

JADE Buddha



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Xmas Party
Sunday December 10
at Aikida 3pm

Holiday Season Dojo Holidays Dec 22 - Jan 8

Have a Nice Break!

Enjoy the Holidays everyone. Eat, be merry, sing carols, trim the tree and then get yourself energized for a New Year of kicking & punching!

Merry Christmas & Happy New Year to all of you and your families this season.

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"Today's plan tomorrows adventure."

SENSEI'S NOTE

New Mats - Awesome! Thanks to everyone who came out to help lay down the new mats, your presence was very much appreciated.

The event didn't go off as smooth as I had hoped, actually it was really quite a disaster. Originally the plan was to do it over the Xmas holidays, so if anything went wrong there was lots of time to fix the problem. Having extra time on your hands cuts down on the stress factor. Well things did go wrong, Horribly Wrong! The mats didn't mesh with the old mats, and once we started this job there was no going back.

After a good meditation I came up with a plan.

As luck would have it or Good Karma, or the Gods were on my side, right place at the right time, one good turn deserves another - who knows which one or maybe all of the above, but the new mats came from Home Depot and won't cost me a dime for a whole year (I got in on a "Today Only Don't Pay For A Year" deal). How great is that! Miss Kortright, Levi and myself laid them down over the old mats after a bit of prep and it worked out better than I hoped for.

All things happen for a reason.

TRAINING TIP

Lately I have been listening to Sensei Urban's CD and it is really something. He is reading his famous book "The Karate Dojo" and telling little stories about the old days. Sensei Urban was an amazing individual with a very dynamic presence. His voice is so animated and unbelievably rough, you have a hard time listening to it, that is until you get into what he is talking about. He had the opportunity to train with three of the top Martial Artist of that time in Japan after WWII, and being an American serviceman he wasn't the most popular person there. Could you imagine going into a dojo of the enemy and fighting with people who hate you, in dojos where some people might not survive the class and didn't on a couple occasions. That would have taken a lot of guts.

Training has certainly changed over the years, one of his sayings on the

CD is "That was then, this is now!" Now you can feel safe in the Dojo knowing that no one wants to hurt you, but that doesn't mean that you can treat it with any disrespect. When you come in, come in to train, not to spoil the vibe of the class. I guess that is why I get on some people who have the ability but screw around instead of treating the training with the respect it deserves. The world can be a harsh place, and the old schools were so brutal that everything else seemed easy, oh well, evolve or get left behind.

Always remember that you get out of the training (and life) what you put into it. Train hard and with intent, and become strong, fast and aware, put nothing into your training and there are no rewards, it's really that simple.

GRADING RESULTS

No Grading for November



*Next Kyu Belt Grading is
December 9, 2006*

"If don't stand for something you'll fall for anything."

EVENTS CALENDAR

December 2006

- 9 Kyu Belt Grading
- 10 Dojo Xmas Party
At the Dojo
- 22-31 Xmas Holidays

January 2007

- 1-7 New Years Holiday
- 8 Dojo Open
- 27 Kyu Belt Grading

February 2007

- 1 Black Belt Grading

Ippon Kumite

Translation; One Point Sparring. The idea behind "Ippon Kumite" is to repetitively train a block and counter basic move to improve reaction time, the basics themselves, timing, distancing, power, stances, and control.

Both students will bow to each other and start one of two ways (1) both left side forward left hand out, or (2) Shite stands in a natural stance "Heiko Dachi" and Uke steps right foot back, to left side forward "Zenkutsu Dachi" left hand out. For option (1) there is usually a

standard drill laid out such as Uke steps in oi zuke to the head and Shite steps back high block reverse punch, "Jodan Uke Gyaku Zuke" or something to that effect. For option (2) Uke will be given a variety of attacks in which to choose from, and Shite has to use the appropriate block and counter, pausing for a count of 3 after the counter.

Here's Mr. Tom Edwards and Patricia Crawley demonstrating ippon kumite that also relates to the bunkai of Gekesai Itch.



Student A Student B
Courtesy



Left side forward left fist to line up with the elbow



Student A steps forward oi zuke B steps back Jodan uke



B steps forward oi zuke in sanchin dachi A steps back sanchin dachi uchi uke



A steps forward shiko dachi oi zuke B steps back shiko dachi horiatoshi



Respect



"No problem can withstand the power of concentrated thought."

Nam myoho rengo kyo

The Lotus Sutra

Nam - derives from Sanskrit meaning "to devote oneself." To the Dharma of correct action

Myoho - literally means Mystic Law, and expresses the relationship between the life inherent in the universe and the many different ways this life expresses itself.

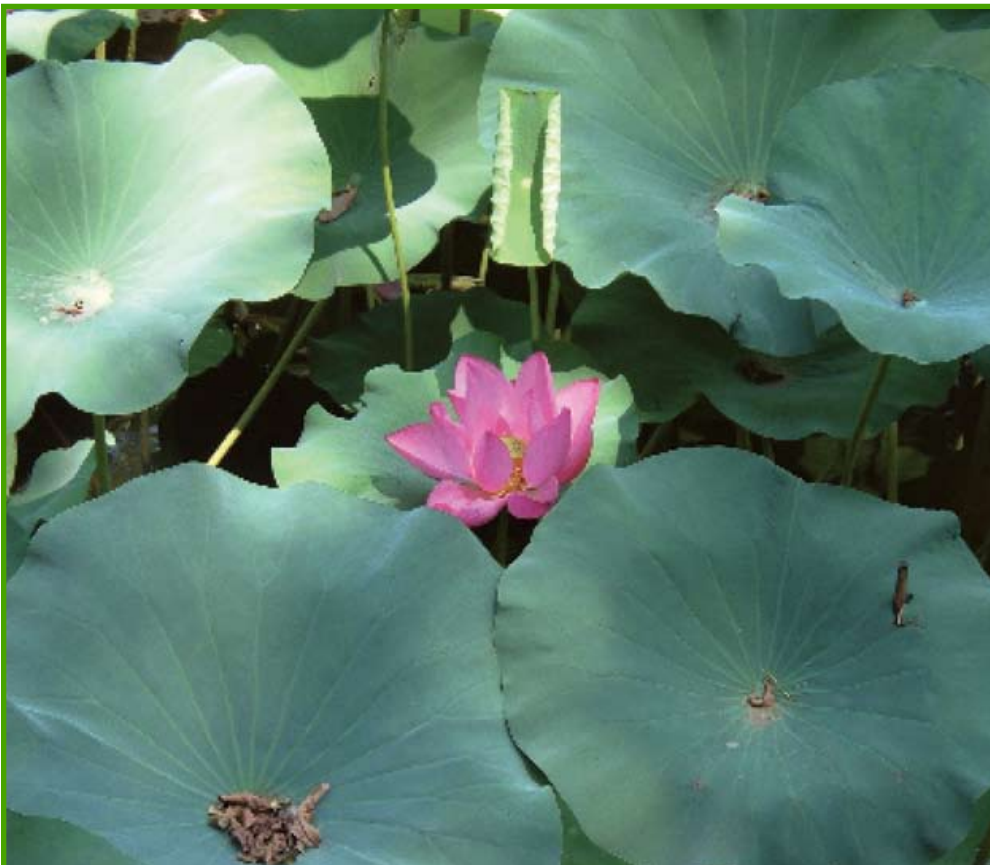
Renge - Lotus Flower. The lotus blooms and produces seeds at the same time, and thus represents the simultaneity of cause and effect. The circumstances and quality of our lives are determined by cause and effect, both good and bad,

that we accumulate through our thoughts, words and actions at each moment. Karma. We create our destiny and we can change it. It is our responsibility. The lotus grows and blooms in a muddy pond, and yet remains pristine and free from any defilement, which has a deep meaning for those who wish to contemplate its relationship with the Chinese people and those of the Buddhist sect.

Kyo - Sutra - the voice or teaching of a Buddha. Kyo conveys the concept that all things in the universe are a manifestation of the Mystic Law.

"When deluded, one is called an ordinary being, but when enlightened, one is called a Buddha. This is similar to a tarnished mirror that will shine like a jewel when polished. A mind now clouded by illusions of the innate darkness of life is like a tarnished mirror, but when polished, it is sure to become like a clear mirror, reflecting the essential nature of phenomena and the true aspect of reality. Arouse deep faith, and diligently polish your mirror day and night. How should you polish it? Only by chanting Nam myoho rengo Kyo."

(On attaining Buddhahood in this lifetime - Nichiren)



Two Monks and a Girl

One wet and rainy afternoon two monks were walking down a muddy street in China when they noticed a beautiful girl on the sidewalk who wanted to get to the other side of the street. The older monk went over and after a bow he picked her up and carried her to the other side of the street. Then he continued on his way with his fellow monk. After some distance the younger monk finally asked "Why did you carry that girl across the street?" The older monk said "'I am no longer carrying her, why are you still carrying her."