

JADE Buddha



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

416-690-2885

www.cmacbeaches.com



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

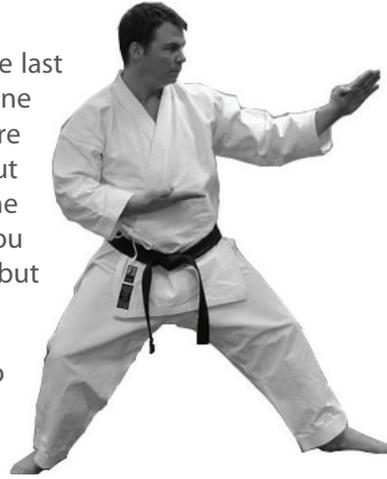
| | |
|----------------------|---|
| Sensei's Note | 2 |
| Training Tips | 2 |
| Grading Results | 2 |
| Events Calendar | 3 |
| Karma | 3 |
| Awareness | 3 |
| Did you Know? | 4 |
| Hidden Words | 4 |
| Sept Grading Results | 4 |

"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

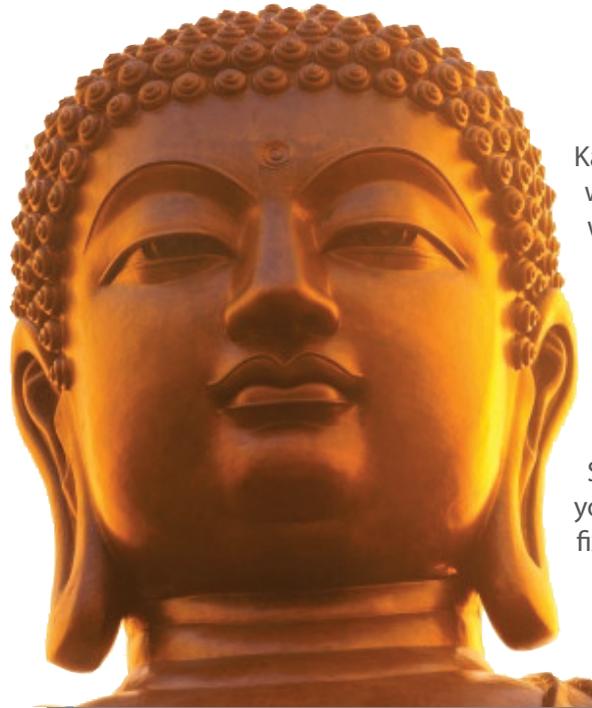
- 10 - Kyu Belt Grading
- 17 - Xmas Party
- 23-31 - Holidays Dojo Closed

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