

JADE Buddha



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Black Belt Grading & Mini Camp

June 24-25th

If all goes well on June 10th, the Beaches Dojo will have quite the contingent of Mudanchas challenging in this grading. If you plan on one day yourself being in a black belt grading, come out to watch and bring your positive energy for your Dojo Kin! As always there will be a Mini Camp held by Sensei Platt and the sign-up sheet will be available on the bulletin board.

Black Belt

Pre-Grading

Saturday June 10th

For you Mudancha, this is your pre-grading. The Black Belt grading is fast approaching.

It's go time!

All your material has to in on this date too.

Adult 5 Hour

August 26th

OUS it has been a while since we have had one of these with Sensei. Get signed-up because this is a "can not miss" Seminar.

Learn new Katas, Weapons and Relax and meditate with Tai Chi on the beach.

Every session is followed by a candle lit mudra.

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"Get into the habit of healing and make healing a habit. Dig the well before you are thirsty."

SENSEI'S NOTE

The Four Pillars of Respect

1. **Manners;** Without good manners human society becomes intolerable and impossible.
2. **Language;** A man's words will always express what has been treasured in his heart.
3. **Honoring the Rules;** When we, as individuals, obey laws that direct us to behave for the welfare of the community as a whole, we are indirectly helping to promote the pursuit of happiness by our fellow human beings.
4. **Appreciating Differences;** The truth never becomes clear as long as we assume that each one of us, individually, is the center of the universe.

TRAINING TIP

The Importance of Chi Kung in Tai Chi

Tai Chi without Chi Kung is no longer Tai Chi Chaun; it becomes a form of gentle exercise which may provide some benefits in terms of blood flow and recreation, but is unlikely to give any type of vitality or mental stimulation commonly ascribed to Tai Chi.

Chi Kung falls into two main categories: increasing the amount of vital energy in the body and promoting harmonious energy flow, these are the yin and yang of Chi Kung. In order to cultivate Chi you must understand abdominal breathing. Inhale through your nose, take the breath right down to the Dan Tian, feel your abdomen expand, as you exhale feel the abdomen retract. Your true power comes from the Dan Tian and in order for you to have effective Tai Chi you must relate each move to your breath and each breath to the Dan Tian.

Without Chi Kung Tai Chi could not be an effective Martial Art, it would lack the internal force that it is known for.



NEXT GRADING RESULTS

July 2006



"The future holds the best for those who have faith in it."

EVENTS CALENDAR

June 2006

- 10 - Pre-Black Belt Grading
- 10 - Kyu Belt Grading
- 24 - CMAC Camp
- 25 - CMAC Black Belt Grading

July 2006

- 1 -Canada Day Closed
- 29 -Grading

August 2006

- 7 -Long Weekend
- 26 -Adult 5 Hour
- 27-31 -Dojo Closed

September 2006

- 1-4 -Dojo Closed
- 5 -Open
- 30 -CMAC Camp

October 2006

- 1 -CMAC Black Belt Grading



Reiki

Reiki is a Japanese technique that assists the body's natural ability to heal itself. Pronounced (Ray-Key) this holistic technique which involves "laying on hands" is based on channelling the natural energy, or ki. If a person's ki is low they are more likely to become sick, or feel stress, if it is high they are more capable of being happy and healthy.

The word Reiki is made up of two Japanese words, Rei meaning "God's Wisdom or Higher Power" and Ki which is "Life force energy" so Reiki is literally "Spiritually guided life force energy."

Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation, and feelings of peace, security and well being.



CMAC TOURNY AT MIDTOWN

This years CMAC spring tournament at Midtown was very exciting for the kids, Connor Allems scored 76 points in Kumite, he couldn't wait to tell me, as he was lugging around a pile of medals.

Overall the team did a fantastic job, check the events board for the results.



"A slight change in perception can mean a huge change in your reality."

Kids All Nighter

Another Great Time had by all!!!! This All Niter was a total Blast, we had a Fantastic mix of kids and adults so the night went by really quickly. I worked everyone hard in all the session, everyone got a new kata or 5 during the Karate session, and the weapons was a big success with all the stick and knife defence training which lead into the sword and shield very nicely. Then came the mayhem which everyone survived with only minimal casualties. The Pizza came right on time and 90% of the kids crashed out right on schedule. Old time veteran Christian Platt lasted the whole night then crashed 2 minutes before the secret kata at

7am, so we snuck down the hall to do the kata without him. We almost made it through the whole kata when he poked his head in and caught us. You had to of been there it was funny. The Kata was Empi a Shuri Te kata - it means flight of the swallow also nicknamed the dumping kata. Then the singing bowl came out to wake up the ones who could make it. It was a nice way to come back to reality, some sat up and had a meditation until it was time to go, only a couple of parents were late, at \$10 a minute late penalty it really makes these things worth the sitting around. Now I'm looking forward to the next one. Ous



As usual Sensei Platt put on an amazing seminar, all the students that made it out had a fantastic time. The Tai Chi session was very powerful and the Karate session was very painful as well, thank you Sensei DeQuetteville for coming out and taking all the punishment. Thank you for coming out to the Beach Sensei Platt, it is always a pleasure to watch you work.

Sensei Platt Seminar

Ancient Chinese Proverbs



Come and not go - meaning it is impolite not to reciprocate.

A Fox assumes a Tigers prowess - To bully people because they know people in powerful positions, or have powerful connections.

Use egg to strike rock - to grossly over estimate ones ability.

Sit, eat, mountain empty - to sit idle and you will lose your fortune.

You never know at who's hand a deer will die - you can not predict the future.