

JADE Buddha



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NEW Tournament Classes!

Starting in March, Tournament classes will be held at Dojo 1 & Dojo 2. These classes will not only prepare you for Competition but are also awesome and rare opportunities to get more training time with Sensei.

See page 3 for more details.

Kyu Belt Grading

Saturday March 4th

If you were there then you know. If you were not you will. This grading was FULL of energy and strength.

Congratulations to all of you who challenged in this grading you gave it your all.

Retro Time WINNER Peter Jones

Peter Jones is not only a dedicated and talented Kyu, he also has a history of Martial Arts that include Karate-Do, Kobudo, Tai Chi & Tai KwanDo to name a few. Most importantly Peter was first to correctly identify the Rohai in last months retro time photo. Mr. Alex Bethke was the correct answer.

Congratulations Peter you are now a newsletter Super Star!

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"Develop the One to meet the Many. That is the discipline of the Warrior."

SENSEI'S NOTE

During this year of "Foundation" a simple technique that can be of great assistance in setting the tone for a productive day is to program yourself with a "power word". An example of this would be if you were feeling a sense of doubt or fear towards what you are going to do repeat "courage is my way today".

Remember worry and anxiety does nothing to assist your future reality but only drains your energy today. So don't hold anger for the past or fear for the future, just an awareness of the here and now. What lies ahead or has gone before are not as important as what lies within. Be like the mirror that reflects and does not except so it does not hold onto the negatives. Always a hard concept for the students to grasp in the martial arts is that the dojo, your training partners, and/or opponents all exist to assist one to learn about themselves; the premise is that the more you understand your own strengths and weaknesses the more you will be able to see them in the opponent.



TRAINING TIP

T'ai Chi

The internal energy, chi roots at the feet, then transfers through the legs and is controlled from the waist, moving eventually through the back to the arms and finger tips.

The internal energy should be extended, vibrated like a drum. The spirit should be condensed in toward the center of your body.

You must emphasize the use of the mind in controlling your movements, rather than the mere use of the external muscles.

T'ai chi emphasizes the development of the mind rather than the muscles, since the mind can be developed infinitely, beyond any limits of time and space.

GRADING RESULTS

March 4 2006

Will be posted in April's Newsletter



Next Kyu Belt grading April 22

"Make your life a mission not an intermission"

EVENTS CALENDAR

March, 2006

- 4 -Kyu Belt Grading
- 5 -Tourny Class 12-2pm
- 11 -March Break
- 12 -Tourny Class 12-2pm
- 26 -Tourny Class 12-2pm

April, 2006

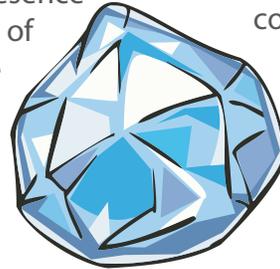
- 2 -Tourny Class 12-2pm
- 9 -Tourny Class 12-2pm
- 16 -Easter Parade 2pm
- 22 -Kyu Belt Grading
- 23 -Tourny Class 12-2pm
- 30 -CMAC T.O. Tournament



Crystals

Crystals are fossilized water. They come into existence when water combines with an element in the presence of certain conditions of pressure, temperature and energy.

Metaphysically, water - the source of life - enables a member of the mineral Kingdom to express itself as a more unified and ordered being, reaching for greater completion toward the universe.



Quartz amplifies, transforms, stores, focuses, and transfers energy.

Crystal's effect on mental energy are as dramatic as it's effects on physical energy. The crystal is the corridor between the physical dimension and the dimensions of the mind.

A crystal can serve as a vehicle for reaching and operating talents and abilities of the mind.

All the psychic abilities can be stimulated and amplified by the use of the crystal. Most effective metaphysical use is in healing.

Tournament Classes

Keep your eyes open for the tournament classes being held on Sundays from now until the CMAC Tournament April 30th. Classes are \$10 each and we will go for 2 hours from 11:30 am to 1:30 pm. Classes will cover every aspect of the tournament.

"Opportunity favours the prepared mind body and spirit."

This tournament prep time plus your regular training and the use of dojo # 2 to use as you wish, your success is favourable.

CMAC MEMBERSHIPS

Parents and students please keep your CMAC memberships up to date. There is a list of expiries on the events board. This membership is with the Honbu and not to be take for granted.

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

"Don't be angry about the past or fearful of the future only aware of the now."



Tiet Sin Qi Gong Iron Thread

The founder of Tiet Sin Qi Gong school is Tiet Qiao San. In his time he was called one of the "Gaungdong Ten Tigers". He is a well known and esteemed Master among Kung Fu followers. Tiet Qiao San, a favorite disciple of Shaolin monk Jue Yin, was famous for his mastery and had no rivals equal to him.

Tiet Sin or Iron thread training is a powerful system for getting the whole body into motion, improving blood circulation and chi or qi flow. Bones muscles and sinews are subjects of outer strengthening, and internal organs and the spirit "Shen" are subject to internal strengthening. Therefore the spirit and health are improved.

Tiet Sin Qi Gong is done in every T'ai Chi class, here at the dojo.



Did you Know....

That all future Black Belt Gradings will be opened and started with a Taiko drum?

In feudal Japan, Taiko were often used to motivate troops, to help set a marching pace, and to call out orders or announcements. Approaching or entering a battle, the taiko yaku (drummer) was responsible for setting the marching pace, usually with six paces per beat of the drum (beat-2-3-4-5-6, beat-2-3-4-5-6).

According to one of the historical chronicles (the Gunji Yoshu), nine sets of five beats would summon an ally to battle, while nine sets of three beats, sped up three or four times is the call to advance and pursue an enemy.

Try and make it to the next Black Belt grading it is awe inspiring.

GRADING TIPS! NEW UPDATE

Be familiar with these TIPS before your 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 your 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.

FOR WEAPONS:

- **If you are hit in the head during bo futari you fail.**
- **If you hit uke in Jo Do you fail.**

In weapons training mistakes are not an option.

If you ever have questions regarding Grading etiquette ask Sensei.