

THE JADE BUDDHA



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Welcome Back!!

NEW Dojo-Open Sept 6!

This September brings new colour & rejuvenation to your Dojo.

For those who haven't seen the Dojo since July
it's time for you to dust off those Basics and Katas and get back into the routine!
Regular scheduled classes begin on September 6.

KYU BELT GRADING

Sept 24th, 2004

Think your ready for the challenge. Start working your routines and refine your requirements-this grading is just around the corner!

TRAINING AT THE HONBU

November 7th, 2004

Did I read the events calendar right? Training with Sensei Platt AT the Honbu? It won't be a surprise when everyone's name is on the sign-up sheet. See Sensei for more details closer to the date.

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"Kata is for good times. Basics are for bad times. Sparring is for those times in between."

SENSEI'S NOTE

First of all I would like to thank everyone who helped take care of the dojo while I was in China, your efforts are appreciated. Secondly, those of you who made the trip, WELL DONE! That was about three months of travel jam packed into 24 days. Hong Kong to Beijing, the adventure was all about temples, mountains, monks, trains, planes, automobiles, 5 star hotels, corn fields, demonstrations, dinners and SHOPPING! We had the time of our lives, this trip was very well put together and all the participants made it through the rigorous agenda without getting on each other's nerves, (too much) or whining about the conditions or fatigue. My highlights of the trip was going to the Shaolin Temple and training with the monks, climbing Mt. Wudang, the Martial Arts show down with the Wudang monks and punching a Shaolin Monk. There were many, many other great things that happened and if you train with me long enough you just may get the whole story. Next trip to China 2007 see you there!

TRAINING TIP



September is here, at this period of the year everyone turns their attitudes toward some kind of structure or schedule to get back on track from the summer holidays. You may know someone who is looking for a different routine than the gym or running or whatever it is they do, so as soon as you hear them say how unfulfilling their lives are, tell them about the dojo. Or better yet bring them down and we'll let them try a class.

At CMAC we love Martial Arts and we have many opportunities for the students to get a real appreciation for what the MA is all about. CMAC offers trips, tournaments, seminars, camps, and of course a fantastic line up of classes, with qualified instructors. CMAC is not just a dojo it's an adventure.

GRADING RESULTS

July 23rd

KARATE KYU Adults

Blue Belt

Alex Behtke, Susan Warren

Vito Clemente

Orange Belt

Mark Gingras

KARATE Children

Yellow Belt

Shannon Stein, Daniel Bodirsky

Ryan Martin, Jacob Ouimet

KOBUDO

Yellow Belt

Kienan Walker

9-Pass 0-Probations 0-Failure

CONGRATULATIONS !

Next Kyu Belt grading Sep 24th



"All right doing is done in a state of true selflessness."

EVENTS CALENDAR

Sensei Platt

September, 2004

- 7 -Dojo Opened
- 24 -Kyu Belt Grading

October, 2004

- 2/3 -Mini Camp-
Tai Chi Seminar
Dan Grading Oakville
- 9 -Black Belt Grading
Calgary, Alberta

November, 2004

- 7 -Training at the Honbu
with Sensei Platt
- 12 -Kyu Belt Grading
- 14 -CMAC Childrens
Tournament

December, 2004

- 17 -Kyu Belt Grading
- 25 -Christmas



Sensei Platt (the head of CMAC) has spent decades training and doing research to provide the highest level of Martial Arts for the students. This fact was apparent to all who made the China trip. We were able to train with the masters and what they showed us was not unfamiliar. The first kata we learned was called Ba Fa and it was almost Tensho, then at the next spot a Crane master taught us a kata called San Jin and it was close to San Chin. All the masters we spent time with had a sincere respect for Sensei Platt, you could see it, and because of his dedication we were given special treatment at many of the training venues. Thank you Sensei, it is always a pleasure to watch you work, Ous.

New Dojo!



The new dojo colours are quite something don't you think? I thought it was time to shake things up a bit, and the trip to China helped me to decide the way to go. A lot of the temples and Shaolin temples had this exact colour scheme. So my decision was made when I felt the power of these places. I also picked up a nice bell to set the right vibration for certain meditation sessions. Things may feel a little different at first, but that's OK, just go with the flow. Vibration has a lot to do with who we are and what we do. We are creature of light and sound, and our surroundings have a profound effect on us, so it makes sense to set the right mood for whatever it is that you're wishing to accomplish. I feel that a little Shaolin has come to the Beach.

"The impossible is just the untried."

Did you know...

The Great Wall of China is not one structure but many?



Dipping and soaring like the wind-whipped tail of a kite, the Jiankou section of the Great Wall of China runs along sharp mountain crests. This stretch is one of the "wild wall" sections, those that have not been rebuilt. The Great Wall is not a single construction but a series of defensive walls built sporadically by a succession of rulers—at a monumental cost in human toil, injury, and death. The exact combined length of its sections remains unknown.

Each year some ten million tourists visit China's Great Wall, which has become a welcome source of revenue for the nation as well as a source of national pride.

A-Mazed!

You have lost your tour guide in the Forbidden City. Quickly find her before you are left behind!

