

# THE JADE BUDDHA



1971 Queen St. E. 2nd floor, Toronto, ON

416-690-2885

www.cmacbeaches.com



## Battle in the Beaches

*Sunday June 13th, 2004*

CMAC Beaches and CMAC Hypark will be hosting The Battle In The Beaches Tournament at S.H. Armstrong Community Centre on Queen and Woodfield.

**\$20** for one event and **\$40** for unlimited events.

### Black Belt Grading!

*June 20 2004*

*The Oakville Holiday Inn*

1pm will be the time and place for the CMAC Black Belt Grading. Go watch Senpai Titus and Mr. Tisdale challenge their next rank.

### Kids All Niter Pics!

Kids, if you want to take home some cool memories ask Sensei for your copy of the Kids All Niter Picture CD.

### Don't Smoke!

June 1st marks the beginning of a healthier Toronto. If you smoke make this day your last, your body will thank you for it!

#### INSIDETHE JADE BUDDHA

Sensei's Note	2
Training Tips	2
Grading Results	2
Events Calendar	3
12 Hour Report	3
Did you know?	4
Words of Wisdom	4
A-Mazed	4

*"If you don't stand for something you'll fall for anything."*

## SENSEI'S NOTE



Just a quick note on the Battle in the Beaches, this is an organizational tournament so it should be quite large. Highpark and Beaches dojos are putting it on, so man power might be an issue. If you would like to help, please let me know so I

can plan accordingly, and yes I will need all the bodies I can get working on this job. If you have never been to, or competed in a tournament before this is the one. So many times I've heard in the past, "I'm only a white belt I'm not ready!" Well to be honest I said the same thing, but I went and watched, and was I sorry, I could have cleaned up. You see they put the white belts against the other white belts, so they are the same as you, when the next tournament came around I was a different rank so I missed the chance to compete as a white belt, it was a lesson I will never forget. Do it now you might not get another chance.

## TRAINING TIP

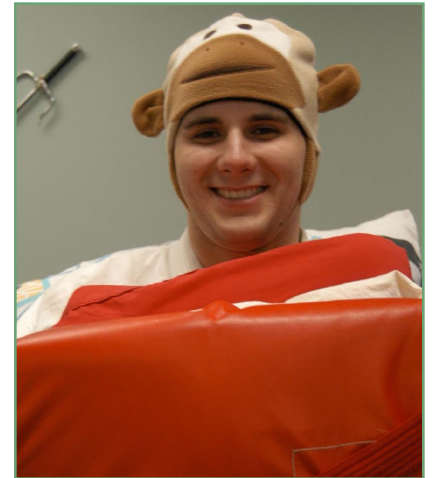
Going the distance, is a matter of training smart. Patience with the little details of a proper break fall could save you from a discomforting injury that may just be the difference between loving training or getting through the class. Gravity is always there, and learning how to fall properly will save you countless unnecessary injuries, both inside and outside the dojo. With an active lifestyle, things happen and being unprepared for a fall can have hazardous affects, in the Aiki jitsu class on Friday night we are always working rolls and break falls to increase our skill and develop the instinctive reactions needed to land safely in any given situation.



## GRADING RESULTS

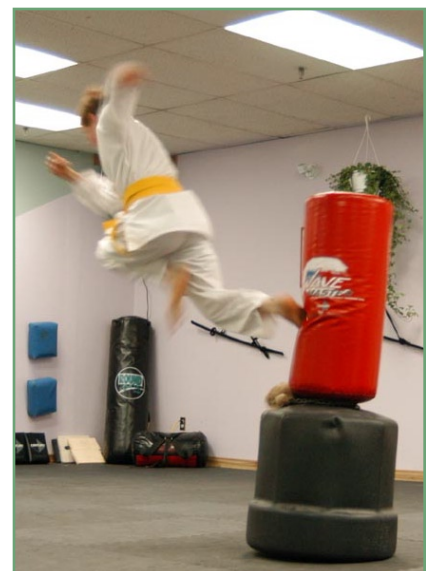
*Next Kyu Belt grading June 11th*

Come out and see the Dojo's first Brown Belt challengers. **Rob Farmer, Philip Burton & Alex Bethke.**



## Friday Class Update

Kata and Aiki jitsu class are now one for the summer. Friday night will have only one class 6:15 to 7:15.



*"The mind must adapt to the training of the body."*

## EVENTS CALENDAR

### June, 2004

- 1 -No Smoking in Bars
- 11 -Kyu belt grading
- 13 -Battle in the Beaches
- 19 -Mini camp
- 20- -Tai Chi seminar
- Oakville Holiday Inn
- 20 -Black Belt Grading
- 26 -Etobicoke Grand Opening

### July, 2004

- 1 -Canada Day Dojo Closed
- 11 -Burlington Challenge
- 23 -Kyu Belt Grading

### August, 2004

- 1-22 -Summer Camp China Dojo Closed

### September, 2004

- 18 -Open House 9am-6pm
- 24 -Kyu Belt Grading

## 12 Hour Report

The Dusk Till Dawn, one of the things that was talked about was the candle metaphor and wouldn't you know it we had a fire. The firemen were called and we went to the park to finish off the weapons session. It wasn't the dojo that was on fire it was the basement's sump pump had burnt out, but the place sure filled up with smoke. Then after that the people started to quit one then the other and so on until there were only 11 left. So we had a 3 hour candle light session that was by far the best one yet. The Shattering palm training and hard chi gung was just the thing we needed for the board breaking, then the mudras and mantras...powerful, powerful stuff. Then to finish we went to the beach for Tai Chi, it was great, after, we all marched up to the Sunset Grill for an excellent breakfast. This was an interesting 12 hour because I talked about fire and we had one, I talked about going the distance and 11 people finished out of 17, wow that's got to be a record. I've never seen that many people quit before. Was it something I said? To the survivors, WAY TO GO.

## The Children & the Challenge

In China at the base of a mountain, there is a small village where many children from other towns go at a certain time of the year. They go to this little town because it is the starting point for the young kids to be tested to see if they are worthy to practice with the monks. The kids have to get up to the temple at the top of the mountain in only 3 hours. This is no easy task and some would say it's impossible for the weak hearted. This one particular time there were hundreds of kids that came out for the test. As they started running everyone cheered them on, it was very exciting. The higher they went the fewer the people to cheer them on, until there was no one except the monks on the mountain and they weren't cheering them on at all, they were yelling at them and saying that they will never make it, we don't want you, don't be stupid, you're all fools. And the more they yelled and screamed the more the kids stopped trying. They were dropping like flies. Finally there was just a hand full of them left, then, the monks really hit them with every possible negative thing they could say. Well, that just finish them off, all but one, he just kept going and he made it. All the people wanted to know how he did it, as it turns out he was deaf.



*"Every battle finished is a battle won."*

## Did you know...*It's an expensive way to kill yourself.*

Hey Smokers how's your wallet doing these days? I saw the price of a pack of smokes the other day, I almost fell over. 9 BUCKS!!!!!!!!!!!!!! I left the store thinking that you would have to be mentally challenged to keep up that stupid habit. Then I talked to a guy that smokes a pack a day. I said that's \$70 a week \$3640 a year, he's thinking about quitting. Then he said "Sometimes, I have a hard time breathing." Then I said "Have you ever heard of cancer? They say you can get it from smoking." \$3640 sounds like a trip, or nights out, or Christmas presents, or food, or 3 months rent, or a new TV, or 3 years of Martial Arts training. 3 years of Martial Arts!!! Now with the new OHIP situation, sabotaging your health by smoking is lunacy. June 1st the Toronto bars will be smoke free, make June 1st your last day smoking. Here's something else, smoking affects your heart and lungs effecting your energy, making you lazy, less likely to exercise, less activity more unwanted weight being burned off, it's just cause and effect. You don't need drugs to help you quit, all you need is WILL POWER! Believe me, that is all you need. Just say no one day at a time.

## Words of Wisdom!

There's an ancient Martial Arts saying, "It is better to light a candle than to curse the darkness." In the Dojo you will often see candles burning, the candle represents the burning away of ignorance. When you don't understand something, you're in the dark, don't get mad and quit, just study the problem and work through it, until you see the light, enlightenment or sutori. Light your own candle.

## Zucca!

Zucca, a great dining experience. On May the 19th a crew of us went to kick off the long weekend at Zucca, Vito is a Chef there, and the food is really over the top. There were 14 of us there that night for the fresh pasta and fish, and every bit was like a piece of heaven and the desserts were fantastic. Thanks Vito

## A-Mazed

Make your way through the maze below. Good Luck!

