



THE JADE BUDDHA



1971 Queen St. E. 2nd floor, Toronto, ON

416-690-2885

www.cmacbeaches.com

Black Belt Grading

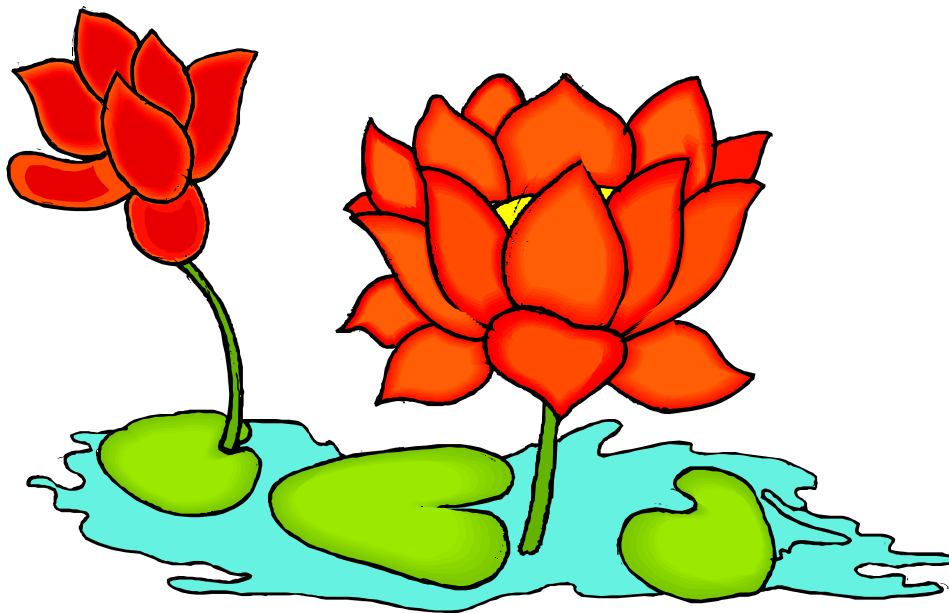
February 27th

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.

Trip to Medieval Times

March 19th, 7:30pm

Who would want to miss a chance to see our very own Dojo brother Sean ride out into the centre arena on his noble steed and challenge the Black Knight to a dual? For more information on this event see the front desk closer to the date.



Black Belt Grading

Tom Edwards Challenging Tai Chi

February 27th, Oakville

Read all about Tom's rediscovery and journey back into the Martial Arts in this months issue (*Page 3*)

Your Dojo Brothers and Sisters wish you all the best Chi on your grading Day.

INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tips	2
Think	2
Upcoming Grading	2
Events Calendar	3
Tai Chi-Tom Edwards	3
Did you know?	4
Earthly Forecasts 2005	4

"Be a warrior, not a worrier."

SENSEI'S NOTE

Thanks to everyone who was able to help out around the dojo while we were competing in Costa Rica. The event was a great success with Team Canada coming in second overall. The competitors were very solid, with strong kata and kumite, and showing great skill in weapons and team kata divisions. Keep an eye on the events board for the results.

TRAINING TIP

Be quick to seize opportunity – this is one of the tenets of our Goju style. Several of the students jumped at the chance to take a class while the troops were representing Canada in Costa Rica. These opportunities are very valuable for the learning process. Following in a group is one thing but to lead a group is another altogether. Presenting the information with enthusiasm, confidence, and a good balance for the mind, body and spirit, is not an easy thing to do at first, but the more you do it the better you get.

The boy on the Beach

One morning a man was walking on the beach when he noticed thousands of star fish washed up on the shore. As he walked along he saw a boy throwing the star fish into the water. The man went to him and said "Boy look at how many starfish there are do you think it will make a difference?" the boy through another starfish into the surf and said to the man "It made a difference to that one!" the man was enlightened.



Think...

Strength comes from health.
 Speed comes from effort.
 Technique comes from experience.
 Willpower comes from faith.
 Serenity comes from old knowledge.
 Progress comes from new Knowledge.

UPCOMING GRADING

February 12th

All the best to those of you challenging for this grading!

Next Kyu Belt grading March 19th



"If you're going to fire an arrow of truth, dip it in honey first."

EVENTS CALENDAR

February, 2005

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

March, 2005

- 4,5,6 -Master Key Seminar
- 19 -Kyu Belt Grading
- 19 -Medieval Times 7:30
- 25-28 -Easter Weekend
no classes

April, 2005

- 24 -USAGA Invitational
New York
- 30 -Kyu Belt Grading

May, 2005

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



Tai Chi

My Doorway Back to the Martial Arts

By Tom Edwards

I retired in June, 2002. I had been interested in the Martial Arts since the late 1960's when I studied Shotokan style Karate to the Green Belt level. My brother had practiced Tai Chi since his first trip to China in 1989 and I felt that given my age and level of fitness Tai Chi would be a good recreational activity. So, I joined the new CMAC "Beaches" dojo and was presented with more challenges and learning than I expected.

An early learning came as I attempted the "the basic monk's step". While concentrating on coordinating my breathing, hand movements and footsteps, I heard Sensei say, "Tom, Tai Chi is supposed to be relaxing". Unfortunately, my concentration was being expressed in tense muscles and rigid movements; just the opposite of what the art required.

Errors in movement and balance often caused me to grimace and feel disappointed. These little fits of perfectionism only slowed my progress. Sensei taught me to relax my need for immediate success and let the art develop as it inevitably will, given time and practice.

Gradually, I became aware of the sensations of heat and "magnetism" in my hands. Sensei taught that this was the growing awareness of the flow of Chi (energy) within the body.

Sensei often demonstrated the connection between the gentle Tai Chi movements and effective fighting techniques. This element of the Tai Chi program influenced me to include Karate in my second year's membership. Karate is a very different experience at age 60 then it was at age 28. My body strains to attempt the demanding lessons but revels in the long forgotten glow of warm muscles and adrenaline. The compatible combination of the internal art of Tai Chi and external art of Karate will lead to new learning.

It is now time for my evaluation at the first instructor level and Sensei has required me to teach some Tai Chi classes. Before he gave me this challenge, I felt that I had learned a great deal. Now, as I plan my lessons, I feel that I could demonstrate my entire repertoire in a single class. This realization reminded me of Sensei's response to a student who commented on the huge amount of information and skill Sensei had in the Martial Arts. Sensei said that if the floor area of the Dojo represented the Martial Arts then he was familiar with only a few square centimetres in the corner. This remark in no way diminished the amount Sensei knows and can skillfully demonstrate but did illuminate the size of the world of the Martial Arts. In my own small way I can also see the short distance I have come and the huge and varied landscape that I can explore as I continue in the Martial Arts. ●



"It's one thing to know the path, another to walk the path."

2005 Forecasts for Each Earthly Branch

The Unpredictable Dragon - The "Theatrical Visionary"

2005 offers popularity, celebrity and an increase in wealth to lucky Dragons. During this period you receive income from more than one source. A favorable year for unions and you stand an excellent chance of capturing your lover's heart. By the end of the year, your passionate dreams may well have become a reality. If married, more spontaneity will replace routine. In 2005, your career will flourish, but petty gossip or others talking behind your back could provoke your wrath. Don't announce your plans prematurely and be cautious of persons who might try to profit at your expense. Avoid digestive troubles by eating with moderation, avoiding alcohol, and skipping late-night snacking. Travel plans will be discussed with a caller; Act on new ideas, try new avenues, and say *â œyesâ* to social invitations. Enjoy this auspicious year, compliments of your soulmate *â* the Rooster.

The Frugal Rat - The "Concealed Charmer"

Strong emotions effect your good judgment and anxious Rats may feel ambushed without an exit at times. Beware of suggested investments or questionable ventures. Throughout 2005 devote time and energy to concluding projects which you are passionate about. In February your luck shifts abruptly and skyrockets upward to position you on top of the world. Romantic bonds strengthen as you become less fussy, making you enjoyable to be near. Avoid mixing too much logic with your love affairs. Ease off and take your sentimental life as it comes. Go ahead with professional projects, as the stars during 2005 will support your efforts. Those Rats whose occupation is related to chemistry, health services, hygiene, or scientific research will enjoy making progress in their careers. Your health remains good, however, keep a watch over your blood pressure. A year of new beginnings filled with happy family events even the possibility of a new addition to the family.

The Durable Ox - The "Head Honcho"

Life and love flow smoothly for practical Oxen in 2005. Intimacy with your sweetheart or spouse brings a youthful quality into your life now. You will do your best to enjoy life and make a sincere effort to find pleasure in simplicity. The beneficial astral climate as 2005 begins, brings Oxen numerous romantic prospects. Your luck reaches a pinnacle and nothing can discourage your optimism. The Ox and this new Rooster year are the best of friends, and this is a high point with respect to your career. Unexpected financial gains fall upon you at the eleventh hour to help you catch up on economic responsibilities. You'll enthusiastically embark on independent projects, but may find it difficult to work within a group. This year, insomnia could be a common complaint and a recurrent dream tries to get your attention. Eat only unquestionably fresh foods and exercise caution with both alcohol and games of chance.

The Noble Tiger - The "Go-Getter"

For single Tigers, your house of "Unions" is highlighted in 2005 and many Tigers will find their future mates. Friends are supportive and this pleases you greatly. An enthusiastic period where professional activities may be relegated to the background in favor of your social life. An excellent year to make a break from a subordinate position to an independent profession as Tigers must be the "captains of their own ships". When considering a new job, take into consideration your need of difficult projects to champion and freedom of action. Adopt a healthy and balanced diet and take accrued time off to rest. This year will also find Tigers taking serious inventory of their finances. By shrewdly combining caution and nerve, you'll see a more positive cash flow. Your heartfelt desires will be met through the entry of a kindred spirit, one you have met before. An emotionally and materially prosperous year especially during the auspicious months of June, October and November.

The Intuitive Snake - The "Learned One"

In 2005, aesthetic Snakes profit by life and complete some of their most personal projects. You will lean toward the idealistic side of your nature, and some may well daydream and procrastinate to the point of losing track of reality for a while. Strive for a balanced view of people and circumstances. Snake souls are within the Triangle of compatibility with the Rooster year and throughout 2005 -- love is in the works! Don't let a love affair turn into tabloid fodder or scandal. Spend some extra time with family as they will need your emotional support now. In 2005, Snakes increase their income and a promotion is heading your way. This paves the path to a much more interesting and satisfying career. This pleasant financial surprise will allow you to purchase something you couldn't previously afford. Resist any form of greed or temptation to take your comforts for granted, as both wealth and poverty walk down the same road.

Did you know?...

This year of the Rooster is:

Best Year for: Dragons

Good Year for: Snakes, Oxen, Tigers, Rats

Mixed Year for: Roosters, Pigs, Goats, Monkeys

Difficult Year for: Dogs, Rabbits, Horses