

# JADE Buddha



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

416-690-2885

www.cmacbeaches.com



## CMAC Family Day

*Sunday April 28th*

This Sunday CMAC will be hosting a CMAC family day at the Holiday Inn in Oakville. Bring your little ones or your parents your cousins or your aunts an uncles. Give them a chance to participate in Karate seminars where they will learn Self-defences, Tai Chi and many other awesome benefits that our organization offers.

### Book 2 Available

A great tool for every student training in Goju and a great value at \$20 per issue. 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

You are a fortunate student if you are going on this trip. This is a life changing experience and absolutely worth every penny. Take a look at the photos on the dojo walls for a preview to your adventure. Make sure your passport is up to date July will sneak up fast.

#### INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tips	2
Are you....	2
Events Calendar	3
Feng Shui	3
Family Day	3
Saturday Tour	4

*"People only appreciate the value of water when the well runs dry."*

## SENSEI'S NOTE

Appreciation for those around you is an important thing. Just imagine for a second, life without those who take an active roll in your happiness, home or world. When someone does something nice for you say "thank you" it's important. Two simple little words, but they have such a huge effect on those that have gone out of their way to help you. Say "thank you" and mean it, there is a certain vibration that goes with it. When you say it you may think to yourself, it would be nice if someone would say that to me. Then you start to think of things you

could do for someone else so that you may hear these words. Then comes the day when you buy someone dinner or help someone or whatever it is that required some energy on your part and you get nothing back in the way of appreciation. What a let down. But it's ok don't worry just stay positive, they probably didn't realize that it was such a big deal to you. It is frustrating of course, to go through these things, so you might want to spend your energy on someone who is more appreciative and things aren't so one sided.



## TRAINING TIP

Bun Bu Itchi - the pen and the sword are in accord. Martial Arts is more than just blocking punching and kicking, there's throws and chokes, elbows and knees, open hand strikes and chops! You expected me to go on about how important is to read about the training and the discipline of the mind. I've beaten that horse to death!

## Are you a worrier or a warrior?

Sensei Platt has this saying and I really like it! "Are you a worrier or a warrior" It is so clear that you can not miss the point. What do you want to be? I think the answer is obvious.

People for some reason get caught up in things and their first response is one of negativity. How lame is that! Words should only be used when silence is not enough. If you have nothing nice to say then say nothing!

Warriors don't worry so power on, see lives challenges as just that, a challenge, rise to the occasion, every day is a test deal with it. Yamoto Damashi, never say die, Etsu Metsuke, see the mountain beyond the opponent!

Consider this in your meditation.

## GRADING RESULTS

March 10 2007

### Kids

#### Yellow Belt

Tristian Kinderchuk  
Cameron Hinde  
Quinton Kohl

#### Red Belt

Sasha Bambrick

#### Purple Belt

Julia Merlini  
Blue Belt  
Max Jeffers  
Eric Wallis  
Vidan Zividic

#### Adult Yellow

Joel Gingras  
Adult Orange  
Adrian Croft

#### Adult Brown

Patricia Crawly

### Kobudo

#### Yellow Belts

Steve Chong  
Elizabeth Chong  
Julia Merlini

#### Orange Belt

Eric Wallis

### Mudan

Sue Warren  
Shanta Nathwani  
Geoffery Busbridge  
Peter Jones

*"People love things and use people - when they should use things and love people."*

## EVENTS CALENDAR

### April 2007

- 21 Kyu Belt Grading  
28 CMAC Family Day  
Holiday Inn - Oakville

### May 2007

- 26 Dragon Boat Race  
for Charity-Kelso Lake

### June 2007

- 2 Kyu Belt Grading  
24 Black Belt Grading  
Holiday Inn-Oakville



## Feng Shui

Feng shui (pronounced feng shoy) is partly a skill, partly an art and partly an intuitive approach to how we live. It is very ancient and comes originally from China where it has been in use for at least three thousand years. Put quite simply, feng shui is a method of arranging our environment to be as beneficial as possible to us.



**MOVEMENT** - Any moving object - flags, silk banners, ribbons, fountains, wind chimes, mobiles and weather vanes, can be used wherever chi needs to be stimulated or deflected. Smoke from incense can also be considered as movement and so be used as a remedy. Flowing water brings positive chi to a building providing it moves gently and gurgles, rather than quickly and roars.

**STILLNESS** - Where chi is moving too fast, a statue, large rock or other substantial inanimate object can prove effective in slowing it down. This is particularly true in gardens where the path to a front gate can cause the chi to leave too quickly. Statues should blend into their environment.

## CMAC Family Day With Sensei Platt

Sensei Platt has planned a family day for the students and families of CMAC to meet and train with him and his senior instructors. We will meet at the Holiday Inn in Oakville on Saturday the 24th of April (time to be announced) and train with each instructor for a period of time on his chosen area of expertise.

This will give the parents or children a chance to do Martial Arts and experience what it is that their family member is always talking about. We won't be having the usual tournaments this year so this is new and I think it will be more rewarding and exciting for those that get involved.

*"It's easy to take people things and freedom for granted, especially when you have never gone without."*

## The Saturday Morning Tour

Now here's a dedicated crew if I ever saw one. Relentlessly here helping and motivating the junior student. Saturday morning comes fast with a 8:30 am start time for Tai Chi, but no one ever complains.

Then the 4-7 kids roll in at 9:45 am with some of the best morning hair, it is worth it just be here for that. I really should sell tickets, but I have to tell you, these little squirts are a blast to work with. Next up 8-11/15, it's a big class full of personalities and energy. These kids really bring out the best in everyone, and there isn't one of them that bugs anyone or tries to be a pest. So life is good.

Then a short coffee break and noon class, the crew still going strong. Power through the open class and then the teenage assistants go home except Sam and Levi, who continue on as if they could go all day, I believe they could (*no problem*). Weapons finishes things on nicely. What could be better after a good morning of training than hitting someone with a stick? Nothing that's what!

I know the next question on all of your minds right now "Wow that sounds Great! How do I get to do the tour?" Well you'd be wrong if you thought you could just come down and help out. (*Bet you didn't see that coming.*)

The assistant positions are all taken. Saying that, if you are interested let Sensei, Miss Nathwani or Levi (*Lead Grasshopper*) know and we will try and work something out. Which brings us to the next thing, assisting is a responsibility and is not to be taken lightly. If you're on board don't miss your assist, or if you have to miss make sure you ask someone to cover you off. Don't tell Sensei to find your assistant replacement, it's bad etiquette. Use the proper protocol, go to the Lead Grasshopper, then Miss Nathwani, then someone else, (*not Sensei*). Sensei is absolutely the last place you want to go, it would show that you have given up.

Lastly, who do you get to cover you off if you can't make it? They need to be qualified and not on the roster (*Roster - a list or plan showing turns of duty or leave for individuals or groups*). Who qualifies - any adult green up for the kids ranging in age from 4 - 11, older siblings that are green and up, and Brown Belts Mudans are all open season. Get organized.

**"Go Kuro San"** Thank you for doing what is expected of you. Ous!

