

# JADE Buddha



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## FANTASTIC FOUR

*Sunday October, 2nd*

This was a very special grading Beach Dojo. Rob Farmer, Philip Burton, Jaqueline Kortright and Alex Bethke will be the first Beach students to complete the first 6 ranks.

For those of you who were fortunate enough to see them in action you will agree they were nothing short of spectacular! Congratulations to all of you.

### Battle in the Beach

*Sunday, November 6th*

This competition is going to be fun! Sensei O'Connell of the Highpark Dojo and our Sensei are holding the 2nd annual Battle in the Beach, so get your Katas and Kumite dusted off.

As well this year will feature the first "Basketball Battle" competition for the Adults at the end of the day. More information will be available soon.

### Kids All Niter

*October, 22nd*

During this special seminar kids will learn new techniques and practice stamina and focus. AND of course have TONS of FUN sumo wrestling, defying gravity with crazy kicking techniques. Sign up now!

### INSIDE THE JADE BUDDHA

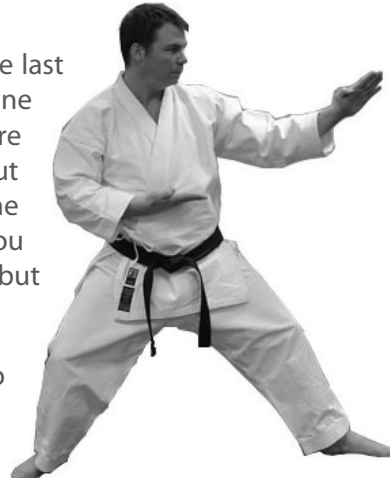
Sensei's Note	2
Training Tips	2
Grading Results	2
Events Calendar	3
Karma	3
Awareness	3
Did you Know?	4
Hidden Words	4
Sept Grading Results	4

*"To know and not to do, is not knowing."*

## SENSEI'S NOTE

What a great summer, now it's time to focus on the last quarter of 2005. Try to get yourself back into a routine of training at least three times per week. Kids that are red belt and up are more than welcome to come out and assist the lower kid's classes, but please talk to me first. Every time you're on the floor it's all training, you may think that you are helping me and you maybe, but you will always be learning so it is for your benefit.

Thank you to all who helped out around the dojo while I was in Thailand, it was greatly appreciated.



## TRAINING TIP

Balance is the key to life. If something is out of balance in a certain area of your life like work, school, relationships, diet, exercise, and recreation it will have an effect on other parts of your life. If you work too much, relationships suffer, if you go out too much your school or work will suffer, if you don't exercise and eat the wrong foods your health will suffer. Find balance and you will find harmony, things will happen easier and go smoothly.



## GRADING RESULTS

*for August 20th*

### Kids Karate

#### Yellow Belt

Anna Inglis  
Lara Tomori  
Mark Frame  
Matthieu Krajcicek-Allard  
Joshua Thomas

#### Orange Belt

James Dorgen  
Matthew Keresteci  
Charlie Borenstein  
Ryan Kerrigan  
Collin Goodman

#### Purple Belt

Robert Martin

### Adult Karate

#### Orange Belt

Karl LaFraboise  
Mike Hamilton  
Lisa Purdie  
Awaovieyi Agie

#### Blue Belt

Patricia Crawly  
Matthew Collie

#### Brown Belt

Alex Bethke  
Vito Clemente  
Sean Delaney  
Sue Waren  
Shanta Nathwani

*Next Kyu Belt grading Oct 29*

*"All unhappiness is caused by comparison."*

## EVENTS CALENDAR

### October, 2005

- 2 - Black Belt Grading
- 8-9 - CMAC West Camp
- 22 - Kids All Niter
- 29 - Kyu Belt Grading

### November, 2005

- 5 - Kyu Belt Grading
- 6 - Battle in the Beach

No Kyu Belt Grading

### December, 2005

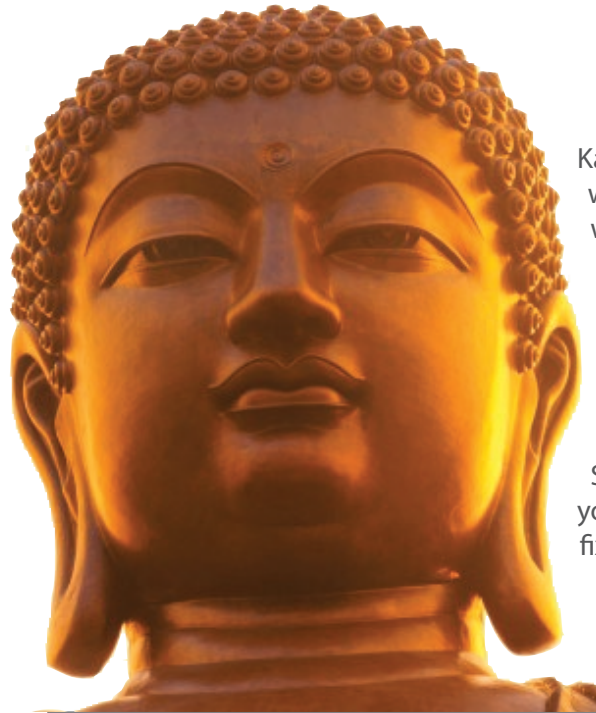
- 10 - Kyu Belt Grading
- 17 - Xmas Party
- 23-31 - Holidays Dojo Closed

### January, 2005

- 1 - Dojo Closed
- 2 - Dojo open
- 28 - Kyu Belt Grading



*Retro time 2002*



## Karma

Karma means that you don't get away with anything; we all reap exactly what we sow. People sometimes think of Karma as destiny, but in fact, the word actually translates as action and reaction. Every cause has an effect. Good energy, thought vibration will express itself in a positive way, and the opposite will happen with negative thought. So if your life is not working out the way you want, you might want to think about fixing your Karma.

## Awareness

One who lacks awareness perceives the truth like a spoon perceives the taste of soup. One who practices awareness, perceives the truth, like the tongue perceives the taste of soup. You will become your own worst enemy if you live without awareness. Grow in watchfulness and meditation and your life will be fruitful.



***If you don't have a Beginners Guide to Goju then get one!  
It is a excellent source of training information.***

*"Learn to know yourself before you presume to know others."*

## Did you know?... In ancient China,

...on cold brisky days, the chinese would stuff small breeds of dogs up their sleeves to keep warm. It's true. I wonder how the dogs felt about this?



## Hidden Words Puzzle

Attempt to find all of the hidden words below. There is a message in the puzzle. Can you find it?

F I R S T S E O U R S H O D A  
 N W W C P M S S C K V T B L I  
 S T V Z O A B M K K T A I N K  
 V N B N A X G G B U X J K C B  
 R H J F S E N S E K A L I M T  
 N Z N T B I I G E M I K K T W  
 S O A O D G N T C O U Y R P O  
 T F P A E E I D G C R I X C B  
 F C R X L S A Q A O I Y E A R  
 M G E L K Y R U G N E M N C F  
 H X A W H A T X L S S G X S Q  
 V H S E P A I K U X N N D F T  
 C W P P U K C G C E A Y S U C  
 H P Q L D Y H G S D S V K I I  
 A I B X I Q I Q V S H V G W U

CHALLENGE  
 GRADING  
 SANSEIRU  
 TAI

CHI  
 KALI  
 SEPAI  
 TONFA

EXAMS  
 KIME  
 STAFF  
 TRAINING

## GRADING RESULTS for August 20th

**Kids Karate**

**Yellow Belt**  
Erik Segriff

**Orange Belt**  
Patrick Redburn

**Red Belt**  
Shannon Stein  
Matthew Moy  
Katherine Moy

**Blue Belt**  
Christian English – Pratt

**Adult Karate**

**Green Belt**  
Levi Flowers

**Blue Belt**  
Angelo DiLisi

**Brown Belt**  
Adrian Hillyer

**Kobudo**

**Yellow Belt**  
Levi Flowers

**Orange Belt**  
Christian English-Pratt

**Brown Belt**  
Michael Koculym

*Congratulations*