

# JADE Buddha



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**Congratulations Beaches Dojo  
Black Belt Challengers!**

## Tournament Gullivers Lake

*Sunday July 9th*

This is Burlington's annual tournament at Gullivers lake. It is always a good time and a great challenge. Get your tournament head on and your name signed up soon as this event is coming up quickly.

## 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.

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*"Discover for yourself who you truly are for this alone will set you free."*

## SENSEI'S NOTE

I want you to think for a moment about choices. Life is full of them - from the minute you wake till the time you go to bed. The way your life unfolds is based on whether you made wise choices or not so wise choices. But understand, the way your life is going is your responsibility, don't try and convince yourself that you have bad luck, or it is somebody else's fault, you have the power to take control. That power is the power of choice! Choose wisely; choose to be on time, be reliable, choose an education, choose health, don't smoke, choose your friends, choose your work and lifestyle, help your parents, be a person of character, choose life.



## TRAINING TIP

### ***Attitude is the key to your success***

Attitude should be a positive word, but somehow that word now has a negative vibe to it, "He was giving me Attitude so I....."

Our attitudes propel us forward toward our victories or bog us down in defeat. They are the foothold beneath us in every step we take. They are what others see most of the personality within us; they describe us and define us, projecting the image we present to the world around us. Our attitudes make us rich or poor, happy or unhappy, fulfilled or incomplete. They are the single most determining factor in every action we will ever make. We and our attitudes are fused together;

we are our attitudes and our attitudes are us.

Some of you have caught on to program and are training seriously several times per week and have advanced at an excellent rate. Others have seen your progress and are now trying to follow in your foot steps. Attitude is contagious lets have an epidemic. The right frame of mind, combined with the right action and energy, will produce the desired effect. Once again cause and effect are the bottom line. Flow vs friction. You will notice life will become a lot easier when you figure out what the drill is for any given situation. Try to have a positive attitude with people and situations as difficult as that may be, it is all worth it.

## GRADING RESULTS

*July 10, 2006*

### **Kids Karate Yellow Belt**

Lydia Jeffers  
Luna Nikolic

### **Orange Belt**

Evan Hickey

### **Red Belt**

Christopher Pollack

### **Adult Karate Yellow Belt**

Adrian Croft

### **Blue Belt**

Tom Edwards

### **Weapons Orange Belt**

Jordan Hall

### **Sho Dan 1st Karate**

Jackie Kortright  
Carey Corrigan  
Lindsay Hacker  
Karl Fernandes  
Adrian Whiteman

### **Kobudo**

Shanta Nathwani  
Rod Bathany

### **Tai Chi**

Geoffery Busbridge

### **Yon Dan 4th**

Mark DeQuetteville  
Fritz Titus

*Next Grading July 29th*

*"You are the light, you are the very heaven you seek. All you need to do is turn and look within."*

## EVENTS CALENDAR

### July 2006

- 1 -Canada Day Closed
- 9 -Burlington Tournament  
Gullivers Lake
- 29 -Kyu Belt 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

## Temple Lions

Temple Lions appeared in China with the coming of Buddhism. They symbolize defence and protection and are often seen guarding the entrances and gateways to buildings. The Lions is the symbol of majestic strength, great courage, and strength of character. When a temple lion is seen playing with a ball, it is to signify the moon pearl which symbolizes blessings and protection against evil. The ball also represents the sun yang energy, the other has a baby synonymous with motherhood and the yin energy.

Always have two, one is bad luck.



## Happy Birthday Adam

We don't normally entertain the thought of having a kid's birthday party here at the dojo, and still don't, but on June 18th Adam Kline had his 5th B-day and mom wanted a private class for him and 15 - 20 of his good buddies. Well a private class I can do so 25 kids show up and with the help of the crew things went off without a hitch. The kids were well behaved during the demos that were performed by all the Mudans and other assistants who made it out for the Mudan Seminar (inside joke to be released at another time). Then out came the shields and the kids took to them right away. Fist and feet were flying everywhere Adam, T, and Matthew put out some of their best moves showing the other kids how to throw some of the tricky jump kicks and forward rolls. The time flew by no one wanted it to end what a Blast! Way to go Adam you sure have a lot of cool friends so treat them well and maybe we'll do it again next year.

A special thanks to the assistance for making the day such a success.



2005 Gullivers Lake  
Volleyball Champs

*"Anger is the wind that blows out the lamp of the mind."*

## Black Belt Grading & Seminars

If you are not inspired after last Black Belt Grading weekend you probably don't have a pulse. Everything was over the top, from the Sensei Platt Seminars covering Karate, Kobudo, Ju Jitsu and Tai Chi to the opening of the Black Belt Grading and the Grading itself.

The weapons on Saturday really was awesome. In an effort to get ready for the weekend I focused my meditation the Sensei Platt vibe, the thursday before the weekend we worked two sword training (Niten) something I had never before worked with Sensei Platt, and on Saturday we had a really good session on Niten and the body of info was approxiamtely 90% of what we did the previous thursday night.. Things like that happen to me all the time.

Senpai Duft out of the honbu put on and amazing taiko drum performance with her drum master Kiyoshi Nagata. The drumming went well with the 4th Dan challengers working through a series of intense weapons forms that required split second timing - very impressive! At one point all the Brown Belts got up and did freestyle basics, it look like something right out of 'Enter the Dragon'. People in the audience were on the edge of there chairs or in the back throwing punches as well, the energy was so high you couldn't help yourself.

The main event showed well for the Beaches, our own went in very well prepared, strong and focused. Sensei DeQuetteville and Senpai Titus were

on fire, make it all look very easy as they tore through kata after kata. The Brown Belts were unstoppable, their kata and fighting were Fierce and relentless. Our kobudo people were equally good and at one point everyone clapped for Rod as he showed his prowess with the metal Ekku, not an easy kata with such a heavy weapon. Geoffery was poetry in motion having an excellent tai chi grading, but regretable wasn't able to show the sword form - it is a second level requirement, so next time Geoff.

Well done everyone you represented very well, I'm proud of you!

### 3 Phases of the Punch

**Power** - Going from the fist in chamber to the elbow lining up with the side of the body.

**Speed** - From the power phase drive the arm out to one fist distance before the length of your arm keeping the palm up and the elbow in line.

**Impact** - The last phase of the punch after the speed phase, rotate your fist over to palm down, and make sure to have the other arm moving into chamber position at the same time the punching arm is going out.

### 3 Kinds of Kime

**Driving motion** - The Lunge punch or Oi Zuke is an excellent example of driving motion.

**Rotation** - The Reverse Punch or Gyaku Zuke with its twisting at the waist and using the power and torque of the hips to put rotary power into the punch or strike.

**Vibration** - From a stationary position a strike will have substantial power through a vibrational force from the Hara to the Hand.

