

JADE Buddha



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

416-690-2885

www.cmacbeaches.com

BABY NEWS!!

July 19, 2005

Congratulations to Vito and Cailey on the arrival of their new baby girl, Sienna Sage Clemente, July 18th 5:02pm, 7lbs and extremely healthy.

Recruiting Members

For a Tournament Committee

As we know Sensei has a lot on his plate when our tournaments come around.

Taking on tasks to keep each event fun and running smoothly is the perfect reason why we should start up a Tournament Committee at the Dojo.

For those of you who are interested please email:
careycorrigan@rogers.com

Let's see what we can put together

INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tips	2
Grading Results	2
Events Calendar	3
Slammer Review	3
Film Fighters	3
Did you know?	4
Tournament Results	4



The Beach Team does it again! WE ARE THE CHAMPS!

Gulliver's Lake Tournament 2005

The Volleyball Team was as follows; Sensei, Phil Burton, Carey Corrigan, Lindsay Hacker, Karl Fernandez.

And thanks to Sensei Kenny we should soon have a nice shiny new trophy to show off at our Dojo soon.

See page 4 for a complete review as well as Medal Standings.

"People come into your life for a reason a season or a life time."

SENSEI'S NOTE

"Ah" is the sound of one mind achieving Satori. Enlightenment is that special time when all is understood, the clouds of confusion disappear and everything is as it should be. Sometimes Satori comes quickly and sometimes over many years but to achieve it you must have patience and desire because all things worth while come from effort.



TRAINING TIP

Electrolytes are basic life substances that dissolve in water and conduct your vital body electricity. These charged ions positive cat-ions (sodium, potassium, calcium, and magnesium) or negative anions (bicarbonate, chloride, phosphate, sulfate, organic acids, and protein compounds). Electrolytes are related to the body's water distribution, absorption, diffusion, acid-base balance, and nerve and muscle reaction. The presence and balance of these Electrolytes determines just how well or poorly our body's entire system performs its complex vital functions.

Electrolyte deficiency is caused from long periods of extremely hot weather and perspiration, violent illness, also extraordinary physical exercise or work activity.

The important thing to remember is, don't let your body battery run low on fluid and electric force. Maintain a proper body fluid and electrolyte balance and take restorative action whenever heavy physical work, play, illness, or weather diminishes your fuel supply.

GRADING RESULTS

for July 9th

Kids Karate

Yellow Belt

Collin Goodman
Ana Pearce
Gus Zigomitos

Orange Belt

Marie Khan
Anna Tisdall
Riga Gyaltsan

Red Belt

Kris and Eric Pervin
Mike Stein
Sam Lilly

Adult Karate

Green Belt

Richard Powell
Matthew Wise
Tom Edwards
Jeff Ross

Kobudo

Green Belt

Adrian Whiteman

Blue Belt

Rick Ho

BROWN BELT

Grant Tisdall
Geoff Busbridge

Next Kyu Belt grading August 20th

"If you can't control your emotion you must be addicted to it."

EVENTS CALENDAR

August, 2005

- 7 -Waterloo Tournament
- 20 -Kyu Belt Grading
- 28-31 -Dojo Closed

September, 2005

- 1-4 -Dojo Closed
- 19 -24 -Bring a Friend Week
- 24 -Kyu Belt Grading

Sunday Slammer Review

Sunday July 3rd the dojo had a three hour seminar that focused on tournament fighting, Aikido and a Kata called Jitte. Three hours flew by as everyone trained hard working drills, kata, kumite and throws. The fights were conducted as they would be during one of our CMAC tournaments to get everyone ready for the Waterloo tournament August 7th and Battle in the Beaches November 6th. After all the hard work several of us headed off to Rob Farmer's for a well deserved swim and BBQ – good call Rob Ous.

In attendance; Mr. Ryan, Lindsay Hacker, Karl Fernandez, Adrian Whiteman, Jeff Hendrix, Alex Bethke, Vito Clemente, Sue Waren, Shanta Nathwani, Peter Jones, Patricia Crawley, Matt Collie, Christine McCarthy, Matthew Wise, Tom Edwards, Levi Flowers, Richard Powell, Stephanie Grey and Michael Koculym

Film Fighters

Being in the Beach I'm always getting calls from agency's looking for kids and adults that know Martial Arts, so with my previous movie and T.V. experience I've decided to start up a talent company of my own. Carey Corrigan shot a bunch of head and action shots for us and in just one week from getting them done Adrian Whiteman landed a gig, spending five days on the set of a Tai Kickboxing movie called Punch. In the spring a few of us had the opportunity to work with a new production company and the director wants to help me with this new project, so if you're interested in doing any of this kind of work let me know. We will do a DVD and resume for you as well as training in stunt fighting, falls, camera angles, and many other tricks of the trade, it will be fun, exciting who knows where it could go or who you will meet. We will have a picture day September 25th for your DVD and head shot. Watch the events board for the sign up sheet.



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

"It is one thing to know the Path, it's another to walk it."

Dojo Closed for Renovations

Last week of August the dojo will not be running regular classes. There maybe a good chance that I will be around doing renovations. I want to lay some hardwood in the guy's change room and there is a fair bit of painting to do in there so if you want to help or train call in and we will figure something out.

Gulliver's Lake Tournament Review

As usual the Kenney's hosted another fantastic tournament at Gulliver's Lake, and as usual the Beaches cleaned up. This time we brought home more than just a whack of medals and the bragging right for the volleyball tournament, this time we also brought home a brand new "Wave Master" for bringing the most competitors – very cool. The divisions were large so that makes the victories even more rewarding, coming first out of four is one thing but when there is fifteen in your division well that is another story. Good job every one and look forward to the next CMAC tournament in Waterloo it hosted by Sensei Skoryk and it is also an outdoor tournament and a great event see you there.

MEDAL STANDINGS:

Riga Gyaltsan-Gold-Kata, Gold-Basics. Silver-Team Kata
Anna Tisdall -Silver-Kata & Team Kata, Bronze-Family Kata
Sam Lilly-Gold-Kobudo
Levi Flowers-Gold-Kobudo
Christian English Pratt -Gold-Kobudo
Lindsay Hacker-Gold-Team Kata
Carey Corrigan-Gold-Team Kata, Gold- Kobudo Kata
Jackie Kortright Gold-Team Kata, Bronze-Basics
Mr. Tisdall-Bronze-Family Kata.

• if your name and medal standings were not listed here please advise and they will be printed in next months issue of the newsletter

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.

