

JADE Buddha



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BLACK BELT GRADING & CAMP WEEKEND

February 25 & 26

If you are at a green belt level and up you should be in attendance of the black belt gradings. This is also a wonderful opportunity to train with Sensei Platt in his mini camps which are only offered three times per year. A black belt grading also gives you a sample of what to look forward to in your training.

Kyu Belt Grading

Saturday March 4th

I heard rumor that there will be Mudancha challengers in this grading. This should be a high energy grading! If you are feeling ready for the challenge start brushing up on your pre-requisites now. Put in the extra hours, offer your help with Dojo duties. March 4th is right around the corner.

Retro Time!

The first person to guess who is in the picture on page 3 could be in next months issue of the Newsletter. Imagine your picture on the cover. How cool is that?

Email your guess to:
carey@ogaal.com

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"The less full of ourselves we are, the more room there is for others."

SENSEI'S NOTE

This Sensei's Note comes from Sense Platt of the Honbu Dojo. 2006 pledge your head to clearer thinking, your heart to greater dedication, your hands to greater skill, and your health to a better life! Maintain a calm disposition and stance to ensure intense technique and decisive choices. This can be the year of your greatest progression in the Martial Arts and your life no matter what level. All that is required is a patient awareness and an awareness that is patient. Power forward but do not force things, give them a chance to nurture. Keep this concept in mind especially with your training. Grasp the essence of what you are doing then you can move towards realization.



TRAINING TIP

MOTION

The difference between follow up step (tsugi ashi) and alternate step (ayumi ashi)

The follow up step (tsugi ashi) is fundamental in the Martial Arts, boxing and fencing. It is movement by which the lead foot moves first shifting the body weight onto that foot then bring the other foot up.

The alternate step (ayumi ashi) is normal stepping one foot in front of the other, or keeping a chosen side forward and cross stepping.

Tai Subaki a kind of circular motion that has always been of fundamental importance to those Martial Arts applied in counterattacks because it allows a man to evade the direct force of an attack, while strategically positioning himself for launching his response.

GRADING RESULTS

for February 4 2006

Kids Karate

Yellow Belt

Evan Neff
Clark Vandenhoven
Evan Hickey
Alex Badali
John Badali

Purple Belt

Rebecca He

Adult Karate

White Belt

Jeff Nielsen
Tom Heighington

Weapons

Orange Belt

Levi Flowers



Next Kyu Belt grading March 4

"The way to have an easier life is to become tougher through hard work and discipline."

EVENTS CALENDAR

February, 2006

- 25 -CMAC Camp
26 -Black Belt Grading

March, 2006

- 4 -Kyu Belt Grading
11 -March Break

April, 2006

- 22 -Kyu Belt Grading
30 -CMAC T.O. Tournament

Medicine Balls

Baoding Balls or Iron Health Balls or Medicine Balls, they have many names and many benefits for health. This healing method dates back to the Ming Dynasty. Placed in the palms of the hand they are designed as a type of hand chime, with one ball having a higher tone, by rotating two on one palm they are thought to increase chi and blood circulation by unblocking channels (jinglou) of vital energies by pressing on the accupressure points of the palm and fingers. The fingers and palm reflex points are in turn connected to the heart and various other internal organs, at the very least one will feel a calming affect for both the mind and body.



Who is this Handsome Yellow belt?



RETRO TIME
2002

The Four Noble Truths

- (1) Suffering is everywhere.
- (2) Suffering has a cause and an effect
- (3) There is freedom from suffering
- (4) Freedom is the Eightfold Path

The Eightfold Path

WISDOM TRAINING

- 1) Right View 2) Right Intention

ETHICS TRAINING

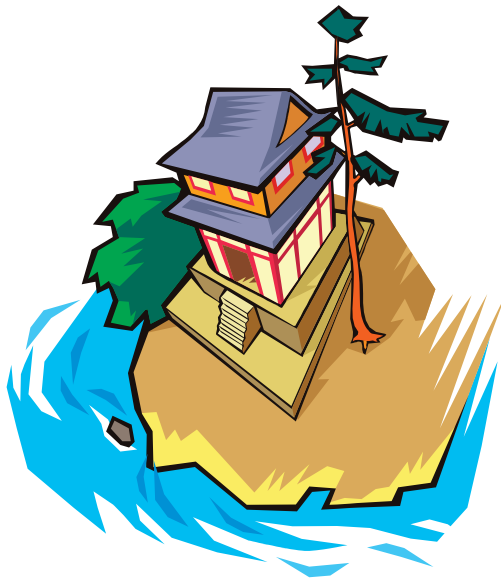
- 3) Right Speach 4) Right Action 5) Right Livelihood

MEDITATION TRAINING

- 6) Right Effort 7) Right Mindfulness 8) Right Concentration

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

"Even though the Path is a thousand miles, you walk it one step at a time." Musashi



Feng Shui

The three basic areas to consider in feng shui are energy flow, yin yang balance, and the interaction of the five elements. It is important to remember that symbolism is just as important as placement.

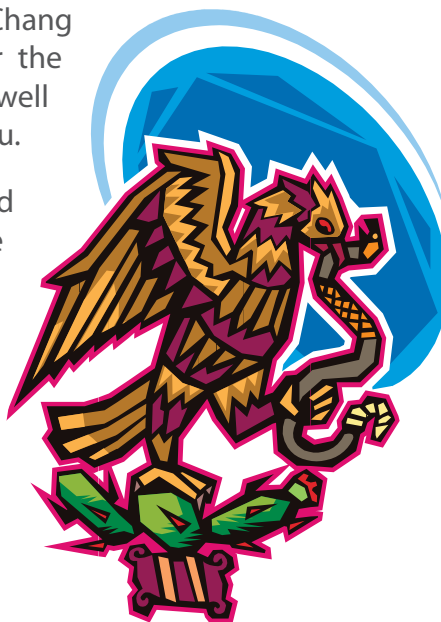
When using Dragons remember: one is for a strong will power and good fortune. Two are for unity - nine are for longevity - turquoise, red and gold are good colours, place them at eye level with the head facing south

towards a waterfall or fountain. Having them at eye level where you can see it will provide you with its strength and vitality. Avoid having them in a bedroom as they exude a strong yang energy which is not what you need when you sleep.

Tai Chi Chuan

Tai Chi Chuan was developed by Chang San-Feng a Taoist who lived near the end of the Sung Dynasty. He was well versed in the art of Shao Lin Kung Fu.

One day while meditating he noticed a snake and an eagle fighting. He was so impressed with the speed of the eagle's attacks and the slow and soft evasive movements of the snake. It inspired him to develop soft exercises and combat style which imitated the methods of fighting practiced by the animals.



GRADING TIPS!

Here are a few things that every student should be familiar with before their grading.

- Arrive early to your grading. Give yourself enough time to register and warm up.
- Be prepared. Know your katas, basics and prerequisite well. Be confident in your techniques, if you've made it this far Sensei has confidence in you!
- Bring your gear. If you are grading in Karate you will need your mouth guard and sparring equipment. If you are grading in Kobudo you will need to bring you weapons.
- Have your crests on your Gi. Goju Fist on top of CMAC crest on the left side of your Gi over your heart.

WAYS TO FAIL A GRADING

- Show up late to your grading
- Profanity during your grading
- Drawing blood at anytime
- Turning your back on a Black Belt especially Sensei. Walk backwards to your space.

If you ever have questions regarding Grading etiquette ask Sensei.