

JADE Buddha



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www.cmacbeaches.com
NEW

Friday Night Fight Night
every Friday 6:15pm

5 Hour Seminar

Beaches Dojo Seminar

Sunday November 5

This Sunday come out for the 5 hours Seminar. You will participate in Tai Chi, Karate, Ju Jitsu, Aikido & Kobudo. It is a rare event so get signed up and we will see you there!

Kids All Niter

November 18th, 2006

The Kids all Niter, is always a ton of fun! You get to train with Sensei & enjoy midnight pizza. Those that come out are always looking forward the next one. Watch out for the sign-up sheet and pricing at the dojo.

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"If you haven't any charity in your heart you have the worst kind of heart condition."

SENSEI'S NOTE

Garbage in garbage out. Take responsibility for what your kids are watching. The other day I was returning a movie and ran into a parent and child at the video store. The father asked me if he should let his boy watch the movie they selected. It was a stupid movie of people doing stupid things, but it was so successful the second one will be out soon. I said "NO I wouldn't let him watch it" the father laughed and rented it anyway. Why did he bother to ask me? Kids are doing some pretty stupid things these days and seeing adults carrying on like a bunch of jackasses will certainly not help them grow up as well adjusted members of society. Sure if they want to see it bad enough they're going to get it one way or another, but at least you didn't make easy for them, or have a role in it.

One time a student of mine gave me a video of the most disgusting things I had ever seen and he was only 12. It was so bad I couldn't get through the whole thing and could only watch it for a couple minutes at a time. So I burned it - he was very upset with me saying it cost \$35 and I had no right to do what I did, his mother even called me. I was insulted that my student gave this to me to watch so I asked him if he would give it to his school teacher and he said "No way". I asked the mother if she had seen it and she hadn't, so I told her about garbage in and garbage out, and you can't expect a kid behave properly when they have all this crap in their heads. She came around and the student well, he turned out to be alright so far.

TRAINING TIP

Show up, don't slow up, don't let up, don't give up! This is your new Mantra. Change your life by changing your attitude. Those that get the most out of life are the ones who put the most into it. You hear it all the time "You get what you give" that statement is 100% accurate. If you are not sure how to become a better Martial Artist look at the ones who are really moving along and try to follow their lead. They are the ones who train regularly and put serious effort in every aspect of the class.

Everyone wants the quick fix, but unfortunately in Martial Arts there is no quick fix, no special pill to turn you into Jet Li, no drive through window. The only way is through intensity, frequency and duration.

Also when it's time to grade I'll tell you, don't try and work me it only effects the relationship in a negative way.

GRADING RESULTS

for October 28, 2006

Kids Karate

Orange Belt

Lydia Jeffers
Alex Badali
John Badali
Maija Eisen
Joshua Thomas
Everett Major

Red Belt

Collin Goodman

Green Belt

Patrick Redburn

Adults

Yellow Belts

Vojka Miladinovic
Morgan Bell

Orange

Alex Lofthouse

Failures 1

Mudanchu 0

*Next Kyu Belt Grading is
December 9, 2006*

"Patience is the ability to let your light shine after your fuse has blown."

EVENTS CALENDAR

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
- 22-31 Xmas Holidays

January 2007

- 1-2 New Years Holiday
- 27 Kyu Belt Grading

KUMITACHI

Partner training has many different ideas. Last newsletter I mentioned rendori, but there is also ippon kumite, bunkai, jiu kumite, kakiya, futari, etc. Kumitachi is a combination of drills or pieces of kata or past experience put into a format.

It is an extended drill, like a demo. Practice, and recreation gives the Martial Artist the opportunity to discover openings in attacks, work on timing and distancing, and develop an understanding for the kata or drill.



Friday FIGHT Night

Yes that's right, every Friday night it's Fight Night here at the Dojo. Bring your gear and "LETS GET READY TO RUMBLE!" It starts out with warm up and basics like always, then some drills, aikido, bunkai, ju

jitsu, review, rendori, then the gear goes on and it's all rock and roll. So make sure you get out here on Fridays at 6:15pm. It's fun look how happy Geoffery is.



"Talent is what you are blessed with, skill is how you take care of the gift."

Appreciating Differences

The truth never becomes clear as long as we assume that each one of us is the center of the universe.

A huge problem for most people is judging others. If you don't think the way I do you must be wrong. If you don't like the same team as me you are an idiot. If you don't have the same god as me you will burn in hell forever. If you're not the same colour as me you're..... Can you see how unbelievably stupid it gets. People are people and we have to co-exist if we are going to make it as a species on this planet.

Think about how powerful we would be as a people if we spent more time and energy on getting along and creating things, instead finding reasons to knock people down, and being so destructive. Go with the flow instead creating friction all the time. Humans are very resourceful, creative, resilient, and capable of overcoming great adversity, look at our history, space travel, deep sea exploration, architecture, inventions, discoveries, etc. The point being, we can do amazing things when we have a common goal and work together.

Congratulations

Well done for those that challenged the last CMAC Black Belt grading. Those who made it through for Kobudo are Mr. Tisdall, Mr. Busbridge, Mr. Jones, and for Tai Chi Miss Nathwani. Always remember that it is the journey that is the reward and Black Belt is only the beginning and not the end of the road, a Martial Artist is an artist of life for life.

Banff Camp With Sensei Platt

"Awesome" that seemed to be the phrase for the trip. It started out with a trouble free flight to Calgary and landing mid afternoon in beautiful weather conditions. Then off to Banff to see the mountains and train in the fresh mountain air. The Buffalo Mountain Lodge was awesome every room has a fire place so I put that to good use. The first trip out to the plateau we find four elk grazing "Awesome!" Luckily they were there the next day when I brought my camera. One of the big Elk was curious as to what Sensei and I were doing so he watched us do Tai Chi for about 45 minutes, then when we decided to leave so did he, it was like he knew the show was over

so it was time to move on. After breakfast it was time to head for Cochrane to see Sensei Sukys our man in the West. Sensei Platt taught a series of seminars there that included Kobudo, Karate, and Tai Chi in that order over three days, awesome. On Sunday before the Black Belt grading Senpai Globe of the Honbu and myself preformed a sword demonstration, his included Tiet Sin (very impressive) mine was the seitai gata. The grading went very well and we celebrated at the Shogun's Feast a Japanese Tappunyaki restaurant, awesome. Everyone was very nice and preformed perfectly inside and outside the dojo. Thank you Sensei Platt for that opportunity. Ous

