

JADE Buddha



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2007 is the year of the • PIG •

2007 is a mixed one with the year being ruled by the Water element in Chinese and the Pig being ruled by Fire element. With Fire and Water together it's going to be a struggle, as one is inimically the enemy of the other. Fire is on top this year with Water below – and Fire cannot burn without support. When Fire and Water clash, they either result in lots of scalding hot steam and explosions or they can transform whatever situation it was into something completely different.

CMAC BLACK BELT CAMP & GRADING

WEEKEND FEBRUARY 17&18

There will be a challenger from our Dojo who will be in this grading so if you are not able to make the Camps try and make it out for the grading. It is always a great learning experience.

DOJO KYU BELT GRADING &

BLACK BELT PHOTO SHOOT
JANUARY 27th

Think you are ready for the next level of training? Make sure you put in the time and brush up on those katas.

All Beach Black Belts are kindly requested for a group photo after the grading. If you are one of Sensei's a black belts please make it by for this photo.

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"Today's plan tomorrows adventure."

SENSEI'S NOTE

First I'd like to thank everyone for all the cards and gifts, they were very much appreciated, as well as covering things while I was out of the country.

Secondly, I'd like to wish everyone all the best for 2007. It promises to be a great year with all the travelling to China, out west and special camps in certain power spots around the world, very exciting.

For those of you thinking about China start paying attention to the events board as deadlines for deposits will have to be met as well as paper work and what have you. See me for hand outs.



TRAINING TIP

There are three levels to your Martial Arts training

- 1) **Hard physical training**
- 2) **Philosophical assimilation**
- 3) **Prolonged meditation**

One out of three is physical, and of that a very small part of that is fighting. People confuse Martial Arts with violence. We practice blocking punching and kicking to strengthen the mind body and spirit. We always block first. There are so many reasons for training, and you can get what ever it is that you are seeking from the Martial Arts. Personal development is a natural occurrence for those who stay long enough. Martial Arts is something you do for life, not just as a hobby. If you train properly you will be able to do Martial Arts for the rest of your life. UFC and Full Contact may look like a

lot of fun but there is only so much abuse your body can take, believe me. We train for health so that as you age your body will preform like that of a much younger person. Performance is really where it is at. You want your car to preform, you need to take care of it.



GRADING RESULTS

December 9th, 2006

Kids Karate **Yellow Belt**

Jenna Ladd
Dave Arnott
Arthur Diesen
Karina VanDenhoven
Tetsu Stone

Orange Belt

Zack Marshall
Milo Hanushchak
Luna Nikolic
Paulina Vlassova
Quinn Bray

Red Belt

Nikki Murphy

Brown Belt

Christian English Pratt
Levi Flowers

Kobudo **Yellow Belts**

Erik Pervin

Orange Belt

Lindsay Hacher
Rob Sopher

Green Belt

Sam Lilly

Blue Belt

Christian English Pratt
Levi Flowers

Mudancha

Jeff Hendrix

*Next Kyu Belt Grading is
January 27, 2006*

"The primary meaning of the kata is for the performer himself."

EVENTS CALENDAR

January 2007

- 27 Kyu Belt Grading
Group Black Belt Photo

February 2007

- 17-18 Black Belt Grading
Mini Camp
18 Chinese New Year

Bunkai

Bunkai is the meaning of the movements of the kata. For the junior kata, the answers are pretty obvious, and as you get higher up the kata ladder the meanings are not quite so easy to discern. Although the junior kata may appear to be obvious in nature, there are usually two or three different Bunkai for any given scenario not to mention the hidden

movements which I will get into at get depths in a later issue.

To truly understand the kata you should be able perform the Bunkai of any given part of that kata within seconds of being asked to demonstrate it. Failure to do so is a sure sign that you have not trained it hard enough.



"So many people protect themselves from this reality when they should project themselves into it."

To all the kids who survived the 1930's 40's 50's 60's and 70's

- >First, we survived being born to mothers who smoked and/or drank while they carried us.
 - >They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes.
 - >Then after that trauma, our baby cribs were covered with bright coloured lead-based paints.
 - >We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets, not to mention, the risks we took hitch-hiking.
 - >As children, we would ride in cars with no seat belts or air bags.
 - >Riding in the back of a pick up on a warm day was always a special treat.
 - >We drank water from the garden hose and NOT from a bottle.
 - >We shared one soft drink with four friends, from one bottle and NO ONE actually died from this.
 - >We ate cupcakes, white bread and real butter and drank soda pop with sugar in it, but we weren't overweight because WE WERE ALWAYS OUTSIDE PLAYING!
 - >We would leave home in the morning and play all day, as long as we were back when the streetlights came on.
 - >No one was able to reach us all day. And we were O.K.
 - >We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After we ran into the bushes a few times, we learned to solve the problem.
 - >We did not have Play Stations, Nintendo's, X-boxes, no video games at all, no 99 channels on cable, no video tape movies, no surround sound, no cell phones, no personal computers, no Internet or Internet chat rooms...WE HAD FRIENDS and we went outside to found them!
 - >We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.
 - >Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!!
 - >The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!
 - >This generation has produced some of the best risk-takers, problem solvers and inventors ever!
 - >The past 50 years have been a explosion of innovation and new ideas.
 - >We had freedom, failure, success and responsibility, and we learned HOW TO DEAL WITH IT ALL!
- You might want to share this with others who have had the luck to grow up as kids, before the lawyers and the government regulated our lives for our own good.