

THE JADE BUDDHA

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Toronto USAGA Prep Tournament March 30, 2003

Are you prepared to represent your DOJO at the Tournament?

We will be covering tournament strategies, and rules in *FREE* classes held for children every Monday at 5pm and adults every Wednesday evening beginning at 8:30pm. These classes will be available until the tournament date.

CUBA Winter Camp

*CMAC Winter / Spring Camp
February 28 - March 7, 2003*
Sensei Platt is holding a Winter Camp in Cuba and many of the organizations directors and students will be training and enjoying the sun and surf.

All classes will continue as scheduled with the assistance of Sensei Dequetville, Mr. Titus, Mr. Date Miss Haw & Mr. Ryan.

USAGA Invitational

April 27, 2003 / New York
This will be a great opportunity for students be a part of a tournament with the legendary Sensei Peter Urban, Head of American Goju.

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"Your sight maybe weak but your perception must be strong."

SENSEI'S NOTE

If we take the act of living to its simplest component, we can see that life is a journey; an unending series of problems and solutions. Friction vs. Flow. As Meitoku Yagi (*Sensei Miyagi's successor in Okinawa*) once said "Flowing water does not complete against itself." Which basically means, as life's problems come your way try not to get stuck, but rather flow with the experience. There is a creative part in everyone of us that can discover and implement a solution to any given problem.

The question now is how do we access this creative part? Miyamoto Musashi once said "The way is in the training." And as you have no doubt heard before the training is one part physical and two parts non-physical. (1)Hard Physical Training, (2) Philosophic Assimilation (3) Protracted Meditation. Physical training will help to balance and relax the body and the mind, allowing the brain to go into the Alpha state, the best state of consciousness for the next two phases of the training, philosophic assimilation, and prolonged meditation.

Faith and Patience are the next two hurdles to overcome, because the answers don't usually come right away in the beginning, but they will come. As time goes on and the training continues, solution will appear almost instantly. So always remember "Nothing is impossible to a willing mind."

TRAINING TIP

C.M.A.C. trips and camps are a very unique opportunity to be apart of. You get to take a holiday that will actually do you some good, physically, mentally, and spiritually. Sensei Platt usually rewards those who make the effort with an extra bonus kata or insights that you wouldn't other wise see for years or maybe ever. So far this year C.M.A.C. has gone to Hawaii and Cuba. We will be going to N.Y. N.Y. April 27th for Sensei Urban's tournament (*where Sensei Platt first taught me Seipai Dai 1993*) then, Banff Alberta May 23rd-25th for the spring camp, then the summer camp in Grand Bend. These are all great spots to get out and train. Gichin Funakoshi once said, "Dojo nomino karate to omou na." Do not think that Karate is only in the Dojo. This means of course that the courtesy and respect for one another that you have inside the Dojo is also outside the Dojo, but you don't have to only do Martial Arts in a Dojo. It could be on a volcano or on a beach at a tropical island paradise or in the hot springs of the Rocky Mountains, etc... So start setting some goals to get out there, life is too short to miss.

GRADING RESULTS

for February 2003

KARATE

Sandan- Mr. Fritz Titus

Shodan- Mr. Brett Ryan

KARATE KYU Adults

Green Belt-Mike Chwalek, Rob Farmer, Jacqueline Kortwright, Philip Burton

Orange Belt-Lindsay Hacker, Greg Svirklis, Juliette Corby

Yellow Belt-Sonja Sindhuber, James Hayward

KARATE Children

Orange Belt-Louis D'Arise, Christian English-Pratt, Even Benson
Jerrica Mulgrew

Yellow Belt-Damon Barrett, Xavier Kindrachuk, Kara Gani

18-Pass 0-Probations 0-Failure

Congratulations to all the students!

Next Kyu Belt grading March 29nd



"Silence is the first step to self control and self mastery."

EVENTS CALENDAR

March, 2003

27 -Free Woman's
Self Defence

30 -Prep-Tournament
Toronto

April, 2003

19 -12 hour training
9pm-9am at Dojo

27 -USAGA Invitational
New York

May, 2003

23-25 -CMAC West Spring Camp
Banff-Alberta

Gradings 2003

March 29th

April 25th

May 31st

June 28th

FOR YOUR HEALTH

What is good nutrition?

Eat organically; foods grown free of toxins and pesticides.

Drinking non-chlorinated water; bottled or filtered preferably, reverses osmosis. A minimum of eight 8oz. glasses a day.

Taking dietary supplements; from a good source and when possible combinations and formulas specific to your unique needs.

Making sure you are eating or not eating the specific foods your body requires at any given time.



MERCHANDISE INFORMATION

Remember, the USAGA Prep tournament is at the end of the month, start thinking of what equipment you will need to compete.

General Checklist:

Karate: Gi (uniform), mouthpiece, safety equipment for kicks & punches.

Tai Chi: Red CMAC T-shirt, black pants, tai chi shoes and tai chi sword.

Kobudo: Wooden knife, Bo, Jo, Escrima sticks, Hakama.

For all your Karate, Tai Chi, Kobudo needs pick up a copy of our catalogue. There are plenty of items to choose from. All orders are placed at the end of each month.

See Sensei if you are unsure of the equipment you need in order to train in your chosen art.

*"Even though it
is a path of a
thousand miles,
you walk it one
step at a time."*

Musashi

"We are today what we thought in the past."

Required Reading

"THE BOOK OF FIVE RINGS"

Miyamoto Musashi was a famous 16 century samurai who was an undefeated dueler, masterless samurai, independent teacher, and professional man-at-arms; he wrote a book called The Book of Five Rings. This book happens to be required reading for many upper level staff in high profile companies, because the insights and strategies that are still applicable today. The five rings are the Earth, Water, Fire, Wind, and Void scrolls.

Earth - Martial Arts is a way of life.

Water - Putting the methods to practice.

Fire - Actual combat.

Wind - Knowledge of the methods of other schools.

Void - State where there is no obscurity and the clouds of confusion have cleared away. Sumi Kari - Clarity of the mind.

"STOP THE VIOLENCE" Demonstration

Thank you, to all of those who went and participated in the stop the violence demo for our youth of Toronto. Mr. Titus, Mr. Date, Miss Haw, Brett Ryan, and Mike Chwalek, all took part in the demonstration and put on quite a show. After, they worked with crowd, taking them through some basic self defense, everyone had a great time. Well Done!

Did you know...

Black Belt Review

The auditorium was filled to the hilt with anxious students and supportive onlookers. The energy level was high.

Sensei Dixon and Sensei Williams opened up the grading with a sword ritual to honour the late Meitoku Yagi (*succeeded Chojun Miyagi in Okinawa*) and Antonio Jacobs (*Don Jacobs Purple Dragon Dojo of Trinidad*). The mood shifted into a calm readiness.

Any nervous energy quickly faded into confidence as each of the students rotated throughout the forum to each grading station.

Mr. Titus (*grading for Sandan*) and Brett Ryan (*grading for Shodan*) were both a strong representation of the Beaches Dojo.

At the unexpected request of Sensei Platt, Sheila Liddle and Joanne Kyriakov of the Waterloo Dojo, presented their own Kata aptly named Dragon Futari. It was fantastic! Even after the grading students were asking excitedly about the new Kata.

Through moments of humor to the encouraging applause for the weapons student who bravely chose the Ekku for his final kata, the black belt grading was a wonderful experience.

