

JADE Buddha



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NEW Kobudo Classes

Starting every second Sunday following Thanksgiving weekend Miss Nathwani has graciously offered to run a 2 hour open Kobudo class.

New members will be welcome to this class at a flat fee of \$20 per class.

For more information regarding this class see Miss Nathwani.

Thanksgiving Dojo Closed

October 7-9

It's Turkey time!! Or for some of our veggies out there perhaps Tofurkey?

Have a great Thanksgiving Weekend we will see you on the 10th!

MOVIE Night

October 28

This is a great opportunity for the Adult kyu belts to get to know one another. We are all training in different classes and different programs this is a great opportunity to meet everyone & enjoy a good flick.

The movie will be announced closer to the date.

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"Take advantage of here while you're here because when you're there - there is no more here."

SENSEI'S NOTE

What Martial Art is the Best? I get that question all the time! The person makes the Art. In the early days, say some 30 years ago, styles were a lot more diverse. Boxers only used there hands, now there are kick boxers, tae kwon do stylist were mainly kickers, but more and more schools are grappling now, Tai Boxers kept there hands high and would only throw round kicks, elbows and knees, but when the front kick started to break every ones ribs the elbows came down. It goes on and on, the point is people see what works and adapt. In the CMAC organization and at the dojo many things are brought to the students to work on, and in doing so many develop a certain style that is unique, and that is perfectly ok, we encourage it.

There are many different people and body types, so what works for you might not work for someone else. Let's look around the dojo and see who moves like who? No one! A punch is a punch and a kick a kick, the body has its biomechanics of course, so there will be a proper technique and an improper technique, but my point is, you are all developing your own character, your own style. The man makes the Art not the Art makes the man. Training is training, if you like the people and the presentation at the dojo, then it is up to you to make it the best you can make it.

TRAINING TIP

Take advantage of here while you're here because when you're there - there is no more here.

Some people get this one quicker than others, and for some it really hits home. In our lives we go through many things (hopefully) and in these times of experience do you really get into it or do you go through it in a daze. Can you live in the now? I see it in some of the kids classes, some are all about it and some are quite happy to chew on their gi, but for kids that's fine, time really doesn't matter to them yet. While you're here get what you can because today only comes once and when it's gone it's gone for good.

GRADING RESULTS

for September 2006

Kids Karate Yellow Belt

Matthew Tonner
Shannon Smith
Noah Thomas
Laura Cloutier
Yunus Roselio

Orange Belt

Clark Vanderhoven
Even Neff

Red Belt

Anna Tisdal

Green Belt

Kris Pervin

Purple Belt

Max Jeffers

Blue Belt

Sam Lilly
Rob Martin

Black Belt Kobudo

Carey Corrigan
Grant Tisdal
Geoffrey Busbridge
Peter Jones

Tai Chi

Shanta Nathwani

**Next Kyu Belt Grading
Saturday October 28th**

"Technique is born from tranquility, Character is forged from action."

EVENTS CALENDAR

October 2006

- 1 CMAC Black Belt Grading
- 7-9 Thanksgiving Dojo Closed
- 28 Kyu Belt Grading
- 28 Movie Night

November 2006

- 5 Sunday Seminar
- 12/26 Kobudo classes
- 18 Kids All Niter

December 2006

- 9 Kyu Belt Grading
- 9 Dojo Xmas Party At the Dojo



Rendori

Rendori is like a free style kumite that works within the perimeters of the Kata, or training drill. One partner will attack and the defender will use a piece of the kata or drill in the appropriate manner. It should start off slow and gradually get to a more realistic speed. The purpose of this kind of training is get you out of the routine of the drill and into the realm of the unexpected, to feel the attack before it comes, study body movement, and learn to think on your feet.



CMAC Black Belt Grading & Seminars

Awesome, AWESome, AWESOME. weekend the seminars were over the top and the Black Belt Grading just keep getting better and better.

Saturday night training was a whirlwind of info (like always) Sensei Platt was a roll, (well it was the ukes that were doing all the rolling). We worked some fantastic combo's and two person drills in both the weapons and the karate sessions.

Tai Chi in the morning flew by and we didn't even get to do any tai chi sets, just alot of energy work and meditation, very powerful stuff.

As for the back Black Belt Grading goes - our crew represented! Miss Corrigan, Mr. Tisdall, Mr. Busbridge, Mr. Jones, and Miss Nathwani, all performed very well.

TANK

Sean Snyman age 4 AKA Tank moved to South Africa from the Beach and is still practicing his karate and is now competing in Judo. Took 4th out 9 competitors, all ages 6 & 7. He said it's because his name is "Tank" that he's so strong and not scared of the older boys. He won 2 and lost 2 and threw every competitor at least once, he threw one 7 year old boy 4 times and the last throw was done with one hand. Outstanding!



"To stay on the path is the way to Self Mastery."

Honoring the Rules

We are constantly having to deal with rules, it is one of the things people who live in society have to deal with. And I'm OK with that - imagine a world with out rules, people would do whatever they wanted. Sure that sounds good, but think about it, how impossible would driving be, everyone running red lights, driving on the wrong side of the road, no speed limits. There wouldn't be any courts or lawyers (yes I know that sounds really awesome), but the down side would be total chaos, anarchy, absolute mayhem. Or imagine you are the only one who has to play by the rules, think about any competitive sport you've ever played, how would you do if your opponent didn't

have any rules. It kinda sounds like Afghanistan.

Rules are made to protect us, and sometimes to protect us from ourselves. When we were in China they didn't seem to have the same rules for the people like we have over here. We saw 4 people on one motorcycle and no helmets on any of them, people driving on the sidewalk in the middle of the night with no lights on, I could go on and on. Little things that we take for granted here like fences to protect us from falling off a 30 foot bridge, over there they didn't have them, maybe their thinking is that people should be more responsible for themselves, after all they can't sue the government over there.

Maybe you can make some rules for yourself. Rules like not eating after a certain hour, and stay away from fast food as much as you can, or never be late for class or anything, or train so many hours per week, or read and write every day. Remember that rules are there to help us and a great man had this to say about that very subject;

"When we, as individuals obey the 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."

Aristotle

NEW Kobudo Class

Starting October 15th we will be offering a Sunday weapons class. For now it will be every other Sunday and Miss Nathwani has volunteered to take the classes. As there will be a few new Kobudo Black Belts here at the dojo maybe it will happen every Sunday, we'll see who steps up. We will give this a trial run and if it seems to be a valued idea we will keep it.

