricia and Stephanie were out in front carrying the banner, Mr. Tisdale worked the kids through the basics, kata and sparring, Alex and Shanta amazed everyone with there weapons prowess, Jackie and Lindsey wowed the crowd with Sil Lum Chuan Shu and Futari, Senpai Titus and Sensei enjoyed a little sword play, and Martha kept the next group at bay with the postures of awareness. Another good victory for the Dojo, next year it is my goal to have 100 bodies out for this event. Here's a list of kids who came out to support the Dojo and eat Easter eggs. Christian Pratt, Max Jeffers, Jay Anderson, Andrew May, Eric Wallace, Vidan Zirc, Joe Chafe, Emily Waplington, Kiana Tobia, Shannon Stein, Aron Tomori, Lydia Jeffers, and Anna (Bunny Ears) Tisdale. Well Done Troops, look forward to next year.



"Today's plan is tomorrow's adventure."

Did you know...

This year's New York event was understandably a somber affair with it also being the memorial for **Sensei Urban** who passed away on April 7th. There was a large turnout for the service which had along with the CMAC team representation from Bermuda, Italy, and Okinawa. **Sensei Urban's** daughter Julia spoke first to greet and thank all for the support then several senior people spoke to pay their respects and state their admiration and gratitude for Sensei Urban's lifetime achievements. The ceremony was highlighted by a tribute to Sensei Urban with the traditional Okinawan fan dance, called "a walk through the pines", performed by Teiko a longtime friend. It was simply beautiful.



Assistants Wanted!

The Saturday tour has had some new assistance on the floor since Jackie went to Japan, and Mr. Tisdale and Shanta had some family commitments. Miss Haw, Carl, Vito, Susan, and Peter have been out to help with the kids and they are doing a fine job it is greatly appreciated and it's fun for me because I get to see the expressions on the faces of the kids when see the size of Carl, and I also like watching the expressions of the assistants when see how good the kids are. Sensei DeQuetteville, Mr. Tisdale, Jackie, Alex, Shanta, and Patrica have been very diligent in their assists but there are a few classes through the week that there are no assistants, if you feel like taking your training to another level ask about assisting.

Find the Hidden Message

With the letters remaining from your word search, solve the hidden message below. Good Luck!

N A I D N I O D U B A P L W C
 A O M C O N T R O L N I S I O
 S L I R N O I T I R T U N S U
 I T C T A J I U J I T S U D T
 B S R I A H K O K G E A T O E
 O C E A O R D U N O L I G M S
 D I S U L U T I M T O R N G Y
 I S T J B A H N H I A L Y N R
 K A W O O C I T E D T R K I U
 I B K G T I C T I C O E S T O
 A I F E H E Y N R O N B O H N
 U U R C P S G E I A D O T G O
 E T I S E H C N U P M N C I H
 S A E B A L A N C E M Y E F J
 T R A R T I S T A B M O C K I

AIKIDO
 ARTIST
 BALANCE
 BASICS
 BODHIDHARMA
 BUDO
 COMBAT
 CONCENTRATION
 CONTROL
 COUTESY
 CREST
 FIGHTING
 GOJU
 GRADING
 HONOUR
 INDIA
 JIUJITSU
 KENDO
 KOBUDO
 KUMITE
 MARTIALARTS
 NUTRITION
 OBI
 PUNCHES
 RESPECT
 STRETCHING
 TAICHI
 WISDOM

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