

JADE Buddha



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Midnight Madness

Sunday July 7-9, 2005

Beaches Dojo

The "Midnight Madness" is coming to the Beach July 7, 8&9 I thought it might be a good idea to stay open and run some open classes during that time. For those of you who are interested I will be here for some extra training. Think of it as extra bonus training time especially if you need to tune up for a Black Belt Grading.

Kyu Belt Grading

Saturday, July 9th

Are you ready for the next level of training?

Get in those extra hours and brush up your requirements.

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Gullivers Lake Tournament & Beach Volleyball Championship

Sunday, July 10th, 2005

Alot like our Dojo Volleyball team this Tournament is approaching fast & furious. So get your gear & katas oiled up and prepare to dominate this tournament! And of course if you are not competing you are welcomed and encouraged to come out and support CMAC in this annual event and cheer on as the Beach Dojo takes away another Beach Volleyball Championship!

"One day lived in meditation is better than a hundred years of laziness."

SENSEI'S NOTE



The past is history the future a mystery, today is the present so treat it like a gift.

Maximize your time make the most out of everyday. Treat each day as if it were your last, because one day it will be. If you value yourself then watch it closely, today and everyday Meditate.

TRAINING TIP

Training is a matter of sticking to a schedule and training no matter what! It is easy to be interrupted, I can't number the times where a better offer had come up; lets go to the races, or the beach or this party or that event or a friend is in town or so 'n' so needs help doing whatever, the list goes on and on! If you were to cave in and go here and there every time an opportunity comes up to get out of class you will never achieve those goals you're after. I've always had one rule; nothing stands in the way of my training! If you don't stand for something you'll fall for anything, at first everyone will test you. My father repeatedly tried to make me late for class by giving last minute things to do before going to class. I finally had to explain to him that me being late for class was like me being late for work. Point made. During the week it was work and train, that was it. R&R on the weekends, no distractions, that is how I was able to achieve my training goals. Everyone is different and that's OK, some are here for fun and some are looking for direction or exercise or this or that, I would just like to say with consistency comes results.

No Grading in the Month of June.



Next Kyu Belt grading July 9th

"One day lived in awareness is better than a hundred years of misery."

EVENTS CALENDAR

July, 2005

- 1 -Dojo Closed
- 3 -Sunday Slammer
11am to 2pm \$30.00
tournament training
and a new kata
- 7-9 -Midnight Madness
- 9 -Kyu Grading
- 10 -Burlington Summer
Challenge

August, 2005

- 7 -Waterloo Tournament
- 28-31 -Dojo Closed

September, 2005

- 1-4 -Dojo Closed
- 24 -Kyu Belt Grading



Anger

There is an old saying that goes,
"They blame you if say too much;
they blame you if you say too little;
they blame you if say nothing at all."

In fact they blame you whatever you do.
It is only the wise who are blameless
for they are unconcerned.

Dojo Politics...

Here is a saying that might serve you well during your stay at the Dojo.

"Don't take it personally take it professionally."

Sensei's don't like to sugar coat things, if it needs work it needs work! Deal with it. Nothing worth while ever came easy so say thank you and try harder.

Black Belt Grading Review

The Black Belt grading June 26 was the usual high powered action that you expect to see at a CMAC grading. There were so many people challenging all different ranks in all different arts, it was very exciting. Some of highlights were dodging the flying Tonfa, the two on one kumite, the full powered punch to the groin, awesome kata and subzero temperatures to beat the summer heat.

Make sure that you are at the next Black Belt grading to see **Rob Farmer, Phil Burton, Alex Bethke and Jackie Kortright** grade in Karate Kobudo and Tai Chi.

***If you don't have a student manual then get one!
They are an excellent source of information.***



"One day lived in trust is better than a hundred years of confusion."

Understanding the Dan Tien

Dan Tien is located on the human body where Chi congregates and can be accessed and used by the individual. This location is highly revered.

It is an absolute necessity that you become acutely aware of its location so you may become consciously interactive with Chi. Your first step in active Chi Kung is to become interactive with your Dan Tien.



Weapons Caught on Film June 2005

CMAC Beach has a fantastic Kobudo program and is ever gaining popularity (as it should). Ask Sensei or Alex for more information about the program. Kobudo is a wonderful extension to your Karate training.



Did you know...

You can book Sensei for Private Lessons?

Students looking to get out of a rut should think about a private lesson. Book a 30 or 60 minute space with Sensei for a dollar a minute and you can design your own class, work on whatever you want. Just starting out and want to jump start your training, book a private and you'll be amazed at much more you will get out of your next class.

