



THE JADE BUDDHA



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www.cmacbeaches.com



CMAC Childrens' Championships

November 14th, 2004

Get your Tournament head on Kids, and brush up on your Katas.

This show is all about you!

Come out even if you are not competing...
extra help and a cheering section are always welcome!

See the front desk for more information!

COSTA RICA

January 18th-25th

Sun, beaches and competition with CMAC. If you are thinking about going on this venture be sure to make all of you arrangements ASAP. All of the travel information in posted on the bulletin board.

SENSEI PLATT SEMINAR

November 7th 10am – 2pm

Sensei Platt is having a seminar for the Beaches Dojo at his Dojo in Burlington. This seminar will cover many things, including Karate Tai Chi and weapons.

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"Say what you mean, mean what you say, just don't say it mean."

SENSEI'S NOTE



Choosing the path of least persistence can only mean one thing, you've given up. Quitting will never solve anything it's just the easy way out. Quitting can become a habit just as persistence can become a habit, one habit will give you success the other will not.

Sure sometimes the training is hard, and you may have to fight that person that is better than you or go that extra mile in some exercise or drill, but that's life, and life is hard for those who are not prepared. In the dojo you will learn many of life's lessons. And things about your character that can be easily hidden in group sports or in group related things because you can pass the buck. In the dojo it's all you. There's no where to hide your character, and for a lot of people that's just too much. I look at it this way, we are all human beings (I hope) and human beings make mistakes. A mistake is only a mistake if you fail to correct it. A mistake is no reason to quit Martial Arts, it should be a reason that drives you to improve. Martial Arts is about forging character, giving people the back bone to follow through on things. Tough times don't last tough people do. It's about being reliable, meaning what you say, and saying what you mean. Taken seriously, instead of taken for a ride. The only real price of success is persistence, having the discipline to keep showing up. A very successful Sensei I know lives by this idea "Just Show Up" it has served him well, he is a 5th Dan and has trained with my Sensei for 20 years. So don't just take my word on it.

GRADING RESULTS

Next Kyu Belt grading Nov 12th

September's Grading was a small one to be sure but the support and enthusiasm was not lacking in any respect. The seniors turned out in full force to help motivate those who were challenging their next rank. The strength of the dojo is at the core, and you must feel confident that this dojo has strong core after that demonstration of support. All those participating in the grading were exceptional on all levels. Thank you and well done OUS!

Adult Green Belt

Angelo DiLisi

Children Green Belt

Even Benson

Orange Belt

Patricia Crawly

TRAINING TIP

It is always a good idea to respect your partner and have compassion. Lately I've seen a lack of control when it comes to head contact, and that's just no way to make friends. It is one thing to pop your partner when sparring, when things are not planned, but to do it during drills is just wrong. Now if you're working with white belts these things are going to happen and you seniors need to be ready for it. White belts are still trying to figure out how to throw a punch or kick or what ever, so watch how they are going to do the drill first and then get your distance so you don't get any surprises. Now in sparring it's ok to crack'em right back (not the face) if they show lack of control, but do it right away so there is no confusion. This teaches them about Karma and that everyone is responsible for their actions. The senior that works with the brand new junior, need a heightened level of awareness and little bit more compassion, white belts are the life of the dojo, so you need to bring them along with some patience and understanding.

"The wishbone will never replace the backbone."

EVENTS CALENDAR

October, 2004

- 2-3 -Mini Camp & Black Belt Seminar
11 -Dojo Closed Thanksgiving

November, 2004

- 7 -Sensei Platt Seminar at the Honbu
12 -Kyu belt grading
14 -CMAC Children's Championships

December, 2004

- 17 -Kyu belt Grading
18 -Xmas Party

January, 2004

- 18-25 -Costa Rica

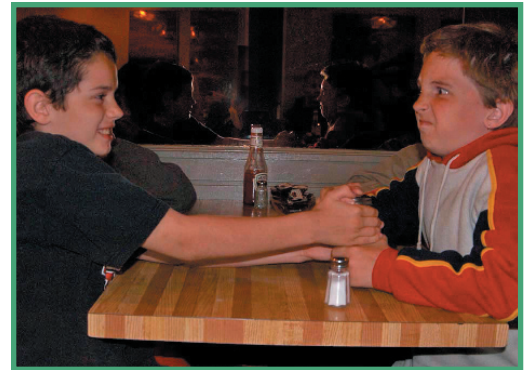
Ju Jitsu



According to legend, ju jitsu was first discovered through watching snow fall on the branches of trees. On the branches of the tough and rigid trees the snow would pile up until they cracked beneath its weight, while the thin and springy branches simply yield and drop the snow on the ground without being broken or bent.

Get Real

All dramas are covert ways of strategies to get energy. The covert manipulations for energy can't exist if you bring them into consciousness by pointing them out, they cease to be covert. The best truth about what's going on in a conversation always prevails. After that the person has to be more real and honest.



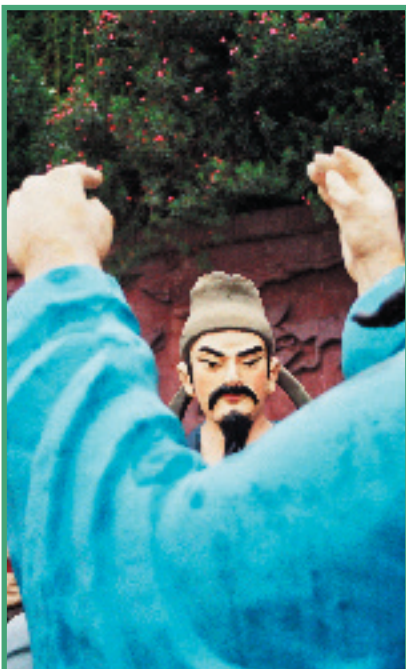
Congratulations Richard!

Richard Powell is a proud father of Molly powell born July 29th.

Merchandise

If you require any equipment for the upcoming Tournament, a New Century Catalog is available at the front desk. Place your orders soon to guarantee you have your order on time.

If you have any questions about what you need to compete, see Sensei.



"Time can not be saved only spent, but you can spend it wisely or foolishly."

Healthy Living

Foods to Lower Cancer Risk

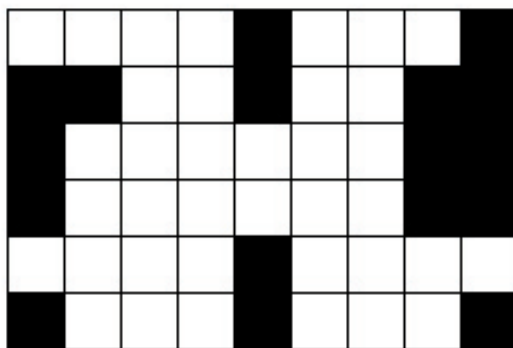
Green Tea: Green tea typically contains less caffeine per cup than coffee, plus many antioxidant vitamins.

Soybeans: Soy offers tremendous health benefits when incorporated into the diet. It's an inexpensive, high-quality, vitamin and mineral rich plant protein. It has been recognized by many researchers as playing a positive role in preventing cardiovascular disease, cancer and osteoporosis as well as helping to relieve menopausal and menstrual symptoms.

Garlic: Most studies have shown that garlic reduces cholesterol by about 5 percent - and you don't need to eat entire raw cloves- a half a clove a day is sufficient. It can also be cooked or taken in pill form.

Double Puzzle!

Each box belongs to a letter in its' row. Decide which letters fit where to solve the proverb!



O O I A
 L A U Y N
 H O U E R
 H A N S O A
 T Y P O K E H U
 W S D T D W S Y T

Did you know?...

The tradition of dressing in costume for **Halloween** has both European and Celtic roots. Hundreds of years ago, winter was an uncertain and frightening time. Food supplies often ran low and, for the many people afraid of the dark, the short days of winter were full of constant worry. On Halloween, when it was believed that ghosts came back to the earthly world, people thought that they would encounter ghosts if they left their homes. To avoid being recognized by these ghosts, people would wear masks when they left their homes after dark so that the ghosts would mistake them for fellow spirits. On Halloween, to keep ghosts away from their houses, people would place bowls of food outside their homes to appease the ghosts and prevent them from attempting to enter.

