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CMAC

Picture Day at the Dojo

November 27th, 2004

Dave Bultler Photography will be making a stop at our Dojo for the annual photography shoot.
For more information on booking and pricing see the front desk or 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.

Children's Competition

November 14th

Get prepared kiddlettes, this day is all about you. Practice those Katas, strengthen those Kiai and get ready to have a great competition day.

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"We are today what we thought in the past."

SENSEI'S NOTE

November has a few things going on; firstly we have an opportunity to go to the Honbu for a seminar with my teacher Sensei Platt. Some of you have asked for certain information to be presented and Sensei has customized a seminar just for us. Secondly the CMAC



Children Championships are happening on the 14th it would be good if students were there to cheer on the kids. There will be a Black Belt tournament at 9:30am to start the day off. And lastly Mr. Burrows from the Honbu is opening a dojo at West Mall and I have volunteered us as a demo team. More details to come, look for the sign up sheet on the events board.

TRAINING TIP

The Dojo is Not Responsible for lost or stolen items. Recently a watch was taken from the Dojo by a child in the 4 to 7 class, it wasn't his although he does have one just like it, and he seemed convinced that it was his. Now he has two. Hopefully the watch will be returned, but be prepared that it might not. This is of course an unfortunate incident that could have easily been avoided if the person was more responsible for their things. If you leave something behind at the Dojo you should call and we will put it in a safe spot for you. Stay tuned for the exciting conclusion of this intense drama, in next months Jade Buddha.

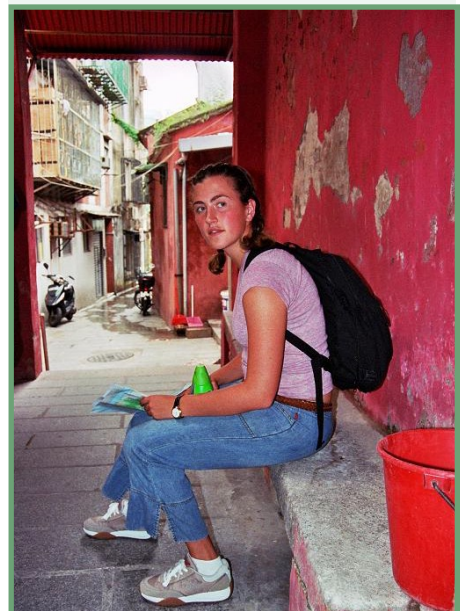
SURPRISE GRADING RESULTS

Next Kyu Belt grading Nov 12th

On October 25th at 9pm a surprise grading was held for Jackie Kortwright, Carey Corrigan and Lindsay Hacker. All three graded for 1st Kyu and had an excellent grading, they also received there belts that night. That has never been done before and it won't become a common practice here either. Lindsay is leaving for B.C. and won't be back for 5 months if she comes back at all so her grading was stepped up 3 weeks. Lindsay we will miss you.

Adult Brown Belt

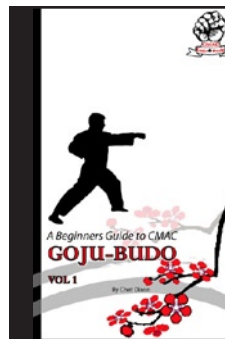
Jacqueline Kortwright,
Carey Corrigan
Lindsay Hacker



A Beginners Guide to CMAC Goju Budo

Release-November 14th

For sale soon at the Beaches Dojo.
visit www.jadebuddapublishing.com for more
information on upcoming releases.



"Your persistence is measured by your belief in yourself."

EVENTS CALENDAR

November, 2004

- 7 -Sensei Platt Seminar at the Honbu
- 12 -Kyu belt grading
- 14 -CMAC Children's Championships
- 20 -Grand Opening West Mall
- 27 -Picture Day

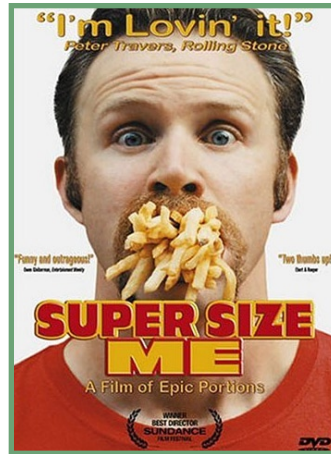
December, 2004

- 17 -Kyu belt Grading
- 17 -Xmas Party
- 24-31 -Dojo Closed

January, 2004

- 1-2 -Dojo Closed
- 3 -Dojo Open
- 18-25 -Costa Rica Am. Cup

Movie of the Month



Super Size Me is now at the video store, get it now I mean NOW!!!! This movie really puts it out there, and the guy that came up with the idea deserves a medal for taking one for the team. He practically kills himself to make a point to a nation that has no idea of nutrition, health and exercise. Watch it today – it may change your life.

Congratulations Pappa Son!

On October 18th at 8:28pm Joe Shoichet was the proud father of a bouncing baby boy, Michael Aiden Shoichet 7lbs 7oz. Good for you.



Merchandise

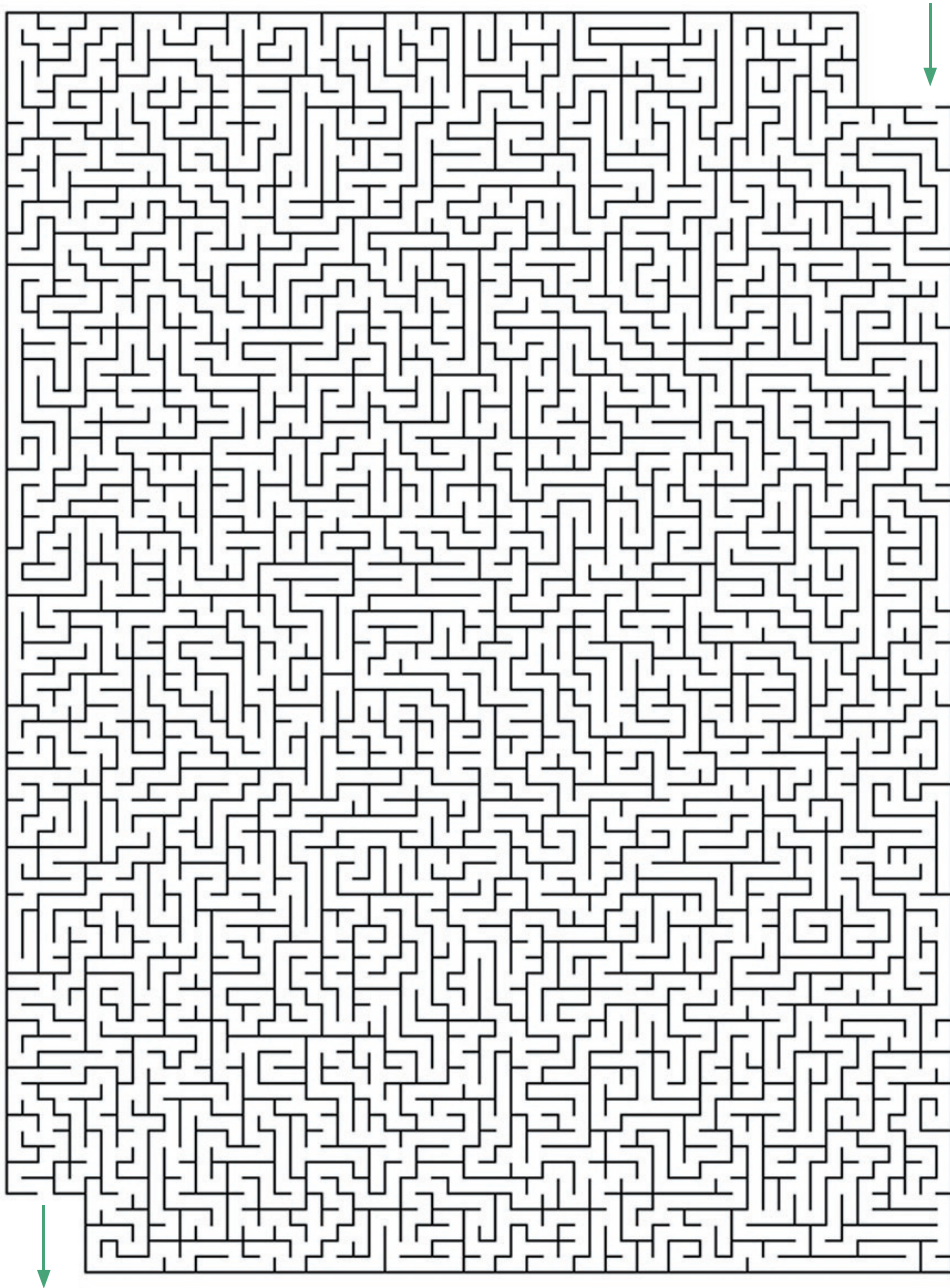
If you require any equipment for the upcoming Tournament, a New Century Catalog is available at the front desk. Place your orders soon to guarantee you have your order on time.

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

"Thought is the fire that turns the wheel of fortune."

SUPER MAZE ME!

This month you have an even bigger more challenging maze to conquer! Try and make your way through without getting lost.



Did you know?...

The fist represents the style of Karate we do. Goju Ryu - that means hard and soft style it comes from Okinawa Japan but also the white crane kung fu system from China. The fist is that of the founder Chojun Miyagi and it is half open and half closed showing that the style is not totally hard and not totally soft. The diamond represents Classical Martial Arts Canada CMAC which is the Martial Arts organization that we belong to. Sensei Platt is the founder and head of CMAC, and Sensei Dixon's teacher. He is a 9th degree Black Belt. The diamond has qualities like strength, clarity, purity and it is formed over time and pressure. The colours are white black and red, white stands for the beginner, black for Black Belt and red for the Master. The Maple leaf represents our country's flag.



October Double Puzzle Solution:

What you do is louder than what you say.