

# JADE Buddha



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## CMAC in Shaolin Gung Fu Mode



Shaolin Monks and the Senior CMAC group busten moves at the Southern Shaolin Temple

### Sedona Arizona Oct.25-29

### Calgary CMAC CAMP & Black Belt Grading Oct. 12-14

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*It is better to deal with the problems of success than the stagnation of failure.*

## SENSEI'S NOTE

To truly understand your training is to apply it.

All too often students are put into situation where the training is just what they need to get them through, and for some unknown reason they don't use what they have learned, or I should say "have been taught".

Take breathing for instance, we train it all the time in the dojo, but when the time comes to do proper breathing they forget breathing altogether or do the wrong kind of breathing. Why? Fear, ignorance, lack of faith, or thinking too much - who knows.

Fear is one you can relate to, when something startles you, you automatically breathe in and hold your breath while raising your body up. When you should breathe out and sink to get yourself rooted and focused to deal with the situation.

Ignorance is a pretty broad area, it could be any number of things, from not understanding the power of the breathing, to when to use it, to the kind of breathing that should be used for any given situation. So let me address that one by saying "pay closer attention in class".

Faith. You train in class and do mostly what is shown you on faith. Everyone else is doing it, so there must be a good reason, and at some point hopefully you'll find out what that reason is.

This is a good one; a lot of times when people are thinking they stop breathing for a time. If you are a genius you run the risk of dying from asphyxiation.



## TRAINING TIP

More on Faith - Faith can be the first thing to go when you are in the dark, when really, it should be the thing that gets you through. I saw it happen many times during the China trip, we were put into many different situations and there were a few people that lost their perspective, saying things like "I have lost my trust" and "I hate that we have to wait" and "Blah Blah Blah" (I stopped caring after a while) if they had just kept their mouths shut for another few minutes all matters worked themselves out, largely due to the fact that Sensei Platt was all over every situation that would affect the group. Faith is a funny thing. Eventually everyone got the idea that we have done this before, and to keep it together a little longer and see how things are handled before jumping to conclusions.

## NEXT GRADING

*June 2 2007*

### Kids Weapons

#### Orange Belt

Steve Chong

#### Kids Karate

#### Red Belt

Milo Hanushchak-Ohanhan

#### Adult Yellow

Mark Lindeman

#### Adult Brown

Tom Edwards

#### Ni Dan

Grant Tisdal

Phillip Burton

### Adult Weapons

#### Sho Dan

Carey Corrigan

## NEXT GRADING

*November 3 2007*

*Your education means nothing if you don't apply what you have learned.*

## EVENTS CALENDAR

### October

- 6-8 Dojo closed  
Thanksgiving
- 12-14 West Camp and  
Black Belt Grade
- 20 Achery range
- 25-29 Sedona AZ  
CMAC Camp

### November

- 3 Kyu Belt Grading
- 10 Last archery class  
of the year

### December

- 8 Xmas Party
- 8 Kyu Belt Grading
- 24-31 Xmas Holidays

## Chi Power

Here is a shot of Valerie in the zai mudra with the sun beaming through. It's a powerful visual for developing chi in your hands and really just a great shot, I had to share it.



## Legend of The White Crane Temple

A long time ago in china there was an owner of a tea house, she was a generous lady who often fed the local people for free who could not afford to eat. One day a monk came to her and had no money for food, she fed him, and in gratitude he said "One day I will repay you." The next day the monk came and eat again, said the samething. This went on for an entire year.

Finally the monk was ready to be on his way. After telling the lady it was time for him to leave he said, "It is time for me to repay you." He took a piece of chalk and on a wall in her shop he drew a large picture of a white crane. After doing so he said to the shop owner, "when you want the crane to appear clap your hands and the crane will come down and dance for you."

The woman being puzzled, smiled and thanked the monk thinking he was out of his head, and said "Have a nice trip." Looking at the crane on the wall for sometime she decided to do what the monk said and clapped her hands. Well the crane came to life jumped down onto the floor and started to dance for her, when she stopped he returned to the wall.

Word got out about this dancing crane and before you know it people from miles around came to see this amazing sight, this made the lady very rich. After a few years the monk returned and smiled seeing that the lady had made a fortune off of the dance crane. The monk said "My dancing crane has paid you back many times what I owe you." She replied that the crane was truely a blessing. The monk said "I'm here to collect my crane." The lady happily smiled, glad to have been part of such a miracle, clapped her hands and the crane came down from the wall and flew away with the monk on his back playing his flute.

The lady built a temple in honour of the monk.

## The Lost Ancient Art of Rendori

Sparring is out and Rendori is in. That's right the "Lost Art of Rendori" has surfaced in a time when UFC, MMA, and BJJ has been getting all the attention and all the injuries. Rendori is safe and controlled and an excellent way to get the self defence drilled into your mind. It will improve your reaction time and comprehension of the kata or drill being covered that day.





*To truly understand your training is use it at the right time.*

## September grading highlights



## Student Profile

Mr. Jeff Hendrix came to us from the Honbu in October 2004 as a Blue Belt, he became a Sho Dan February 007. He fits in nicely here at the dojo and is part of the Saturday morning tour of duty. Unfortunately that is really the only time we get to see him, as his job is very demanding and takes him out of country every week to some obscure part of the states (I think he should get a medal for that alone). But on Saturday he never misses, and usually spends a good 6 hours here before going to dojo number 2. What he manages to cram in on Saturday, some students don't do in two weeks. Well done Mr. Hendrix.

