



# THE JADE BUDDHA



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## China Tour!

August 1-22, 2004

Do you have your Chinese Visa yet? If you are planning to take the trip to China it should be your priority. Start all of your traveling checklists boys and girls this Tour is fast approaching.

The Dojo will be operating on a skeleton crew while your Sensei is in China. See the front desk for hours and days of operation.

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## BURLINGTON CHALLENGE

*Gullivers Lake  
Sunday July 11th, 2004*

Get your Tournament head on and brush up on your Katas, it's that time again. There will be swimming, snacks, sun and a title Volleyball Championship to defend! Come out even if you are not competing...a cheering section is always welcome!

*See the front desk for more information!*

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*"Mastery's only requirement is that you stay on the path."*

## SENSEI'S NOTE



Well as most of you know I'm going to China with a rather large crew from CMAC. We will be training with the Shaolin Monks and the Masters of Wudang Mountain as well as visiting many interesting spots to train with Sensei Platt and Sifu Ng. The Dojo will be open for the adults in the evening on certain days and Senpai Titus will handle the noon classes through the week. The exact schedule will be posted before I go. The last week of August the Dojo will be closed. Have a nice summer and see in the fall. Ous.

## GRADING RESULTS

*Next Kyu Belt grading July 23rd*

Congratulations to all of you who challenged your next Kyu level on June 11th.

The grading was full of energy an good Kime!

*Come out to support those who are challenging the July Grading!*



## TRAINING TIP

Good job on the Beach tournament everyone, we really cleaned up. Some of you my have come home empty handed, and that's OK it is the experience that will help you to understand what you need to do for the next one. The key is to persist and prepare, the things you learned from the last one will help you in future tournaments. The next tournament is in Burlington at Gulliver's Lake and Park on July 11th then back to S.H. Armstrong in the Beach for November 14th and that will be it until we take on the Americans in Mexico in the winter. So train hard and get ready for the next one.





*"Never mistake someone's inability to do something for its ability to be done."*

## EVENTS CALENDAR

## June 2004 Black Belt Grading

### July, 2004

- 11 -CMAC Challenge  
*Gulliver's Lake*
- 23 -Kyu Belt Grading

### August, 2004

- 1 -CMAC China Trip
  - 2 -Civic Holiday  
*no classes*
  - 3 -Summer schedule  
starts
  - 23-31 -Dojo closed
- No Kyu Belt Grading this month*

### September, 2004

- 1-6 -Dojo Closed
- 7 -Dojo Opened
- 18 -Open House 9am-6pm
- 24 -Kyu Belt Grading



June 20th was our last Black Belt grading, and Sensei Platt put together a nice tribute to the Grand Master Peter Urban who had passed on in April of this year. Senpai Titus challenged Ni Dan weapons and Mr. Tisdale for Sho Dan in Karate. Alex Bethke was uke for Senpai Titus, they put on quite a show of weapons prowess, and the audience just had to applaud their efforts. People don't usually applaud at a Black Belt grading, but there was no stopping them, it was powerful stuff. Mr. Tisdale tore through his kata like a man on a mission, he also showed very well at the two on one. Good for you, you represented the Beaches very well.

## Smile, it goes a long way!

There was a story in the SUN last month about a fellow who came to our little community with the intention of going on a shooting spree. He decided not to follow through with it because a dog wanted to play with him, and people were being nice to him. He drove past the Dojo and turned himself into police. Sometimes, fact is stranger than fiction. It always impresses me when people in the Beach stop to let you across the street or hold doors or smile just for the sake of making a friendly gesture. Just imagine if this guy had of met a snarling dog and someone had looked at him the wrong way. Thank God he didn't go to Queen W. Remember that a smile is the lighting system for the face, cooling system of the head, and the heating system of the heart.



*"If you stand on the pillars of principle the waves of adversity will subside."*

## Did you know...

There is a Martial Arts phase "Shi Ken Tanza" which means to immerse yourself in the process, whatever it maybe. The Kata teaches the power, and value of every moment. All you can do is the best you can do at any given moment. When practicing Kata nothing else matters, live in the now, it is moving zen.

Is Tai Chi the way to Longevity? No Tai Chi is the way to Tranquility and Tranquility is the way to Longevity.

## Sensei Platt Mini Camp

Sensei Platt has mini camps before every Black Belt grading. They are really fantastic and always different. This one, Sensei went through all kinds of great drills, self defence, power training and some of Sensei Urban's Kata. The weapons training was all about the bo, we learned Naha no Kon and worked some new drills with the bo. The next morning the floor was packed for the Tai Chi Seminar and Sensei Platt had a lot of very interesting things to say about what to expect in the years to come. The training was powerful and it got everyone ready for the grading. It was another EXCELLENT weekend with CMAC. OUS!

## Double Puzzle!

Unscramble each of the clue words.

Copy the letters in the numbered cells to other cells with the same number.

BOKLC NAD COTRENU

9	1	7	17	27
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CIRCEPTA ENHITCEUQ

3	25	26	15	21
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RERVAI NO TIEM

4	22	12	24	28	11	14	13	23
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DIFN RUOY CIH

18	16	30	19	29	5
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PERTESC DAN HUONOR

6	10	20	2	8
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1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
24	25	26	27	28	29	30																