

# THE JADE BUDDHA



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## Medieval Times

*March 19th, 7:30pm*

The Dojo is going to Medieval times March 19th at 7:30pm. Children must be accompanied by an adult. One of our very own Blue Belts Sean Delaney is a Knight there. Maps and all the pertinent information will be posted in the window and on the events board.

### Easter Parade

*March 27th, 1:00pm*

It's that time of year again too get involved and represent your Dojo in the annual Easter Parade. Not only is this day fun for all who participate it is now a requirement for your next belt challenge... oh yes, you heard right!

### Kids Movie Matinee

*April 3rd, 3pm*

Remember the old Kung Fu series? Well if you do you're too old to come to this dojo event. Just kidding, but it's mostly for the kids. The movie starts here at the dojo. We will be showing a classic Kung Fu Flick, there will be pizza and pop and a price.

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*"Power is rooted in the feet, developed in the legs, and directed by the waist."*

## SENSEI'S NOTE



People who let the negative past creep into their present destroy their future. We have a saying learn the lesson and through away the experience. All too often people sabotage themselves by dwelling on things that have left a negative impression on them. Things seem to snowball some how, one bad thing leads to another and so on. To get out of that progressive downward spiral you need to think, do, or create something positive. Help someone who needs your help. The truly wonderful thing about this life is that you can't honestly help someone without helping yourself.

It is a karmic cycle. Of course it's easier said than done, but the hardest battles in life are not the physical ones, they are the mental battles. Battle require discipline, focus and strategy.

## TRAINING TIP

I was thinking that it would be great for people who may want to grade (EVER) that the Easter parade March 27th, would be a wise place to be. Sometimes during your Martial Arts career you may be called upon to get involved with certain projects for the growth and betterment of the Dojo. We have had considerable numbers over the years but this year I really want to make a big impression. The children love to do this event every year, this time I would like to have more adults out there to show the Beach that Martial Arts is not only for the children but adults as well. Your time and energy will be greatly appreciated. Ous.



## GRADING Results

*February 12th*

### Karate Yellow Belt

Lisa Purdie, Mike Hamilton,  
David Sheaves

### Kids Karate Green Belt

Richard Holtom, Robert Holtom  
Max Jeffers

### Kids Karate Red Belt

Andrew May, Ismael Khon

### Kids Karate Orange Belt

Ryan Martin, Mike Stein  
Shannon Stein, Matthew Moy  
Max Berthelotte

### Kids Karate Yellow Belt

Stephen Chong, Elizabeth Chong  
Erik Pervin, Sam Lilly

**Congradulations to all of you!**

*17-Pass 0-Fail 0-Probation  
Next Kyu Belt grading March 19th*



*"A closed mouth gathers no foot."*

## EVENTS CALENDAR

### March, 2005

March Break Dojo OPEN!

- 4,5,6 -Master Key Seminar
- 19 -Kyu Belt Grading
- 19 -Medieval Times 7:30
- 25 -Good Friday  
Dojo Closed
- 26 -Dojo Open
- 27 -Easter Parade 1pm
- 28 -Dojo Open

### April, 2005

- 17 -Toronto Tournament
- 23 -Kyu Belt Grading

### May, 2005

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



**Yes** Congratulations are in order They made the grade.

The training camp with Sensei Platt was of course exceptional, and as always he bombarded the students with all kinds of information so that by the time 9pm Saturday night rolls around everyone has the "deer caught in the headlights" look about them. We covered Iron thread breathing, Aragaki No Kon and Futari, Sakagawa No Kon Dai, sword futari, Aikido from kneeling, elbow and shuto drills that were very cool, how to break someone's foot with the foot work of Taikyoku Chudan, and a kata named Jion which translates into temple bell. The next morning the Tai Chi session was very powerful, lots of energy flying around, that Iron thread training is interesting, too bad you missed it, because you won't be seeing it at the dojo any time soon. Many, many, many things were covered. Make it your goal to get to the next one!

As for the Black Belt Grading – It was big 32 people went through. Charlene and Tom did their dojos proud. Well Done.



## Life is...

*Life is a Gift – Appreciate it!  
Life is a Duty – Perform it!  
Life is a Game – Play it!  
Life is an Opportunity – Take it!  
Life is a Struggle – Grow from it!  
Life is a Goal – Achieve it!  
Life is a Journey – Complete it!*



## Five Principles of Tai Chi

- Calm mind
- Agility
- Breathe to gather the Chi
- Internal Force the complete Chin
- Spirit Shen Concentrated.



*"The mouth is the front-gate to all misfortune."*

## 2005 Forecasts for Each Earthly Branch...cont.

### **The Perfectionist Rooster - The "I can do better" inspirer.**

In 2005, your energy level rises. Rooster souls are offered large projects, contracts and management positions. Don't hesitate to declare your love for that special someone this year. You will find the necessary words to convince them of your devotion and a marriage proposal could be accepted immediately. If you want to change career or company, 2005 is definitely favorable to take the necessary steps. Do not neglect even a small cut or scrape; as there could be an increased risk of infection at this time. A brief dip in luck during September and October will require tireless Roosters to devote more time to everything and exhaustion from overwork may take its toll. Roosters find themselves crying metaphorically "Who will help me make this bread?" Remember to balance your life, time and workload with sufficient rest. Changes will take place in your life during this year which will set the stage for future progress.

### **The Tolerant Pig - The "Accommodating Pacifist."**

In 2005 peace-loving Pigs expand their horizons and work on new ideas. There are many opportunities to make lasting impressions now, as well as to try out a prototype or idea that has been brewing. Both your courage and energy will be on the upswing. Profit by the year to realize your dreams and plan your future nest-egg. Exciting possibilities during January, February and March will have a miraculous effect on your morale. Focus on strengthening your unions and even consider the possibility of enlarging your family? Meditation will allow you to clear your mind and look into your future. Make accurate predictions concerning yourself. Cut the ties from cumbersome emotional baggage. Redefine yourself and make a mental commitment to practice the art of happiness. During 2005 remain extremely careful as far as your finances are concerned. The use of funds, stock purchases, and loans must be examined very carefully, preferably with the help of a specialist. During May, August, and November, use extra caution while driving and avoid showing your assets to avoid theft.

### **The Creative Goat - The "Good Samaritan"**

Esoteric Goats feel emotionally and physically drained during Rooster years. Despite some family problems, have faith in yourself, persevere, as you are on a course that is destined to succeed. In 2005, your luck recuperates but difficult planetary aspects can cause an abrupt change in mates, living situations or love partners. Also, your career path could also change quite drastically. The climate will be favorable to you as far as artistic expressions are concerned and many Goats will see financial rewards for their creative ideas and handiwork (November). You also benefit from your wise cutting of expenses and a lesson sorely learned from the past. Health wise, caution is advised during low-energy periods of January, May and August to avoid illness and emotional stress. Meditation, calm surroundings and maintaining a spiritual outlook of moderation help greatly this year. March and June will find you prancing about gleefully, as Goat natives are gregarious, social and will feel less withdrawn during these lucky months. Actively seek out the company of others, depend on your creative talents and let your imagination soar to the Heavens now.

### **The Entertaining Monkey - The "Merry Mercurial"**

For single Monkeys, 2005 may bring about a reunion with old friends or lovers and the sparks could fly! Although you have long for a certain someone, you may well have an experience that will open your heart to new possibilities. 2005's focus is on comings and goings, short trips or jaunts, friends, relatives and nostalgia. More sociable than ever, you'll be at ease and communicate your enthusiasm with a buoyant spirit. When working, identify your goals and be prepared to move forward. This Rooster year will require Monkey souls to concentrate and spend more time on their work. If in doubt, always double-check this year, as all mistakes will be under scrutiny and microscopic examination. Love will be more favorable to those under the age of 36 as opposed to older couples, who could be plagued by disagreements over money. Refrain from all impulsiveness, tricks or amusing pranks during 2005 as the sober-minded and hard-working Rooster may not appreciate your brand of youthful humor. A brief period of insomnia convinces you to relax and release useless suspicions.

## 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*



*Next month final forecasts for Dogs, Rabbits and Horses...*