

JADE Buddha



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www.cmacbeaches.com



2006 Beaches Easter Parade

April 16th, at 2pm

Toronto Tournament *Sunday April 30th*

These tournaments are few and far between so when one comes up grab all you can. Also it is a group effort for the dojo with the most overall medals. It is your dojo duty to go in as much as you can, the more medals you win the more it helps the team.

Kyu Belt Grading *Saturday April 22nd*

As a Dojo grading gets closer, you should be seen in class a lot more often if you plan on challenging. Nothing feels better then going into your grading strong and confident in your training.

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"Experience is not what happened to you it is what you do with what happened to you."

SENSEI'S NOTE

It's that time of year again that we all look forward to "THE EASTER PARADE!" I would like a bigger show than last year which was the biggest so far. Every year the numbers should get higher, this is part of your school spirit and really is a must for all students. We start at 2pm at the water works and march along Queen St. to Woodbine it takes about an hour and we are kicking and punching, doing kata, hitting shields, working futari, weapons, tai chi, and there is usually some sword play. Everyone has a great time and it is one of the better events in the parade. This year I have something planned that should be pretty cool. If you want to do something special in the parade this year you can work on it in class, or during the tournament classes, or come in anytime and use dojo # 2. Mr. Bethke and Geoff Busbridge have a great bo futari that I hope they bring out to impress the fans as well as the girls have been working Sil Lum and that is always a crowd pleaser, and the kids are fun to watch and getting better every year. So lets dig in and put on a good show this year the Beachers are depending us.

TRAINING TIP

Sensei Williams is hosting the CMAC Spring Tournament at Midtown the April 30th. Make sure you get out to compete.

I was asking one of the guys the other day where his gear was and he said he didn't have any and I asked him what he was going to do about the tournament, he said he didn't plan on doing kumite. Wrong answer!

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Some people say I'm not in the Martial Arts to compete, I say too bad! If you want to experience the Martial Arts than get out there. Besides that line never worked with my Sensei, and I'm glad I listed to him, I've travelled all over the place doing tournaments, it was never the most important part of the training for me, but it did help me train hard so that has value, I made some cool friends so that has value, it gave me experience which always has value. So if that's your excuse give your head a shake and get out there.

GRADING RESULTS

for March 4, 2006

Kids Karate

Yellow Belt

Paulina Vlasson
Coltrane Daniels
Bazien Sahlu
Hosaena Sahlu
Sasha Bambrick
Andrew Amoral

Orange Belt

Christopher Pollack

Adult Karate

Blue Belt

Jeff Ross
Levi Flowers

Weapons

Yellow Belt

Lindsay Hacker

Mudansha

Karate

Jackie Kortright
Carey Corrigan
Lindsay Hacker
Karl Fernandes
Adrian Whiteman

Tai Chi

Geoffery Busbridge

Next Kyu Belt grading April 22

"The Mind is like a parachute, It works best when it's open-Einstein"

EVENTS CALENDAR

April, 2006

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

May, 2006

- 18 -Sensei Platt Seminar
- 20 -Kids all niter
- 27 -Burlington Dragon Boat Charity Race & Karate Demo

June, 2006

- 10 -Kyu Belt Grading



Fasting

Fasting is primarily a rest of the organism. There is no condition of "disease" in which rest of the vital organs is not of benefit to the whole organism. Rest gives all the organs an opportunity to repair their damaged structures. Rest affords to organs that have been lashed into impotency by over stimulation, an opportunity to recuperate their substances and forces. Fasting is not a process of elimination, but it does permit a marked increase in the

elimination of toxins and waste from the body, not alone from the fluids, but also from the tissues of the body.. It does permit the organs of elimination to bring their work up to date, to balance their books, as it were. There is no state of impaired health in which this increased elimination is not of distinct value. Fasting means a temporary cessation of the inflow of nutritive substance. This gives the surfeited organism an opportunity to consume its surplus. The removal of a burdensome redundancy always results in increased vigor and improved function.

Papa SAN Congratulations Senpai Titus on your new baby Boy. Kian was born March 2nd at 9am 8.5lbs



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

"If enlightenment is not where you're standing then where will you find it?"

Getting The Point- *by Adrian Hillier*

Acupuncture is a several thousand-year-old medical treatment that is still effectively used today. It began anywhere from 3 to 6 thousand years ago between India and China in the form of Ayurvedic and Chinese Medicine. However, it has developed immensely since those times in accordance with the development of not only Oriental but also Western Allopathic Medicine. It is a common misconception that Acupuncture is a modality used only for pain. Acupuncture is a modality within Oriental Medicine that is used for almost any health problem from the common cold to severe issues such as cancer, infertility, addiction or hepatitis.

The exact reason acupuncture works is not yet been discovered though many theories have developed usually relating to the nervous system. Chinese medicine, however, has developed its own philosophy and theory to accurately apply acupuncture. Through the stimulation of specific points along energetic meridians (similar to that of the nervous system) Qi, life force, can be nourished, moved, or calmed. These meridians travel through out the entire body and represent not only their local areas but also the functions of the Zang Fu (Organ Systems). There are 12 regular and 8 extra meridians.

Continuing on with Oriental theory is the common diagnostic tools. By asking series of questions an acupuncturist will attempt to understand a patient as a whole not just a symptom. Therefore, if someone goes in for Migraines it will also be important to know where the person sits emotionally, how the sleep patterns represent, and what kind of a diet is the person consuming. Next comes the palpation of the pulse and examination of the tongue. The answer to these questions, the feel of the pulse and the appearance of the tongue all lead to a diagnosis that usually sounds a little strange but can be broken down within a Five Element or Eight Principle Diagnosis.

The Five Elements are Earth, Fire, Water, Wind, and Metal. These all have correlating signs, symptoms, and organ systems. The Eight Principles are Hot/Cold, Interior/Exterior, Full/Empty, Yin/Yang. This is a little bit more complex to explain than five-element theory but, also contains specific signs and symptoms to differentiate patterns of disharmony within the body.

The question still remains as to what to expect when one goes to the acupuncturist for the first time. Well, when first walking through the door expect a funny smell. This is Chinese Herbs, specifically Artemesia Argyi (Moxa). Next will come some paperwork as with every healthcare practitioner. Following the paperwork will be the series of questions as discussed above. Then comes the fun part, the insertion of the needles. This is not a painful procedure but, does have a definite unique sensation often described as heaviness, tingling, or a pulsating feeling. These are all acceptable sensations. After the needles are in place the acupuncturist will allow the patient to relax for 20-30 minutes and let the needles do their job. The acupuncturist will then remove the needles and possibly prescribe some herbs or specific dietary advice and the session will be completed.

The last thing to consider about acupuncture is where to find a legitimate acupuncturist. It is not necessarily recommended to walk into an office in China Town and let someone began sticking needles in you. Communication is key. It is very acceptable to ask questions about education, length of practice, and any certification. Many acupuncturists in Toronto will take the American National Board Exam, this is a good thing to look for. Most importantly trust your gut, if you feel uncomfortable at any time do not feel obligated to continue the treatment, there may be a good reason for it. Of course the other acceptable way to find a friendly neighborhood acupuncturist is to ask Sensei for a recommendation.

Black Belt Grading

The February Black Belt Grading was really quite something with the Taiko Drum to inspire the troops into battle. It was very powerful, loud and exciting. Some of the students were rattled but most were able to keep there focus and perform the proper kata.

Sensei DeQuetteville and his Ushi Deshi Mrs. Rizk had an outstanding performance challenging 4th Degree Kobudo and 2nd Degree Karate.

For those that missed the chance to see someone go for 4th degree (an honour that doesn't come up very often) make sure you're at the June grading. Sensei DQ and Senpai Titus will be going for 4th Dan Karate. There are rumours of others as well from other schools so it will be a great show.

From the Beach we will have a good representation of Brown Belts in Karate (5), Tai Chi (1) and Weapons (2) all going for first dan, so get there and show some school spirit.