

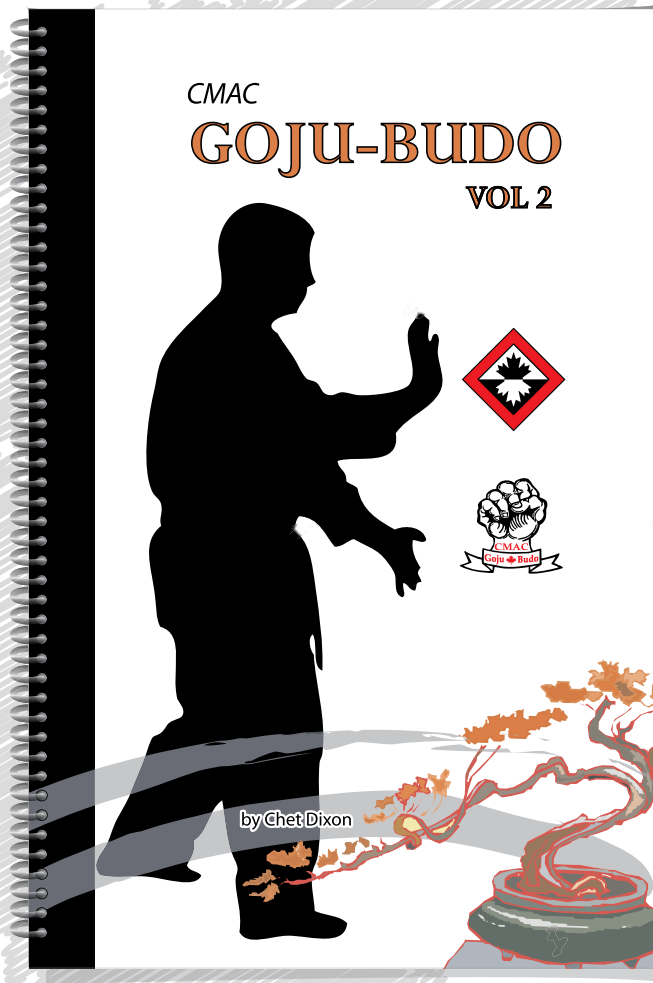
JADE Buddha



1971 Queen St. E. 2nd floor, Toronto, ON

416-690-2885

www.cmacbeaches.com



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In this issue you will be introduced to Soto Chudan Mawashi 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 do 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!

Movie Night

March 10th after Grading

Sensei has a few hidden gems that are just perfect for a movie night. Old vintage martial arts videos and even some Dojo clips. What better than to show then by having a Dojo movie night! It'll be like a fun History lesson.

INSIDE THE JADE BUDDHA

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"The single most powerful asset you have is your mind."

SENSEI'S NOTE

People are funny! It seems like whenever you want to start something new, your friends or family or neighbors will explain to you why that isn't the wisest move to make. How many people think you're nuts for doing Martial Arts? Oh sure they did it once and it wasn't for them because the concept the kata didn't seem to fit the real fight scenario, when really,

they just couldn't figure out the kata or the drills were to confusing. You can succeed at anything you want, it is a matter of focus and dedication, get educated and put energy into whatever it is that you are after. Quitters never win and winners never quit. Don't say "I can't" ask "how can I". How can I create a strong mind and a dynamic spirit.

TRAINING TIP

Metskei - one of the six areas of the kata is eyes, referring to where you look when performing a kata. Before you announce your kata, open your eyes, the kata name is like a battle cry, you wouldn't be on a field of battle running at the enemy with your eyes closed. Always look before you move, and have focus have intent in your gaze. See the opponent and visualize what you are doing.

Here's a weird story...

The other day I was out running down by the beach but on the street, I passed a van with the engine running and a fellow sitting in the drivers seat. As I passed the van I heard him put it into drive. When I got through the intersection I could hear that he was coming my way so I got onto the sidewalk. He passed me and pulled over quickly and got out and didn't close his door. I stopped running, he came around the front of his van at me. I put me left side forward, not liking this situation and being prepared for the worst (attack). It seemed strange and I didn't like the vibe I was getting. He says in an aggressive tone "Can I ask you a Question?" I'm thinking OK here we go so I reply in a similar manner "WHAT!" I was ready to fight, and at that moment his whole pres-

ence toned down. He asked how long I had been running for, then a few more questions about getting in shape and exercise. I was tolerant and told him it is like anything else read, apply and ask questions. As soon as said it I knew he was going to throw it back at me, he says "what do think I'm doing!" so I said "Don't come at people in the middle of their work out! Go to the Running Room they have clinics, seminars and support groups, they are up on Queen". It was very strange Who does that? Anyway I think I reacted the right way, talking to strangers who jump out of vans is always a risky thing to do, I know he felt my intent. I think if something like that happens to you just keep running. The more I think about it the more I think how weird it was. Life tests us everyday.

NEXT GRADING

March 10 2007

Yellow Belt

Adam Kline
Michelle Redburn
Kate Waslen
Martin Reilly
Michael Peros

Green Belt

Christopher Pollack

Kobudo Yellow Belts

Isael Khon

Black Belt

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.*

"Life can be thought of as a Game - sometimes you win and sometimes you Learn."

EVENTS CALENDAR

March 2007

- 10 Kyu Belt Grading
10 Movie Night

April 2007

- 28 CMAC Family Day
Holiday Inn - Oakville

May 2007

- 26 Dragon Boat Race
for Charity-Kelso Lake

June 2007

- 24 Black Belt Grading
Holiday Inn-Oakville



Sneaky

In many kata there are Hidden Movements - **Kaku shite** (*hidden or to hide*) this was to disguise a styles Secret Technique - Oku no waza. Some moves in the kata are performed in one direction when the application maybe the reverse direction. One bunkai of the move would appear to be a block but when you change direction it is a strike. The same subtle move may have more than 3 applications.

In book two there are 5 different situation for the use of a Haraotoshi, book 3 will have a bunch on the mawashi uke, sneaky (*it's sneaky because you have to get the next book to learn the Oku no waza from the kata in the previous book*).

Discovering and working these hidden moves turns the mystery into mastery.

Beaches Dojo Black Belts

Did you know...it is proper etiquette to address your senior Black Belts by their Mr./Miss titles. Here are your Dojo Black Belts and theirs names. If you are unsure how to address someone ask Sensei or one of your senior belts they will be more than pleased to help out.



->From left to right

Back row: Mr. Fernandez, Mr. Whiteman, Sensei, Mr. Bethke, Mr. Tisdal

Middle row: Mr. Hendrix, Mr. Farmer, Mr. Busbridge, Mr. Jones, Mr. Burton

Front row: Mrs. Corrigan, Miss Nathwani, Miss Hacker, Miss Kortright

"It is better to welcome change than to cling to the past."

Crime Fighter

Our own Allan Redburn (*Patrick and Michelle's dad*) stopped a bad guy the other day. This guy crashes a stolen car after a high speed chase with the cops escapes on foot through a school yard and ends up in Al's garage and about to steal his bike, when Al caught him. The perp tried to get passed Al, who wasn't going to let that happen, and called on his judo training from his earlier days, and took the guy to the ground. He was in the process of choking him out when a lady police officer happened by and arrested him. After I told the story in the kids class Patrick and Michelle were very excited and trained super hard, because they now understand that sometimes bad things happen to good people and that Martial Arts could one day save their lives.

Here is a saying that I often use that relates to Martial Arts and self defence "It is better to have it and not need it than to need it and not have it."

Good for you Al!

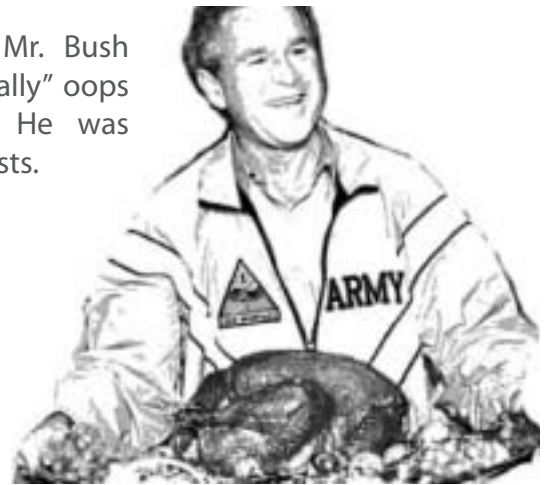
Movie Night-March 10th

After the grading on the 10th we will have a little get together and watch some stuff I've been collecting over the years. Some china monks, our dojo talent, some vintage Martial Arts stuff, and with any luck the Budo tape. It will be fun, and you will like it.

Good old Mr. Bush

Here's a quote from Mr. Bush "Chaos is the greatest ally" oops "their greatest ally." He was talking about the terrorists.

It was beautiful.



CMAC Camp With Sensei Platt

As Always the camps were awesome! The training was over the top, I have given up thinking that I have seen all there is to see, Sensei keeps bringing it. We learned a new Taikyoku kata, new drills, Holy heaven with a bo was very interesting, new mudras, countless ways to take someone out or lock them up, (I really liked the grab the face move) and just a pile of info in the tai chi section. Really Great week-end of training, and so many of you missed it, I have to laugh.

Years ago I went and trained with Sensei Kim, he was great, I was also given the opportunity to train with Sensei Urban, he was great. My point is it was great! Now I can no longer train with Sensei Kim or Sensei Urban, (R.I.P.) but I can remember being there with them and the impact they had on me.

One day just before the evening class Mr. Tisdall came into my office to give me a beautiful pair of coco-bolo tonfa that he had fixed the

handles on. Awesome!!! Thanks. He asked who was going to Sensei Platt's Seminar - so I rhyme off the names and he was surprised that only 10 were going. Then he mentioned that the chance to train with a 9th Dan is a rare opportunity! Don't they know that?

Opportunities are all around us but only those who pay attention see them. Sensei Yamaguchi said "Be quick to seize opportunity."