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Wake Up! It's the Year of the Rooster

Inside a look at the forecast for our New Year in 2005

DOJO Stays Open

January 18-27th

We will be working on a Skel-eton system and the Dojo will remain open while our Sensei is away representing in Mexico and Costa Rica. Check with the front desk for a finalized schedule.

Black Belt Grading

February 27th

Always a great window into your black belt grading future and a wonderful time to support your CMAC family! Each grading is preceded by a seminar held by Sensei Platt always a great opportunity to work with Sensei's Sensei.

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"Plan your attack, then, attack your plan."

SENSEI'S NOTE

The Chinese Lunar New Year is the longest chronological record in history, dating from 2600 B.C. when Emperor Huang Ti introduced the first cycle of the Zodiac. Like the Western calendar, the Chinese Lunar Calendar is a yearly one, with the start of the year being based on the cycles of the moon. Therefore, because of this cyclical dating, the beginning of the year can fall anywhere between late January and the middle of February. This year it falls on February 9th. A complete cycle takes 60 years and is made up of five cycles 12 years each.

Each year has a related animal, 2005 is the year of the Rooster. The Chinese believe that certain characteristics that belong to each animal will surface during the year, and people who are born during these years also have such qualities as part of their character.

This year the underlying energy will be one of spiritual connection to one's reality creation. Take responsibility for the reality you are creating, become the primary player in the events of your life.

Here's a formula: Perception/Perspective/Action. First recognize there is a positive or negative perception in all things. Secondly step back and get perspective on the situation, then move on to number three which is taking action, positive "spiritually" based action. All the Best to you and yours for a spiritually positive 2005.

TRAINING TIP

The line up and the belt rank is a serious matter. Don't take your position for granted, and always remember that complacency is your enemy. When you come into the dojo it is expected that you train with sincerity. You will enjoy the training more if you put more into it. You get what you give, the more you put in the more you get out.

Having a rank and not living up to the standards is like a slap in the face to everyone who has that rank, and worked hard to get it. All dojos are not the same. You may have come from another school that had different training goals. CMAC Beaches main concern is energy development, and strong students that are confident and focused. Everyone is unique of course and we try to work with that, but, please try and meet us half way. There's an old saying "When in Rome do as the Romans do." and how that relates to the dojo is, when everyone gives 100% and you're giving only 10% maybe Rome is not the place for you. Time is important don't waste it, by not putting out you're wasting everyone's time including your own. Once people make that connection they usually come around, and start to apply themselves. I've seen some big changes in people this past year and it always happens after they make the connection between cause and effect. Train hard and regular, move forward!

GRADING RESULTS

December 17th

Karate Yellow Belt

Tom Edwards

Kids Karate Red Belt

Vidan Zivic

Kids Karate Yellow Belt

Jesse Morin, Margarita Dolganova,
Levi Flowers, Vuk Zivic, Nikki Murphy

Kobudo Brown Belt

Rod Batthany

Kobudo Orange Belt

Jasmin Kortright, Adrian Whiteman

Kobudo Yellow Belt

Ian Kearns, Christine McCarthy

*Congratulations to all of you!
Next Kyu Belt grading Feb 12th*



"That which you seek is seeking you."

EVENTS CALENDAR

January, 2005

18-27 -Costa Rica Am. Cup

February, 2005

12 -Kyu belt Grading
26-27 -Black Belt Grading
Oakville Holiday Inn

March, 2005

4,5,6 -Master Key Seminar
26 -Kyu Belt Grading

April, 2005

24 -USAGA Invitational
New York
30 -Kyu Belt Grading

May, 2005

20-23 -West Spring Camp
Banff, Alberta
TBA -Kyu belt Grading

The Buddhist and the Scorpions



One day the master and student were walking through the forest just after a heavy rain. The master noticed a puddle with drowning scorpions; he quickly began to scoop them out of the puddle with his hand. The young student saw that the scorpions were stinging the master. He said "Master stop, they are stinging you... stop!" the master kept on scooping out the dying scorpions. The student couldn't understand why the master didn't stop, so he asked "Why are you trying to help them?" after the master saved the last one he turn the student and said "It is the nature of the scorpion to sting and it is my nature to help were I can.

2005 Year of the Rooster forecast

This year February 9th marks the year Rooster. Strut your stuff and don't hide behind a facade. This year you will get noticed and in some cases admired. Open your mind to new ideas, forget your egotism, view others perceptively. You must cast away your preconceived ideas, your trenchant judgments and your ill feelings toward those who do not share your views. The stars also favor finishing a delicate job or putting an end to certain bad habits. If you want to tackle learning a foreign language, there won't be a better moment to do it. Benefits will also come your way without your having to do much to deserve them. The stars will be favorable to you most of the year.

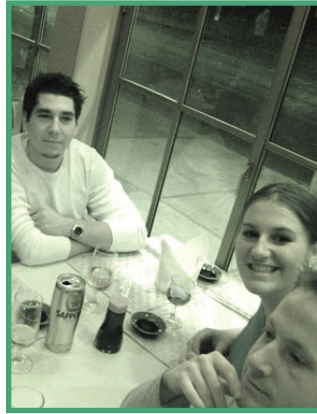


"Eternal vigilance is the price of success."

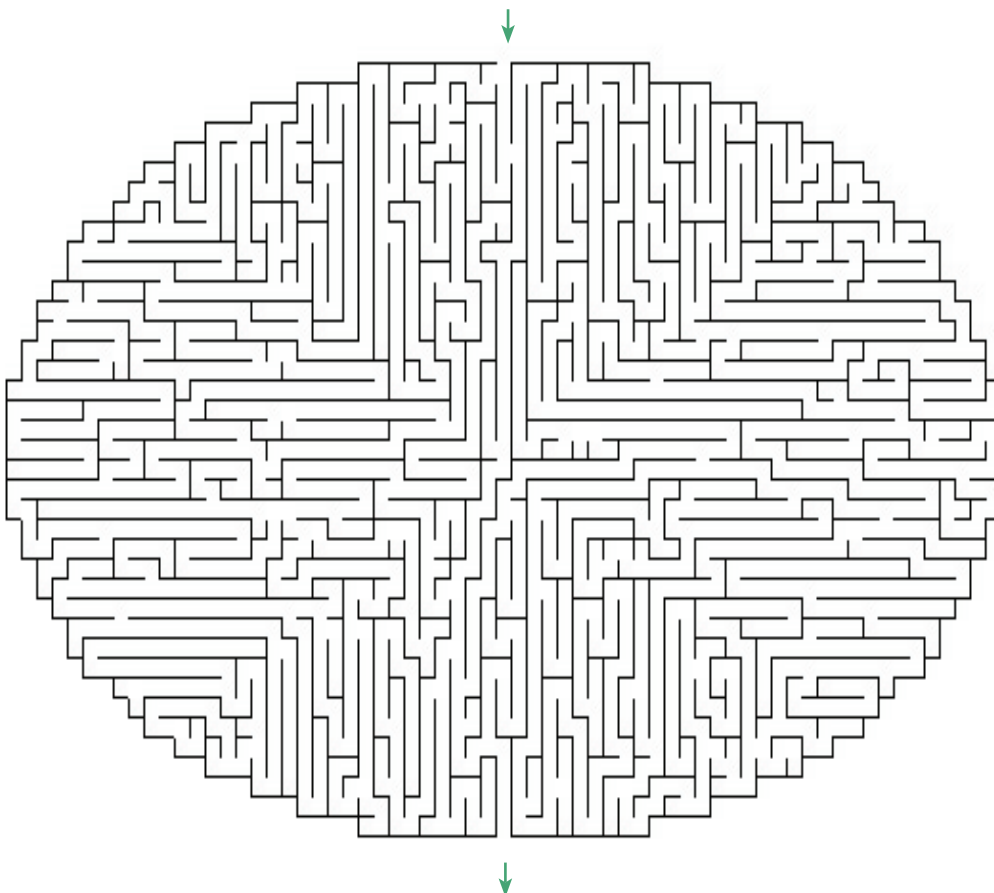
Dojo Christmas Party 2004!

It was a great evening of gradings, sushi and Dojo Merriment!

Thank you for all the nice Christmas gifts and cards, your generosity is only exceeded by your thoughtfulness.



A-Mazing Top to Bottom!



Did you know?...

What happened in the last Rooster year in 1993

- Toronto Blue Jays win the World Series
- Montreal Canadiens win the Stanley Cup
- Cheers ends its 11-year run
- Bill Clinton becomes president of the US
- World Wide Web goes graphic with the launch of the Mosaic browser.
- Jurassic Park is the top grossing film
- Whitney Huston's "I Will Always Love You" tops the charts.
- Singer Prince changes his name to a symbol