

# THE JADE BUDDHA

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416-690-2885

www.cmac1.com



## 12 Hour Training

### April 19<sup>th</sup>, 2003

C.M.A.C. Beaches will be holding a 12 hour training seminar April 19<sup>th</sup> from dusk to dawn at the dojo. Many topics will be covered, such as Karate, Tai Chi, Ju Jitsu, Kobodo, and Sil Lum Chuan Shu. There will be new katas for everyone, and some unusual training that we will only do at these all nighters.

The great thing about these extended training sessions is it's like getting three weeks all rolled into one. So don't miss the chance to be part of the first 12 hour, you'll love it. Sorry kids, adults only.

*Things to bring: Gi, towel, warm up suit, running shoes, Tai Chi suit, energy food, note book, tonto, bo, sai, tonfa, camera, and a positive attitude.*

### USAGA Invitational

April 27, 2003 / New York

This will be a great opportunity for students be a part of a tournament with the legendary Sensei Peter Urban, Head of American Goju.

### BANFF Spring Camp

CMAC West Spring Camp

May 23 - May 25, 2003

If you are planning your trip to Banff this spring see the Dojo pinboard for more information.

### TOURNAMENT

Reschedule-June 8<sup>th</sup> 2003

See page 3 for further information.

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*"You can lead a student to knowledge, but you can't make them think."*

## SENSEI'S NOTE

Respect represents more than just bowing to one another in the dojo. Respect is consideration for others that have to breathe the same air as you. Don't smoke, wash your gi, take a shower, and maybe have a mint. Consideration for their wellbeing, have control when sparring, only go as hard as the junior belt, sure you can work them, but reframe from causing harm. Be polite, say hi when you come in, and bye when you leave. Always refer to the Black Belts as Sensei, Senpai, Mr. Mrs. Ms. or Kohai, they worked hard for the rank and deserve the recognition. Lastly, never smack a Black Belt on the back, it could be hazardous to your health. Something to think about.

## TRAINING TIP

Who are you training for? Why are you training? Martial Arts are for the individual, the benefits are for you. You may practice in a class of students, they are there to inspire, drive, encourage, and push you to new levels. As a junior student it may seem a little intimidating, but the seniors were once where you are, and will help you along the path just as an older brother or sister would. As a senior it is important to have compassion for your dojo brothers and sisters, help if asked, and always know your place. If you are assisting a class and have to miss it, it is important that you find a replacement. Another thing I've noticed lately, that I find interesting, people missing classes because a junior may have some training that they don't. How do you ever expect to learn it if you keep missing the class. New information is always being introduced to the program. Always remember that the egotist knows everything therefore can not be taught. Check your EGO at the door. Lastly I would like to address the punctuality issue, once in a while you maybe late, things happen. Every time, well you're just testing my patience. Know this, training is a privilege, not a right. I don't have to renew your membership! This should be given careful consideration.

## GRADING RESULTS

*for March 2003*

### KARATE KYU Adults

**Green Belt-** Carey Burton  
**Yellow Belt-** Jordan Ryan,  
Karl Fernandes, Joseph Shoichet

### KARATE Children

**Orange Belt-** Julia Merlini  
**Yellow Belt-** Andrew Kocur,  
Jamie Dolan

### KOBUDO

**Green Belt-** Alex Bethke  
**Yellow Belt-** Carey Burton  
Rod Batthany

### 10-Pass 0-Probations 0-Failure

Congratulations to all the students!

*Next Kyu Belt grading April 25th*



*"The straight and narrow path would not be so narrow if more people used it."*

## EVENTS CALENDAR

### April, 2003

- 19** -12 hour training  
9pm-9am at Dojo  
**27** -USAGA Invitational  
New York

### May, 2003

- 23-25** -CMAC West Spring Camp  
Banff-Alberta

### June, 2003

- 1** -Black Belt Grading  
Holiday Inn-Oakville  
**8** -Tournament Reschedule  
**27-30** -CMAC Summer Camp  
Grand Bend

### Gradings 2003

April 25th  
May 31st  
June 28th  
July 26th



## FOR YOUR HEALTH

### BioChoice Immune Support

BioChoice Immune Support is a powerful food source specially formulated to nurture and balance the human immune system. Each serving provides your body with millions of naturally produced antibodies and immune co-factors that help your immune system to fight off harmful invaders.

**SARS** is unlikely to be the last mysterious pathogen to reach Canada. Indeed, given the growth of cheap global travel, such outbreaks will surely become more common.<sup>1</sup> The time has never been more important to strengthen your immune system, to lessen your chances of contracting potentially deadly viruses.

## The Benefits of Immune Support

- ⊕ Balances and supports the immune system
- ⊕ Helps modulate autoimmune responses
- ⊕ Fosters digestive health
- ⊕ Helps maintain flexible and healthy joints
- ⊕ Helps maintain healthy levels of cholesterol
- ⊕ Helps maintain cardiovascular function and a healthy circulatory system
- ⊕ Helps increase energy levels
- ⊕ Helps enhance a sense of well-being



*See Senpai for your order:*

*\*orders are placed on the 15th of the month.*

<sup>1</sup> Dealing with SARS-National Post

## THE TOURNAMENT Rescheduled: June 8th

Due to the seriousness of the recent outbreak of **SARS** our Toronto Tournament has been rescheduled for the safety of all our students and instructors.

If there is a problem and you would like a refund for you fees paid, please submit a letter of request to the Beaches Dojo.



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*"It's strange how much you need to learn before you realize how little you know."*

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## T.V. Shoot at the Tsunami Dojo

The day went very well at the Tsunami Dojo, we had some good representation from the beaches. In attendance, Sensei, Senpai, Sensei DeQuetteville, Mr. Titus, Mr. Ryan, Lindsay Hacker, Alex Bethke, and Christian English-Pratt. Thanks for coming out. The show times are Sunday April 13, 20 & 27 on Global CHTV at 10.am and Monday 14, 21 & 28 on Global Prime at 10:30am.

## Women's Self-Defense Seminar

Thank you, to all of those who assisted and participated in the seminar. It is always important for one to be prepared in self-defense (especially woman in this day and age). The evening was a wonderful introduction into the art of self-defense. Those in attendance found the seminar both informative and applicable.

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## Cuba Winter Camp

As always Sensei Platt pick another perfect time and place to get some training in and some stress out. Caya coco Cuba was absolutely wonderful, hot sunny days, warm moon light nights, and not a drop of rain the whole week. We did Tai Chi on the beach at first light, and Karate before lunch. The rest of the day was ours to do whatever we wanted. R & R was the plan for the first couple days, then for some adventure we had scooters, boat and bus tours, and a crazy flying rubber dingy, we said no to the crazy flying rubber dingy thingy. The training, food, and accommodations were all first rate. Sensei Platt likes to say after an event as great as that, "Don't be sad it's over, be glad we did it." and that way of thinking certainly helped. Thanks Sensei.

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## Did you know...

### About High Potency Garlic?

In the 1950's, Dr. Alber Schweitzer used garlic to treat cholera, typhus, and amebic dysentery while working as a missionary in Africa. During both world wars, garlic was used on the battlefield to disinfect wounds and prevent gangrene. In fact, the Soviet army relied so heavily on garlic that it earned the name "*Russian Penicillin*".

