

JADE Buddha



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CMAC BLACK BELT GRADING plus Mini Camp

FEBRUARY 17&18

BOOK 2 AVAILABLE

THIS MONTH

It is almost ready, start looking forward to it, the second book by Sensei, CMAC Goju-Budo VOL2. In this issue you will be introduced to Soto Chudan Ma-washi Uke, Kake Uke, Gekesai Itch and Ni new self defences and a lot of Sensei wisdom.

China Trip 2007

July 2007

If you are thinking about it, time is running out. Get a down payment together and start the preparations. If you can not hesitate this is a life changing experience and absolutely worth every penny. Take a look at the photos on the dojo walls if you need convincing. Talk to people who went the last time they will tell you it should not be passed up!

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"Thinking is good."

SENSEI'S NOTE

Thinking is good. The left brain is the rational intellectual side of the brain, relating to logic and only believes what it can see, touch, hear or smell. It needs nourishment and exercise, so that it can make the right choices in life. The nourishment comes from proper input, and the exercise comes from doing your own thinking.

The right brain is the inspirational, intuitive, and creative side, responsible for unconditional love and is the connection to the soul and the cosmos. It needs food and work.

Your Martial Arts training works both sides of the brain. Kata and meditation are the vehicle, on the path to enlightenment.

TRAINING TIP

So many people miss out on opportunities that are right in front of them. I knew a guy once who had the chance to train with a great Sensei but rarely went to class then one day the Sensei decided not to teach him anymore. How tragic, his training was a privilege not a right.

Here's a good story...

The other day one of the youths has a story he wanted to share with the class, so I let him proceed. It goes a little something like this. Our hero is sitting in class and the teacher is asking one of the students for his homework assignment, and the student is unprepared, and pauses while he starts to figure out a reason why he doesn't have it. So the Karate student (who will remain nameless) pipes up and says "On the fields of hesitation lie the bones and souls of fallen warriors." The teacher looks at our boy blinks in awe, then focuses back on the poor kid without the homework. The kid is now sweating and starts spewing one pathetic story after the next, we are talking about the worst set of unimaginable lies conceivable. Like John Balushi in The Blues Brothers - the scene

where his ex girlfriend has them pinned down on their bellies, in the sewer, facing the wrong end of a M16. Anyway back to the story - when he's done barking up the wrong tree, the youth with brilliant timing says "Excuses are the tools of the unsuccessful!" The teacher is now impressed. This kid is so on top of being a smart @\$# he can be funny and make a good point at the same time. So the teacher ask the youth "Where are you getting this stuff." He says "At my Karate school." After he told us that I expected the phone ring with some irate teacher on the other end that was going to tare a strip off me for having such indisciplin students that will just say whatever they want whenever they want. Well fortunately that never happened, so I guess you're alright Eric.

NEXT GRADING

March 3 2007

Yellow Belt

Adam Kline
Michelle Redburn
Kate Waslen
Martin Reilly
Michael Peros

Green Belt

Christopher Pollack

Kobudo Yellow Belts

Isael Khon

Mudancha

Jeff Hendrix

Strength come from health.

Speed comes from effort.

Technique comes from experience.

Willpower comes from faith.

Serenity comes from old knowledge.

Progress comes from new knowledge.

"Don't let some else do your thinking for you."

EVENTS CALENDAR

February 2007

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

March 2007

- 3 Kyu Belt Grading

Good Days and...

People have good days, middle of the road days and bad days. Most people will coast on good days, and keep even on middle days then fall behind on bad days. What they should do is really put out on good days to get a couple steps ahead, and on middle days get one step ahead, then when they have a bad day and fall back they fall even.

Kakie - Push Hands

This is the first 3 of the series of joint locks and arm manipulation that you should have by Brown Belt, usually at a Sho Dan Grading (First Degree) you'll be expected to perform 5.



1) push at the wrist



2) grab his thumb



3) turn the thumb to the floor



1) push hands



2) roll the elbow toward the head



3) cross step though and lock the elbow



1) push in



2) cross step and roll over the shoulder with a figure 4 arm bar



3) turn your hip for the take down

"Letting someone do your thinking is like being a ship and having someone else steer the rudder."

Zen Koans

Zen Koans are carefully devised nonsensical riddles which are meant to make a student of Zen realize the limits of logic and reasoning in the most dramatic way. The rational wording and paradoxical content of these riddles makes it impossible to solve them by thinking. They are designed precisely to stop the thought process and thus make the student ready for the non-verbal experience of reality.

What is the sound of one hand clapping?

Does a dog have a Buddha nature?

What was your face before your mother was born?

What is the silence behind the thought?

What is the right answer to a koan? There are many and there is also none. For the koan itself is the answer, and by the time there is a right answer to it Zen will be dead.

Before you get into that here's something to loosen you up with. There once was an old Magician, tired and withered from walking through the desert, who had lost his shoes and had nothing to eat for days except an onion he found. What or who was he?

You guessed it He was a Super Callus Fragile Mystic Hexed by Halitosis.

CMAC Camp With Sensei Platt

Make sure you put February 17 and 18 on your calendar and get out to Sensei Platt's seminars. These seminars are jam packed with great stuff, Sensei Platt is a Master and displays it with every move. Not only are the Martial Arts over the top but if you want to have your mind expanded (or blown apart) just listen to what

he talks about. Training like this doesn't come along everyday so take advantage of this great opportunity, ask anyone who has ever been to one and they will tell you how fantastic they are. They are all different and it still amazes me how he can keep showing such a vast amount of information.

