

# JADE Buddha



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## Happy New Year 2006 is the year of the Dog

Dogs are honest straightforward and friendly. They are extremely protective of their loved ones. With a passion for fair play and justice, they never fail to rescue you time after time. They may rant and rave, but they never rest until they right the wrong. They are humanitarians and suffer with the world. In spite of their concerns for others, social graces and fancy parties do not impress them. Having sharp eyes, they will see right through people's motives. They make good leaders, business man, teacher, activist, or secret agents.

Dog people are compatible with those born the year of the Horse, Tiger and Rabbit.

### 2.75 Kids Start

*Tuesday January 10th*

Make room in line for the new additions to the Beaches Dojo, the 2.75 Kids are coming to class!

Remember to be patient, compassionate to our new kyu bothers and sisters and always set good examples for them to follow.

### Kyu Belt Grading

*Saturday January 28th*

This will be the first grading of 2006! Do you feel up for the challenge? Get your basics, kata and kumite brushed up and start your Karate new year off with a bang!

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*"Clear your mind, have dedication in your heart, skill in your hands, and health in your life."*

## SENSEI'S NOTE

Thank you everyone for all the nice gifts over the Holidays, I really like the new Gong. I will find the appropriate place for it in the Dojo and use it often to symbolize the beginning of class and the end of drills and during curtain times in meditation.

Nothing has the ability to transport us to another place and time quite like the brilliant resonance of a gong. For over a thousand years, gongs of various types have played an important role in both the religious and secular music of many Asian cultures. Gongs were sounded to chase away evil spirits, warn of invading armies, heal the sick and invoke the spirits of the dead. To be touched by a gong was said to bring happiness and strength.



## TRAINING TIP

### *Musashi's ways of Strategy*



1. Do not think dishonestly.
2. The Way is in training.
3. Become acquainted with every art.
4. Know the ways of all professions.
5. Distinguish between gain and loss in worldly matters.
6. Develop intuitive judgement and understanding for everything.
7. Perceive those things which can not be seen.
8. Pay attention even to trifles.
9. Do nothing which is of no use.

## GRADING RESULTS

*for December 10th 2005*

### Kids Karate

#### Yellow Belt

Logan Rogers  
Julia Borenstein  
Kristen frame  
David Brown  
Lawrence Hoo

#### Orange Belt

Owen Salter  
Cole Charnetski  
Nikki Murphy  
Emily Jacklin  
Natalie Heckhausen

#### Red Belt

Steve Chong  
Elizabeth Chong

#### Purple Belt

Vidan Zivic  
Eric Wallace

### Adult Karate

#### Blue Belt

Matthew Wise

#### Brown Belt

Peter Jones  
Geoffery Busbridge

### Kobudo

#### Yellow Belt

Sam Lilly

*Congratulations to all of you!*

*Next Grading January 28th*

*"Health wealth relationships - always check the deposits in those accounts."*

## EVENTS CALENDAR

### 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

## Mantras

The word Mantra comes from the Sanskrit "Mantrana", which means advice or suggestion. The Mantra or word is a sound pattern that suggest to the mind the meaning inherent in it, and the mind immediately responds.

Om Mani Pedme Hung - translates to "The Jewel is in the Lotus." Commonly called the 6 syllable mantra, can legitimately be referred to as the national mantra of Tibet.

What it means is that wisdom and compassion (the jewel that we all seek), are inherent within all of us. Therefore we are what we seek.

This Mantra is practiced more than any other in the world. It is pre-eminent in producing a state of dynamic compassion in the sayer. Dynamic means that this compassion contains as part of it the ability to powerfully manifest in both subtle and obvious ways. One of the simple yet profound teachings which accompanies this mantra is the concept that when the mind and heart become united, anything is possible.

## More on Karma

The other day I was telling the kids more about karma. Christmas was coming up and I thought it would be a good idea to explain how things work. Your life is about karma, cause and effect, if you send out a good vibe, energy, feelings, they will come back to you and the same is true for the negative, like attracts like. So in the spirit of Christmas be good and nice and you'll be better off in the long run.

So they would get a better understanding I mention that if you hurt someone's car, and one day you get a car someone will come along and vandalize your car. Somebody in the class says "Uh Oh". If that point stops some kid from doing something stupid I'll be happy.

As most of you know the teenagers here in the Beach are getting out of control, please take the time to explain karma to your kids, it will save them a lot of unnecessary pain and anguish in the future.

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



China Shaolin Temple 2004 Master of the One Finger Hand Stand



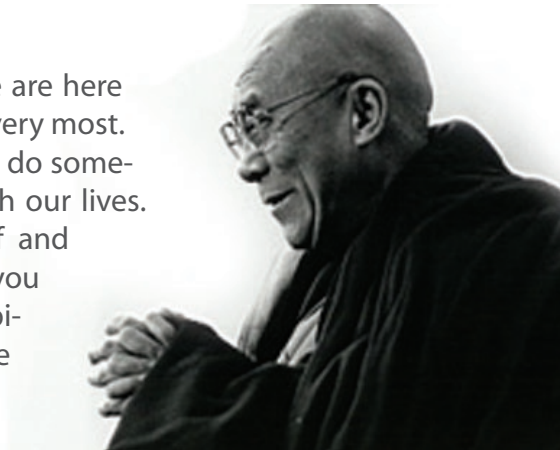
*"The way to have focus is to concentrate on having focus."*

## Beach Dojo Tournament *Rohai Rumble*



## Dalai Lama

We are visitors on this planet. We are here for ninety, a hundred years at the very most. During that period we must try to do something good, something useful with our lives. Try to be at peace with yourself and help others share that peace. If you contribute to other people's happiness, you will find the true goal, the true meaning of life.



### DOJO Tourny Results

#### GOLD MEDAL WINNERS

##### KATA KIDS

Logan R, Coltrane, Riga, Patrick, Ben, Ryan H

##### KATA ADULTS

Matt Wise, Karl F, Carey

##### WEAPONS KATA

Alex Bethke

##### IAIDO

Alex Bethke

##### KUMITE KIDS

Mark F, Riga, TT, Eric P, Clark, Owen, Mike S,

##### KUMITE ADULTS

James, Karl F, Patricia

##### SELF DEFENCE KIDS

Xaivier Kinderchuk

##### SELF DEFENCE ADULTS

Alex Bethke

***Well Done Everyone***

***Congratulations***