

JADE Buddha



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

416-690-2885

www.cmacbeaches.com

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!

As well this year will feature the first "Basketball Battle" competition for the Adults at the end of the day. Sign your team up now!

Photo Day

Sunday, November 12th

Who doesn't want an action trading card of themselves in full Karate mode? How about a great class picture too? Well, I certainly do!

So, brush up those pearly whites and head to the Dojo on Nov 12th because our CMAC resident photographer Dave Battler will be in to take professional photos. See price list at the front desk.

Sensei Platt Seminar

November 20th

Tai Chi, Iron Thread, Sword, Goju Shi Ho, and some Jo are among the many things Sensei Platt will blow your mind with during his Seminar at the Honbu. Make sure you arrange your time so that you don't miss out.

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"Our rewards in life will depend on the quality and amount of contribution we make."

SENSEI'S NOTE

The time to represent is here! CMAC offers 4 tournaments a year in Ontario, so when the opportunity to compete arrives you should be there. As the odd saying goes "An opportunity missed is an opportunity lost." There are many things to be gained from a friendly Martial Arts tournament, you'll meet people from other dojos in the organization and compete against them every year you go out, creating new friendships. Also you'll see many kata that you haven't learned yet, as well as different styles of movement that may suit you. The tournament is a useful part of your Martial Arts evolution as long as it is kept in the right context. Learn, have fun, don't let it go to your head.



TRAINING TIP

Self Discipline is the thing that separates the winners from the others. Winners work at doing things the majority of the population are not willing to do. Our rewards in life will depend on the quality and amount of contribution we make. The body is the tool of the mind, so your self discipline is a reflection of the strength of your mind. Keeping a dedicated training schedule is a start to develop your self discipline. Each time you show up for class no matter what obstacles you had to overcome strengthens the body mind connection. Self disciplines begins by putting your toes on the line.



GRADING RESULTS

for October 29th

Kids Karate

Yellow Belt

Christopher Pollack

Orange Belt

Nat Hall

Red Belt

Xavier Kinderchuk

Emily Waplington

Green Belt

Sam Lilly

Adult Karate

Yellow Belt

Michael Koculym

Orange Belt

Dave Hill

Blue Belt

Christine McCarthy

Adult Weapons

Yellow Belt

Jordan Hill

Blue Belt

Jackie Kortright

Brown Belt

Peter Jones

Next Kyu Belt grading Dec 10

The longer the belt line the shorter the life time.

EVENTS CALENDAR

November, 2005

- 5 - Kyu Belt Grading
- 6 - Battle in the Beach
- 12 - Photo Day
- 20 - Sensei Platt Seminar
- No Kyu Belt Grading

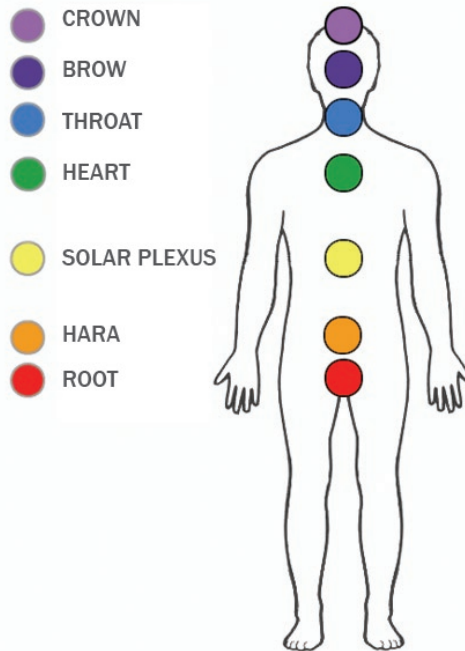
December, 2005

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

January, 2005

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

THE COLOURS RELATED TO EACH CENTER



CHAKRAS

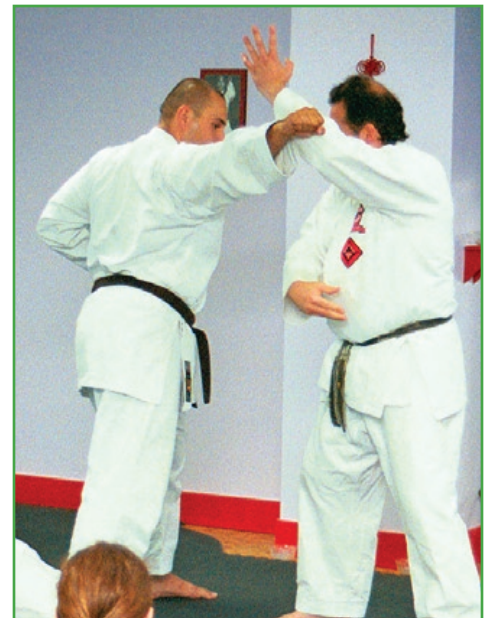
When the ancient clairvoyants looked at the energy centers, they saw them as spinning wheels of light, so they were called chakras, which means "wheels".

The 7 chakra centers are the root, spleen, solar plexus, heart, throat, brow, and crown.

To energize these Chakras see their related colour in the related area grow and pulsate with light.

Sensei Platt Seminar

This months Sunday Seminar will be a trip to the Honbu to train with Sensei Platt. Sensei has opened his dojo for us and if you have never been to the Headquarters of CMAC here is your chance. Sensei Platt will be covering many things from the last CMAC camp, including the Iron Thread, the advanced tai chi set, chen, Goju Sho Ho Shi, Daito Ryu Ju Jitsu, and some Jo. I would highly recommend that you clear your schedule and make the effort to get to Burlington for this rare opportunity to train with the Man. In my opinion no one puts on a better seminar experience.



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



"Mental strength is secured by the same way physical strength is by exercise."

Kids All Niter

This All Niter was a total Hit with the kids and assistance for that matter, everyone had a blast. In the opening session there was a barrage of Sensei Platt's kata and Itosu Rohai and lastly Jitte. After a short break it was right into the madness, some of the fights were really over the top. We didn't go as hard as previous times and I think that is why there so many survivors for the secret kata in the morning. But some of the new guys were so done that they didn't even wake up when we were doing kata right in front of them. Ah Good Times had by All. We'll have another one on the Xmas break, so don't miss it!



Did you know?...

Sore muscles are caused by an excessive amount of lactic acid. Lactic acid is caused by a shortage of oxygen to the cells within the muscle. So drink your water before and during your training, and remember to breath!!!