

JADE Buddha



1971 Queen St. E. 2nd floor, Toronto, ON

416-690-2885

www.cmacbeaches.com



Adult 5 Hour Seminar

Keep your eyes and ears open for the date. These events are rare and sooooo jam packed with awesome training in Karate, Kobudo & Tai Chi. Our Sensei has been generous enough to organize this seminar for us so get your name signed up on the board today you won't want to miss this.

DOJO hours

See below

The Beaches Dojo will be closed on August 5, 6 & 7 as well as the first long Weekend in August. So get to your cottages or to the beach and enjoy some of the sunshine. OUS!

BLACK Belt Grading and Mini Camp

September 30th & Oct 1

If all goes well another group of Beach bodys will be challenging this grading. Mark it down on your calendar because if this grading is anything like the last it is going to blow everyone away.

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"Life is Growth, if you're not growing you're not living."

SENSEI'S NOTE

Recently I watched a movie called "The Inconvenient Truth" by Al Gore. He was making a point about "Globe Warming" and how bad things are and how bad things will get. It was disturbing to say the least. It is obvious why he wasn't elected for President of the United States, he would actually do something about the problem. As you know there is a lot of money in oil and it is one of the reasons for globe warming, and as you know Americans love their oil, so for money or the greater good, they choose money.

Ignorance is the enemy, so Mr. Gore is travelling the world doing seminars and shows to explain the situation to everyone. He mentions that the polar ice is like the canary in the coal mine, when something is happening to them it affects the whole planet, well they are melting. Ocean water levels rising and super storms will be a big problem in the near future. We are starting to notice strange weather these days and record hot summers.

I'm certainly not going to get all bent out of shape over this movie and start telling everyone "The End is Coming". Enjoy the weather, we live in interesting times. The truth is, the end is always near and if you worry about it, it only makes your stay here painful. Live in the now, be aware of your environment, don't sweat the small stuff.

Human Beings are capable of overcoming great adversities, and this just might be the thing that straightens everyone out, so people stop fighting and pull together to save each other and the planet.



TRAINING TIP

San Chin Kata - During the Sanchin Training you are breathing very deeply, increasing the oxygen supply to the body and brain. With this, the brain and nervous system become particularly sharp and more aware. This heightened awareness allows the student to improve his concentration, power, and focus to execute each technique. This type of deep breathing stimulates the diaphragm, which causes it to work more efficiently. It also helps to stimulate the stomach, liver, pancreas, kidneys, and intestines to become more active, therefore becoming stronger.

GRADING RESULTS

for July 29th 2006

Kids Karate Yellow Belt

Andrew Chan
Matthew Raykha

Orange Belt

David Brown
Sasha Bambrick
Mathieu Allard
Logan Rogers

Red Belt

Natalie Heckhausen
James Dorgan
Charlie Borenstein

Green Belt

Xavier Kinderchuk
Elizabeth Chong

Adult Karate Green Belt

Karl La Framboise

Brown Belt

Matthew Collie

Weapons Green Belt

Christian English Pratt
Levi Flowers

Blue Belt

Mike Koculym
Jeff Hendrix

Mudansha Kobudo

Carey Corrigan
Grant Tisdall
Geoffery Busbridge
Peter Jones

"Patience is not passive, it requires quiet strength, and is meant for the now."

EVENTS CALENDAR

August 2006

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

September 2006

1-4 -Dojo Closed
5 -Open
23 -Kyu Belt grading
30 -CMAC Camp

October 2006

1 -CMAC Bkck Belt
Grading

Lotus Flower

What makes the Lotus Flower so special? The Lotus Flower is one of the most ancient and deepest symbols of our planet. The Lotus grows in muddy water and rises above the surface to bloom with remarkable beauty. At night the flower closes and sinks underwater, at dawn it rises and opens again. Untouched by impurity, the Lotus symbolizes the purity of heart and mind. The Lotus represents long life, health, honour and good luck.



Ranking Standards

Sho Dan - First Degree; This level necessitates a further maturation of abilities. All basic body movements and techniques, including hand and leg techniques, can be applied with extended force and proper application in basic combination.

Ni Dan - Second Degree; This state requires the personal assimilation and performance of all basic body movements and techniques to such a degree that their application is in accord with the individual's own unique body demands.

San Dan - Third Degree; At this position, the individual has acquired the understanding of the underlying principles in all basic body movements and techniques. Moreover, this understanding can be demonstrated in the application of technique under varied circumstances.

***Who is interested in CMAC GOJU BUDO Vol. #2?
There will be a sign up sheet coming out soon***



"When confusion ceases tranquility comes when tranquility comes wisdom appears when wisdom appears reality can be seen.."

Congratulations Beaches Brusiers!

You did it AGAIN!!



Language

It is virtually impossible to conceal who we are. Our words will eventually reveal what's stored both in our hearts and in our minds. While we're not always aware of it, we say something about ourselves everytime we open our mouths. The wise Solomon wrote thousands of years ago that only gracious words come from the mouths of wise people, and

that fools are consumed by their own lips. We'd all be wise to examine more closely what our words are uncovering about us.

If you think about it, the people you admire most are the ones consistently using words that are positive and pleasant to hear. Good people are sensitive enough to choose their words carefully.

Kongo Rikishi

The Nio (Benevolent Kings) are a pair of protectors who stand guard outside the temple gate at most Japanese Buddhist temples, one on either side of the entrance. The fierce and threatening appearance wards off evil spirits and keeps the temple grounds free from demons and thieves. These two kings are Vajradharas (holders of the vajra or thunderbolt holders). The open mouth figure is called Agyo and the closed mouth figure is Ungyo, represent overt and covert power.

