

# THE JADE BUDDHA

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## Happy Anniversary Beaches Dojo

*May 31<sup>st</sup>, 2003*

After the grading on the May 31st our Dojo will be celebrating it's 1 year anniversary. More information will be given closer to the date.

### Toronto Tournament

*June 8th, 2003*

Now that the SARS scare has quieted, it is time to start thinking about the Tournament again. Are you going to compete? Are you prepared to represent you Dojo at the Tournament?

### Black Belt Grading

*Holiday Inn - Oakville*

*June 1 2003*

There will be a Tai-Chi seminar opening up the grading at 10am. If you haven't been to a Black Belt grading yet, it is always a wonderful opportunity to see what you can look forward to.

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*"a strong wind may destroy a sturdy tree, but a willow bows, and the wind passes through."*

## SENSEI'S NOTE

Your true colours come out in the dark. This statement is the truth. It's so Zen. Some people have asked "What does that mean? You can't see colours in the dark." Well let me try and shed some light on the subject. The dark is not the absence of light, but the unknown, how do you deal with things that have just gone wrong? You are in the dark as it pertains to a direction or action to take. Your colours are your character. Do you accept the challenge with determination and resilience, or fold under the pressure. Your meditation is one way to improve your character. Look in the mirror as you meditate and see the characteristics you want to have and if there is a certain area that needs improvement such as self esteem, courage, awareness, power, fitness etc. see yourself that way in the mirror. The more you see that person in the mirror a certain way the more you will start to reflect that character.

## TRAINING TIP

One of the things I've noticed over the years is that your character is revealed on the dojo floor. For example, do you give up when it's getting tough or is that a driving force, how do you work with students of lesser or greater ability, if you get injured how do you deal with it. Because of the way Martial Arts training is conducted students are pushed toward total involvement and situations that give them little opportunity or inclination to hide their true nature.

This is reason enough for many students to stop training because of the fear that a weak character maybe shown. This is why a great many students don't make it past green belt. The higher the level, the more involved the process. Martial Arts is about personal development, lets face it people need guidance, motivation, encouragement, a place to let out some stress, and a safe environment to express themselves, and expand their consciousness. In a lot of cases people would rather be right than do what is right, so guiding them into some kind of lifestyle change for their betterment is sometimes hard and is met with great resistance. Let's take smoking for example; they know it's fatally bad for them but don't quit, do you have any idea what I'm asking them to do? I've been killing myself (smoking) for years and you want me to stop, but it's so hard. The higher the mountain the harder the wind blows. Have some will power. Who's in control? You or the habit? Try replacing a bad habit with a good one like running, this will either kill you or show you how bad you've been abusing that body of yours. If it kills you I've saved you a bunch of time and a lot of other people from second hand smoke. If you live maybe you will take quitting a little more seriously.



## GRADING RESULTS

*for April 2003*

There was no grading held for the month of April. Which could only mean the grading for May 31st will be much bigger. Do you feel you are ready for your next level?

*Next Kyu Belt grading May 31st*

## Happy Anniversary Beaches Dojo

After the grading on the 31st the Dojo will be celebrating in honour of our 1 year anniversary in the Beaches. Please join in the festivities!

*"Where there is doubt, there is no doubt."*

## EVENTS CALENDAR

### May, 2003

**23-25** -CMAC West Spring Camp  
Banff-Alberta

### June, 2003

**1** -Black Belt Grading  
Holiday Inn-Oakville  
**8** -Tournament Reschedule

**27-30** -CMAC Summer Camp  
Grand Bend

### July, 2003

**13** -Summer Challenge  
Burlington, Ontario

### Gradings 2003

May 31<sup>st</sup>  
June 28<sup>th</sup>  
July 26<sup>th</sup>



## FOR YOUR HEALTH

### *The importance of "balancing" your diet*

Have you ever considered whether your diet provides you with enough nutrition? Most of us know so little about nutrition. Rarely do we consider whether we're getting enough vitamins, minerals and other nutrients from our diet.

Supplementing is 'nutrition insurance'. For the many who are taking responsibility for their own health, taking nutritional supplements is just as important as eating the right foods.

Vitamins, minerals, carbohydrates, fats, proteins and water-they're each considered a nutrient. We can also add to this list, such as enzymes, fibre and certain plant chemicals, since in the body these work closely with nutrients.

An important characteristics of nutrients is that they work synergistically; that is, the activity of each nutrient is enhanced by the activity of the others. This knowledge provides all the more reason to eat a variety of foods to ensure the widest range of nutrients everyday.

## MERCHANDISE INFORMATION

Remember, the Toronto tournament is a month away, start thinking of what equipment you will need to compete.

### *General Checklist:*

**Karate:** Gi (uniform), mouthpiece, safety equipment for kicks & punches.

**Tai Chi:** Red CMAC T-shirt, black pants, tai chi shoes and tai chi sword.

**Kobudo:** Wooden knife, Bo, Jo, Escrima sticks, Hakama.

For all your Karate, Tai Chi, Kobudo needs pick up a copy of our catalogue. There are plenty of items to choose from. All orders are placed at the end of each month.

*See Sensei if you are unsure of the equipment you need in order to train in your chosen art.*

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*"The aim of Zen is complete control of the mind, to attain a state of enlightenment and a sense of clarity."*

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## Dusk to Dawn

The turnout was great for the Dusk to Dawn seminar. Senpai, Sensei DeQuetteville, Miss Haw, Mr. Tisdall, Jackie Kortright, Lindsey Hacker, Greg Sirklys, Juliette Corby, Sonja Sindhuber, Karl Fernandes, Joe Shoichet, Alex Bethke and Rob Batthany were those in attendance.

The 12hr training began at 7:00pm with 2 ½ hour Karate session. We worked on open-hand self-defences, some of which were bunkai for our new Katas, which made everyone quicker to pick up both self-defences and Kata. We were all excited to have the chance to learn black belt futari, Sil Lum Chuan Shu.

For the second session we moved downstairs to the front hall with our Bos to learn some Bo basics and perform Ten U No Kan for some late night spectators on the street. Back in the Dojo, we worked on Kali Kata #1. To end of the weapons session, the senior students worked Tonfa in the Dojo, while we trooped back downstairs to practice our new Bo Kata.

At 2am the candlelight session began with mudras and mantras, powerful shattering palm training and hard Chi Gung. After some partner training we moved on to some low-key Kumite by candlelight. We all experienced the tangible energy created by the circle meditation when we did our individual Kata.

At 5am we headed down to the beach to do Tai Chi as the sun rose. On our way back to the Dojo we stopped at four training spots, reviewed our new Katas, and did some weapons Kumite and tested our balance doing the Monk Step across a beam in the sand.

The sessions passed by quickly and were followed by hour-long rejuvenating breaks. All of us have new Kata and Futari to work on and many students were to experience weapons training for the first time. By dawn, our group was energized and ready for a big breakfast at the Sunset Grill. The assistance from the senior students was greatly appreciated. We are all looking forward to the next 12hr training session in the fall.

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## Easter Parade

The Easter Parade was an absolute Blast, the sun was shining, temperature perfect, and the Dojo was well represented. In the front line Jen McNeil and Sonja Sindhuber, proudly carried the Dojo banner, Alex Bethke and Ken Watters put on a fantastic weapons demonstration. Immediately after them Sensei DeQuetteville put the kids through basics, kata, self-defence, and the flying side kicks were a huge crowd pleaser. Jackie Kortright and Lindsey Hacker put on a good show with Kata and skillfully executed the Futari. Next was Sensei and Mr. Titus performing sword cuts, and watching our backs was Martha Dolan who made sure no one got too close the action. The kids that made it out were Louis D'arsie, Christian English-Pratt, Julia Merlini, Jerrica Mulgrew, Max Ash, Andrew Kucur, Rob & Rich Holter, Eric Wallise, Xavier Kindrachuk (Xman), and Ismael Khon. Everyone was really impressed with you, Good Job. Thanks for your support and look forward to doing it again next year.

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*Did you know...*

## About your CRESTS!!!!

You may have noticed students wearing two different crests on their uniforms, one is a fist, which represents the style of karate that we do (Goju Ryu - Hard & Soft Style) and the other is a diamond that stands for the organization that we belong to (Classical Martial Arts Canada - C.M.A.C.). To acquire either of these crests, see Sensei. Having a Goju Fist by grading time is encouraged.

