

JADE Buddha



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Merry Christmas & Happy
2006

Christmas Party

Saturday December 10th

Join us at the Mandarin on Saturday December 10th after the Kyu belt grading. We will be remembering all the Great times of 2005 while we enjoy the Buffet. The Mandarin is located at Birchmount and Eglinton. Plan on being there for 5pm. This event is more suited for the adult students of the Dojo and parents are welcome as well.

Dojo Tournament

December 17th

Make sure to be at the inner dojo tournament for your last chance to compete in 2005. There will be divisions for kata kumite group kata self defence and weapons.

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"Without patience the world would be one big asylum for all."

SENSEI'S NOTE

Congratulation to all those who got involved at the Battle in the Beaches, your performance and enthusiasm really made the event worth while. I appreciate all the help and energy everyone put in and it is because of your efforts the tournament was such a huge success. I would also like to thank Sensei O'Connell and the Highpark dojo for all there help with the rings and the huge job of registration, that new online system seems to be the way to go. All the feed back so far has been very positive, pertaining to organization, fairness, board breaking, the two out of three fight system was a big hit, basics division, and everyone liked the basket ball game at the end. Well Done OUS.



TRAINING TIP

Never take your training for granted. The way to success is eternal vigilance. The other day a student asked "What does it mean - you'll get out of the training what you put in?" and the response was the harder you train the more results you'll see, you will become faster, stronger more physically fit, and the more you meditate the more you will feel centered and focused.

Always remember that your training is not just blocking, punching and kicking that is only the first of three parts the other two are prolonged meditation and philosophical assimilation. The last two being the most difficult for the beginner, as they are always looking for the quick fix. Martial Arts is one part physical and two parts non-physical, and that in itself is a valuable lesson. Meditation is a powerful part of the training it will unleash your true inner strength and fine tune the most important muscle you have, your heart. The Martial Arts Philosophy has been developed over centuries through the wisdom of the Great Masters and is there to enlighten and inspire us to prevail through the dark days and hard times of our regular lives. Myamoto Musashi once said "The way is in the training." meaning that you can find the answers you seek through the training, balance the mind body and the spirit and the answers will come. Don't take the training lightly it is more powerful then you could possible know.

GRADING RESULTS

No Grading for November!



*Next Kyu Belt grading
December 10 th*

"Patience is power of perpetual usefulness."

EVENTS CALENDAR

December, 2005

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

January, 2006

- 1- 8 - Dojo Closed
- 9 - Dojo open
- 10 - 2.75 Kids start
- 28 - Kyu Belt Grading

February, 2006

- 25 - CMAC Camp
- 26 - Black Belt Grading
- No Kyu Belt Grading

March, 2006

- 11 -Kyu Belt Grading



Retro Time Warp

Mudras

Mudras are a non-verbal mode of communication and self-expression, consisting of hand gestures and finger postures. They are symbolic sign based finger patterns taking the place, but retaining the efficacy of the spoken word, and are used to evoke in the mind ideas symbolizing divine powers or the deities themselves. The composition of a mudra is based on certain movements of the fingers; in other words, they constitute a highly stylized form of gestural communication. It is an external expression of inner resolve, suggesting that such non-verbal communications are more powerful than the spoken word.

Many such hand positions were used in the Buddhist sculptures and paintings of India, Tibet, China, Korea and Japan. They indicate to the faithful in a simple way the nature and function of the deities represented. Mudras are gestures which symbolize divine manifestation. They are also used by monks in their spiritual exercises of ritual meditation and concentration, and are believed to generate forces that invoke the deity.

Sensei Platt

Sunday November 20th was a beautiful day for the drive out to Burlington for the Sensei Platt Seminar. We started at 9:30am with some Nei Chi and that session flew by with a combination mind blowing moves and earth shattering concepts. Next was the Karate session and introduction of the Shaolin Holly Heaven Sequence - Awesome. Goju Shi Ho wasn't shown do to time restraints, oh well next time. The last session was Jo and we work some great 2 person Jo as well Nubiru No Jo Sho.



All in all a fantastic way to spend Sunday. Thanks Sensei Platt.

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

"One slip does not make a person a failure, anymore than one good turn makes a person a saint."

GRASSHOPPERS

Ever Dojo has them, you can spot them a mile away, they are the guys who have all the energy and enthusiasm to motivate the rest, the guys that are always at the dojo. I would like to introduce Christian, Levi, and Sam. They come to the dojo everyday after school and do odd jobs like cleaning, vacuuming, going to the printers and back in record time, helping with private lessons. Basically anything that needed to be done I can count on these guys. Levi took on the painting assignment while I was in Thailand, he did a great job, and he had to make an executive decision on a couple of matters and choose wisely. They are always willing to help out a junior belt and behave in a mature and responsible manor, truly worthy of the rank they have earned. After watching them for some time now I have decided to let them take the private lessons for the kids. They are patient, responsible, and serious but at the same time fun and good natured for the kids to learn from their example. Now you parents can take this opportunity and hire a grasshopper to do a private lesson with your child any day after school. Lastly I would like to mention that trust takes a long time to earn and can be lost in an instant by acting irresponsible.



NAME THAT KYU!

Guess the name of at least one Kyu Belt in this months *"Retro Time Warp"* photo and win a **\$10** gift certificate to *"Licks"*.

First student to email the correct first and last name/s to:

carey@ogaal.com will receive this months award. Good Luck ;-).

Did you know?...

The word "Christmas" means "Mass of Christ," later shortened to "Christ-Mass." The even shorter form "Xmas" - first used in Europe in the 1500s - is derived from the Greek alphabet, in which X is the first letter of Christ's name: Xristos, therefore "X-Mass."

Today we know that Christ was not born on the 25th of December. The date was chosen to coincide with the pagan Roman celebrations honouring Saturnus (the harvest god) and Mithras (the ancient god of light), a form of sun worship. These celebrations came on or just after the winter solstice, the shortest day of the year in the northern hemisphere, to announce that winter is not forever, that life continues, and an invitation to stay in good spirit.

