

JADE Buddha



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China trip Pics and stories



Snakes, cranes, Masters, temples and little kung fu kids, China sure has its share of treasures

Sedona Arizona Oct.25-29

Once again Sensei Platt will be leading a group of Martial Arts enthusiasts on another adventure. This will be a very exciting trip to one of North American's power spots. The amazing Red Rocks of Sedona will truly impress you *and raise your vibration to a whole other level. This is a training holiday, which means if you want to train great if not that's fine too, (you just may want to sit and stare at the rocks for the whole time) but I recommend the energy work. To do energy work in a power spot enhances the training, but to do it in a group of like minded people multiplies the effect to an unmeasurable level. Be there or be left behind.*

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Whatever you want - wants you.

SENSEI'S NOTE

Here's a thought - Those who fail to plan, plan to fail.

Here's another one - If you could do, have, or be anything, and were guaranteed success, what would it be?

Self responsibility, freedom of choice, that is liberation. Accepting self responsibility that is emancipation, don't make excuses, or point the finger at others for your mistakes or lack of success. "If it is to be it is up to me!" should be your Mantra. Life is not a spectator sport so get out there and make something happen. Don't wait for someone to do it for you. Life holds the most for those that make the most out of life.

I chose to put these pictures here because this statue represents a man who dreamed great things and made them happen. Having been through the mountains that he crossed I can truly see that there are no limitations except the ones we put on our selves.



Postures of the shaolin form in front of the Great Buddhadarma statue atop Mt. Songshan at the Northern Shaolin temple



TRAINING TIP

16/24

Well the trip sure was a wake up call in the one thing that we as a school are a little lacking in, Flexability! Those Shaolin Monks had the speed and flexibility of kids in their 20's who had been training for 12 hours a day for the last 15 years. Oh wait a minute that's exactly what they were.

Of all the places in the world we as an organization have been, we have held our own, these kids wanted us to do jump spin kicks and fly around the room like kids half our age. The seniors did very well for about 90% of the tasks but there were a few things like cartwheels and landing on the same leg that you just did a spinning crescent kick with, that were more than a little challenging for some people. Actually, anyone of the grasshoppers would have felt right at home performing any of the kick combinations or aerals because we do that kind of stuff in the kid's classes all the time, and if you work it when you're young you have a better chance of being able to do it later in life.

All in all it was a great learning experience, and be advised - we will be working a lot of this shaolin way of training in the future. Sensei Platt always says "Our greatest strength is that we have no weaknesses." so with that being said be prepared to take it up a notch or two. I will incorporate certain aspects into our already awesome program, so that if you ever get a chance to train with a monk you won't blow out your hamstrings.

To live with honour is to be in reality what you appear to be..

EVENTS CALENDAR

September

- 1-3 Dojo holidays
- 4 Dojo open
- 22 China slide show
- 29 CMAC Camp
- 30 CMAC BB Grading

October

- 25-29 Sedona AZ
- CMAC Camp



Above Sensei Dixon and Sensei Williams demonstrating Sil lum chuan shu for the Nomads of Tibet.

Training in Tibet

The CMAC trip to "The Far East" was really something, as you can probably imagine. Many Many things to see that would truly amaze and inspire you to take your Martial Arts training more seriously.

We saw Several temple and mystical places that would blow your mind, at an altitude of 5000 metres that's not a hard thing to do anyway, but these places were really magical.

Being the Senior student on the trip I was able to stick close to Sensei Platt (not a privilege that is given to just anyone), so I was exposed to a lot of information and great opportunities to train. One of the most powerful training sessions we had was atop of Potala Place (the present Dali Lama's house see pics below), Sensei would often pick powerful places where the energy is strong and we would work a series of chi gung, hung gar, tiet siun, and many other internal nei chi exercises. After that we would go through certain mudras, while concentrating on the vibe of the area.

The idea behind this, is to get a feeling of each place and put that feeling into the training, now when we are back at our dojo's we can go there and relive the experience anytime we want. Once you have been to a place and put your energy there, you can make the trip again anytime you want.

Sensei Platt also worked with the group and some people of the area we visited, here are some shots of us training with some of the nomads of Tibet.



Potala Palace Home of the Dali Lama



The longest journey begins with a single step. Martial Arts is the journey to enlightenment.

Movie Night

With all this talk about the china trip I thought a slide show would be a good call, so put September 22 5pm on your calender. We will have sushi and watch the projector shoot pics and short movies on china and the training, while those of us who made the trip recount highlights and some interesting stories. This will be for the adults, the kids will get a special show another time.

Sue and her Monk

Miss Sue Warren making friends with a Buddhist monk on her flight to Beijing from Tibet.

One of those chance meeting in life that can only happen if you are on a certain path.

It was a highlight for Sue.



Schedule Changes

In October there will be a few changes to the training schedule.

Monday night 7:30pm will be a senior class

Tuesday night 6:15pm will be adult weapons class, 7:30pm junior adults

Wednesday same.

Thursday 6:15pm white to blue, 7:30pm brown & black belts.

Friday night 6:15pm same.

Saturday same. Weapons class maybe at the archery range so keep your ears open.

Pics from Shaolin

Here are some more shots of Sensei and Sue at the outdoor training grounds at the Southern shaolin temple, very cool spot.

