

THE JADE BUDDHA



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Great Stocking Stuffer!

For any Karate Kyu "A CMAC Guide to Goju-Budo" is a great gift idea.
See the front desk to purchase your copy for Christmas!

Happy Holidays Beaches Dojo!

KYU Belt Grading

December 17th

Do you have what you need to challenge your next Kyu level. Proper practice, plus perfect planning prevents poor performance. Brush up on your requirements this grading is fast approaching.

Dojo Christmas Party

December 17th

After the grading the Adult Kyu belts are invited to participate in an evening of Sushi and Merrymment to the Holidays. For more details attend your classes.

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"Proper practice, plus perfect planning prevents poor performance."

SENSEI'S NOTE

I'd like to thank everyone who made an effort and took the time to support the CMAC Children's Tournament. It was a huge success. The Black Belts put on a fine show for the kids with the kata and kumite - especially the kumite, there were some great fights. Our Mr. Tisdall took 1st in both kata and kumite at the Nidan and up division, it was very exciting. It was fun watching the little guys compete with such determination. Not everyone walked away a winner but that's ok, the first time you compete you're not quite sure what to expect, and more often than not, go home empty handed. It takes focus, sincere effort, proper attitude and strong technique to do well at tournaments, and until you're ready to commit 100% the tournament experience may be a little disappointing for you. It is not just a will to win, that you need, it's the will to prepare to win. I saw a huge change in some of the kids from the last competition, almost like a switch had been turned on, an understanding of cause and effect. Not everyone gets a medal, if everyone did, that would send out the wrong kind of message to the children. We want to make it fun for the kids, but at the same time they should learn that they are rewarded in this life for the effort they put out. Through education and training a person will succeed when the opportunity arises, opportunity favours the prepared mind. All in all it was a great day, the rings ran smoothly and efficiently and the Beaches Dojo cleaned up. *Good job everyone.*

TRAINING TIP

To flu shot or not to flu shot that is the question? I say "NO!" One day in class I asked who had their flu shot and somebody put up their hand, well wouldn't you know it - they were sick. I don't think they got their monies worth. But you don't have to pay! Somebody does, believe me. That is one scam making you think nobody pays for it. The next scam is that it actually works, and the next one is that it is safe. Scam scam scam. Here's an idea, eat properly, train your body, and try to keep stress out of your life. Of course it's easier said than done, nothing worthwhile ever comes without some kind of price.

We are exposed to viruses and bacteria everyday. While these invaders are inhaled or ingested, our first line of defence is immunoglobulin A, found along the mucus membranes and intestinal track. In a healthy person, that is as far as a potential invader gets. In someone immune-compromised, either via; stress, poor diet, being over-tired, or chronically ill, the invader crosses into the bloodstream and the stronger fighters are called into play.

To inject invaders directly into the bloodstream, bypassing the first line of defence, means your stronger fighters get called into action repeatedly, basically wearing them out. They do have limits!

There are ways to build your immune system, without giving into flu injections, natural ways, like Goji juice and immune 26. It makes sense to build a healthy immune system instead of relying on the government to take care of you. With things coming at us like SARS, H5N1, Anthrax, E. coli, Ebola, Spanish Flu, RNA virus and God knows what ever else fell out of the 4th floor Bio-research lab, do you really think a flu shot is a good idea. I have reliable sources that say last years flu shots did more damage than good and they later found out that they were using the wrong vaccine. Oops. So now your body has to deal with two different viral infections. Take care of yourself and don't put your health at risk, build your immune system.

GRADING RESULTS

November 12th

Karate Blue Belt

Sean Delaney, Shanta Nathwani

Karate Green Belt

Christine McCarthy, Peter Jones

Karate Orange Belt

Jeff Ross, Matthew Collie,
Matthew Wise, Caile Milito
Parveen Bakshi

Karate Yellow Belt

Stephanie Grey, Richard Powell

Kids Karate Orange Belt

Aaron Gillingham, Kevin Snyman
Aron Tomori

Kids Karate Red Belt

Eric Wallis, Rebecca He, Ryan He

Kids Karate Yellow Belt

James Dashwood, Marie Khan,
Katherine Moy, Matthew Moy,
Anna Tisdall, Kristofer Pervin,
William Mitchell, Teigan Gillespie,
Rida Gyaltan

Kobudo Brown Belt

Shanta Nathwani, Carey Corrigan

Kobudo Blue Belt

Geoffery Busbridge, Grant Tisdall

Kobudo Green Belt

Rick Ho, Jackie Kortright, Peter Jones

Kobudo Orange Belt

Michael Koculym

*Congratulations to all of you!
Next Kyu Belt grading Dec 17th*

"Things that come to those who wait, maybe the things left by those who got there first."

EVENTS CALENDAR

December, 2004

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

January, 2005

- 1-2 -Dojo Closed
- 3 -Dojo Open
- 18-27 -Costa Rica Am. Cup

February, 2005

- 11 -Kyu belt Grading
- TBA -Black Belt Grading

Sensei Platt's Seminar

It was a great day for a road trip, the sun was shining and the Beaches crew was in fine form. We assembled bright and early 9:45am in front of the Honbu in Burlington, with Timmy's in hand. To start things off a tour was given, and everyone was impressed with the pictures of the Dojo's history. Sensei Platt got things going at 10am with Tai Chi and Chi Gung, it was powerful stuff and relaxing at the same time. After a short break we started weapons training, everyone was picking things up very quickly so they learned Kali Kata One, Matsu Higa No Tonfa Sho, and Ekku No Kata. That was quite a lot of information jammed into a 2 hour session. The last session was Karate and Jujitsu, where we were impressed with Sensei's speed and grace as he laid a beating on Sempai Titus, thanks for taking one for the team Sempai. The Kata was Matsu Higa Rohai and coupled with all the exciting drills it was a great way to finish off the seminar. Everyone had a fantastic time and left with a new appreciation for the Martial Arts, thank you Sensei Platt.

Congratulations Mr. Burrows!

We have a new addition to CMAC, Mr. Kevin Burrows has now opened his first dojo in West Mall. His Grand Opening was November 20th and several members from the Beaches were there to share in the celebration. There were some great demonstration, speeches, and food.



"Procrastination is the fault most people put off correcting."

Tournement Gallery!

For more pictures visit online at www.cmacbeaches.com



Did you know?...

Miyamoto Musashi

is the world's most famous Japanese Samurai to this day, survived many wars, and duels, and lived to be an old man, in a time of great violence and strife. He became wise, turning his back on the shallow ambition of defeating others and concentrating on improving himself. But he knew that the world was a dangerous place, and even in peacetime rogues exist. Peace and relative prosperity had arrived in Japan, but it was still necessary to train just as hard as in war, in order to live in peace. Musashi hoped that his own life would inspire others to train hard and pursue the arts in order to develop themselves and create a better world. He knew a better world comes not just from high ideals, but also the personal power to pursue there ideals.

