



# THE JADE BUDDHA



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## Toronto Tournament

*Sunday, April 17th*

No pressure, but I have to say, the Beaches Dojo does have a reputation of cleaning up in the Medals department!

If your feeling rusty, make it in for that extra class to dust of those techniques and sharpen your Kata. Let's clean up again!

*Check with Sensei to see if Sundays are open for tournament review.*

### Kids All Niter

*Saturday, May 14th*

Kids all Niter, will be 04 of May and with all the training and good times will be the pizza and breakfast as before. The value is well worth the price. There was some comment about the price last time and after a quick evaluation of the time, effort and value, of the night I decided to raise the price to \$75. Those that came out to the last one thought it was worth it, and they are looking forward the next one.

### Kyu Belt Grading

*Saturday, April 23rd*

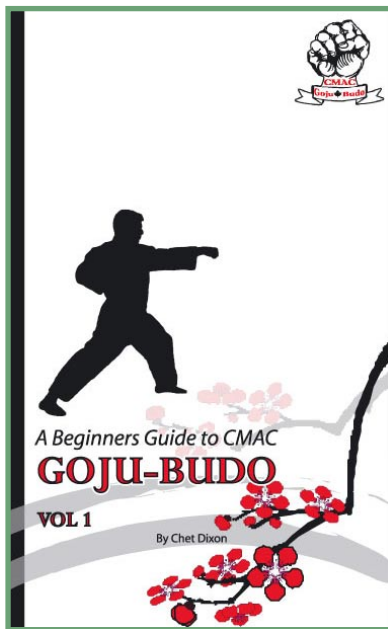
Are you ready for the next level of training?

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*"Follow your dreams until your dreams follow you."*

## SENSEI'S NOTE



This actually happened the other day in the dojo. After promoting Patrick to Yellow Belt we started to go through some kata. Patrick being the new yellow belt shouldn't have known too much about the next level kata, but he was able to do them almost perfectly. I noticed that right away, so I called him on it, I expected him to say his friend X had been showing him the kata (Not his place to do so!) and I was prepared to tare a strip off X for it, but you know what the kid said? "I learned them from the book." Well I almost fell over. That was the first time I ever heard that before. Way to go Patrick. Ous



[www.jadebuddhapublishing.com](http://www.jadebuddhapublishing.com)

## TRAINING TIP

Tournament season is upon us, and it is important to remember that the will to win is not nearly as important as the will to prepare to win. Practice, practice, practice. Some of you have noticed the benefits of the private lessons. It is really amazing how much progress can be made in just one session. So if you're looking for some extra training time that will give you the edge on the opponent, book a private lesson, Sensei will do a half hour or a full hour any time, so book now.



## GRADING Results

*March 19th*

### Karate Brown Belt

Juliette Corby  
Karl Fernandes  
Adrian Whiteman  
Jeff Hendriks

### Karate Blue Belt

Geoff Busbridge

### Karate Green Belt

Patricia Crawley

### Karate Yellow Belt

Karl LaFtranboise  
Awaovieyi Agie  
David Hill

### Kids Karate Purple Belt

Christian English-Pratt

### Kids Karate Orange Belt

James Dashwood  
Jacob Ouimet  
Katherine Moy  
Kristopher Pervin

### Kids Karate Yellow Belt

Patrick Redburn

### Congratulations to all of you!

*15-Pass 0-Fail 1-Probation  
Next Kyu Belt grading April 23rd*



*"Others can stop you temporally only you can stop you permanently."*

## EVENTS CALENDAR

### April, 2005

- 10 -Tournament Practice
- 17 -Toronto Tournament
- 23 -Kyu Belt Grading

### May, 2005

- 4 -Kids All Niter
- 20-23 -West Spring Camp  
Banff, Alberta
- 28 -Kyu belt Grading
- 23 -Victoria Day Holiday  
Dojo Closed

### June

- TBA -Kyu belt grading
- TBA -Black Belt Grading  
Mini camp  
Tai Chi seminar  
Oakville Holiday Inn

## How are you today?

When I ask someone "How are you today?" their answer falls somewhere on a scale from 1 to 10

1. Silence, trembling lips, and eyes filling up with tears.
2. Profane anger, rage and some swearing.
3. "Awful. You would be too if you had my problems."
4. "Not too bad." (*That's just 1 step above awful!*)
5. "Pretty good." (*That's just 1 step above not too bad and 2 steps above awful.*)
6. "Good."
7. "Great."
8. "If I were any better it would be illegal."
9. "Awesome."
10. "Fantastic."

Maintaining a positive mental attitude becomes nearly impossible if we allow ourselves to be bombarded by the negative thoughts that constantly surround us.

Guard yourself against the dense, low vibrating, negative and hostile environment that is walking around out there, and careful – you might be one of them. Self sabotage is your greatest enemy, watch what think and say to others. Where do you fit in on the scale of 1 – 10?

Remember, you can control your mood. Tell yourself you're GREAT. Nothing great ever happens on the OK level. If you tell yourself you're great sooner or later you'll believe it. Positive thoughts raise your energy level – your vibe.





*"Separating the false from the true brings about understanding."*



## Easter Parade Power!

A huge thanks to all of those who came out to support the Dojo in the 3rd Annual Beaches Easter Parade. It was a wonderful day and our Dojo performed with power and class. The Kids headed the parade with Mr. Ryan and Philip leading the charge. The weapons crew performed Kata, Futari and Basics beautifully and the Tai Chi demos complemented the line with the soft side of our art. Sensei and Sempai Titus rustled up oohs and awws from the crowd with samurai sword demonstrations.

## 2005 Forecasts for Each Earthly Branch...final signs

### **The Watchful Dog - The "Vanquishing Vigilante."**

Your nervousness and tendency to worry may reach a climax during the new year of the Rooster. Deadlines, delays and emotional dramas run roughshod over your life. While not in direct opposition with the Dog, Rooster years are the "Karmic Combatants" for those born into Dog years. For singles, because you have experienced heartache in the past, you may not be willing to extend your heart in love this year, however, don't discount the possibility of a reunion with a past lover. Using selective memory to remember only the good, while forgetting the pain will put you right back into the same turmoil and impossible situation. Remember, that a leopard rarely changes its spots. This year will give you many occasions to prove your worth. Rewards for artistic achievements come in March and June. In 2005 your health may be troublesome, especially during the months of April and September. Regularly exercise to improve your circulation and to protect your delicate spine. The lunar climate of 2005, is indeed a trying period for most Dogs, but out of adversity, emerges strength and the kind of wisdom which only comes through experience. Both danger and opportunity walk the same street.

### **The Detached Rabbit - The "Artful Dodger"**

During 2005 Rabbits are compelled to re-establish contact with old friends. Aloof singles are overcome by sentimentality and powerfully drawn to past romantic interests. Reflect upon "unfinished business." Financial improvement is a great help to love. Your social reputation will be on the mend and those Rabbit/Cats whose careers concern the performing arts (solo) will be especially favored. Those who utilize imagination and creativity whether it be in business or in pleasure, will enjoy success and popularity. Don't neglect regular exercise, be vigilant about your health, and be cautious of your weight which will fluctuate this year. Your judgment in financial matters is clouded in 2005, so hold off on any investments for the time being. Define your personal boundaries and require more information prior to signing any agreements. Time is on your side. Do not make any hasty decisions during this clash of energies between the Rooster and yourself.

### **The Decisive Horse - The "Happy Hedonist"**

During 2005, when in doubt or trouble others are prepared to be your safety net. Go ahead and lean as hard as you need to and ask for what you want. Use this rather vulnerable year relationship-wise to put your love life in order and pull any weeds of misunderstanding. Throughout 2005 don't hesitate to modify your busy lifestyle to make time for rest and relaxation. Single Horses looking for love will test their powers of seduction and possibly break a few hearts. Be cautious of possible complications! In 2005 matters of the heart are extremely precarious and fickle for all Horses. Broken engagements, family confrontations and even a period of unemployment could prove a heavy saddle this year. However, use February, July and October for the good luck and necessary energy to hurdle these obstacles. Practice the utmost prudence during physical exercise, play and all sports. Be cautious of re-injuring a knee or ankle.

## 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**

