

THE JADE BUDDHA



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Toronto USAGA Prep Tournament

March 30, 2003

This is an excellent opportunity for you to get the edge on the competition. We will be covering tournament strategies, and rules in FREE classes held for both adults and kids.

For more info see page 2.

CUBA Winter Camp

CMAC Winter / Spring Camp

February 28 - March 7, 2003

There still may be time to plan for the trip to Cuba with your fellow classmates! In with the warm out with the cold!

Black Belt Grading

February 9th

at the Holiday Inn in Oakville.

There will be a Tai Chi seminar at 10 a.m. before the grading.

Watching or participating in a grading is always a learning experience.

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"If there are pro's and con's wouldn't it be better if Congress was called Progress."

SENSEI'S NOTE

Proper nutrition and training is always a challenge. With our busy fast paced lives eating right takes discipline, dedication and education. Eating a burger and fries right before class is not a great idea, try something light like a salad or fruit. I know, man can not live on salad alone, I'm not asking you to, just don't eat heavy before class. If you're here for a couple classes back to back, bring an apple or something for between classes. This is not all there is to it, by any stretch of the imagination, but it's a start. You may need a little guidance; well you're in luck, go see Senpai for a complete nutritional evaluation and dietary program. Challenge accepted.

TRAINING TIP

We have a few tournaments coming up this spring and summer so our preparatory time is now. There is now a tournament class for adults Wednesdays at 8:30 pm until we finish usually 1 hr. The tournament class for the kids will be held on Monday's at 5 pm. We will be working all the division that will be offered at C.M.A.C. Toronto tournament March 30th. This is an excellent opportunity for you to get the edge on the competition. We will be covering tournament strategies, and rules, because not all tournaments are created equal. C.M.A.C. has so many different divisions as well as ways to do them; Sensei Platt has been perfecting the tournament process for years and is absolutely miles ahead of any other organization out there. Always remember that opportunity favors the prepared mind, so take advantage of these tournament classes, they're free.



GRADING RESULTS

for January 25th

BLACK BELT PRE-GRADE KARATE

The turnout was great. Mr. Fritz Titus, preparing for 3rd Dan and Brett Ryan, preparing for Shodan, put fourth a solid effort in their pre-grading at the Beaches Dojo. The two hour pre-grade left on looking Kyu belts awed and inspired.

CONGRATULATIONS to your both. May good energy surround you on February 9th.

Next Kyu Belt grading February 22nd



"A plan is like a tool it only works if you use it."

EVENTS CALENDAR

February, 2003

- 9 -Tai Chi Seminar
- 9 -Black Belt Grading
- 22 -Kyu belt grading
- 28 -Cuba Winter Camp

March, 2003

- 30 -Prep-Tournament
Toronto

April, 2003

- 27 -USAGA Invitational
New York



FOR YOUR HEALTH

Stevia versus Sugar

Stevia a perennial shrub indigenous to South America, is about 300 times sweeter than table sugar. While the American and Canadian public have waited in vain for a safe artificial sweetener to be developed., citizens of certain other countries enjoyed a safe, natural sweetener in Stevia.

You might be interested to know that Stevia was introduced to Japan in 1970 as a non-caloric sweetener. Stevia may also be used for its medical properties. For instance, in Brazil it is used to aid digestion, for weight loss and in some instances to stimulate the appetite. Stevia may also control dental plaque.

On the other hand what sugar does to you isn't so sweet. Sugar contains nothing that your body can build on at all it can only be burned off or stored as fat. The evidence linking high sugar intake to diabetes is irrefutable. Researchers now suspect sugar and other highly refined foods in the Western diet as a leading cause of cancer.

*See Senpai for your order:
Stevia (250 grams) for \$59.99 +tax
orders are placed on the 15th of the month.

MERCHANDISE INFORMATION

Remember, the USAGA Prep tournament is a couple months away, start thinking of what equipment you will need to compete.

General Checklist:

- Karate:** Gi (uniform), mouthpiece, safety equipment and wooden knife.
- Tai Chi:** Red CMACT-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.

"If you are having an argument, are you doing it for progress or victory?"

LIFE

Life is a Challenge - Meet it
Life is a Gift - Appreciate it
Life is a Duty - Perform it
Life is a Game - Play it
Life is a Song - Sing it
Life is an Opportunity - Take it
Life is a Struggle - Grow from it
Life is a Goal - Achieve it
Life is a Journey - Complete it

Excellence

Going far beyond the call of duty, doing more than others expect... this is what excellence is all about. And it comes from striving, maintaining the highest standards, looking after the smallest detail, and going the extra mile. Excellence means doing your very best in everything in every way.

Did you know...

2003- The year of Expectations

It is important to keep in mind that before you can expect anything from anyone else you should have a higher expectation with yourself. This way you will never be disappointed with anyone letting you down.

Sensei Platt.

