

# JADE Buddha

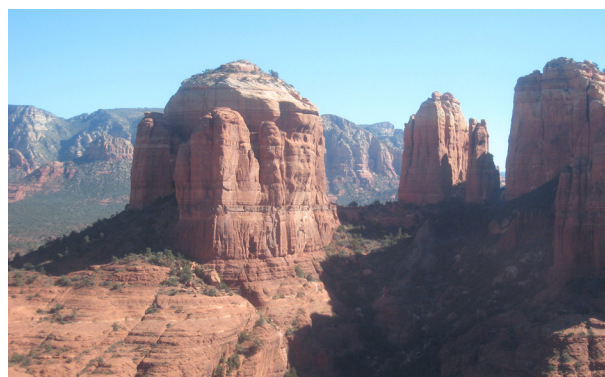


1971 Queen St. E. 2nd floor, Toronto, ON

416-690-2885

[www.cmacbeaches.com](http://www.cmacbeaches.com)

## Sedona Arizona



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## Picture Day November 17th

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*Situation control the weak, but are the tools of the wise.*

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## SENSEI'S NOTE

At the coffee shop today, we were sitting out front, and usually we warn people not to park in the no parking zone because it is a \$60 fine due to the fact that it is a loading and unloading zone for the rocket. The usual reaction from people is one of disdain. This is an odd reaction because we are not the ones handing out these ridiculous fines, we are actually saving these people the fine or tow. They should say "Hey thanks for looking out, I'll buy you guys a coffee next time." Yah like that will ever happen.

One of the fellas says "I never warn anybody, they need to get the experience so they learn the lesson." I said each time I help someone out this way, it is good for my karma. He persisted saying you need to treat them like kids so they learn the lessons for themselves. I wasn't going to get through to him, and I didn't totally disagree, so I just let him ramble on about the hard lesson and blah blah blah whatever.

Yes it is true, you can't do it for people, but \$60 is a lot of mon-

ey to just throw away to the man, and these parking maids down here don't miss a thing, as a matter of fact the parking guy was just about to cross the street when we told her. She just growled and drove away. Not even a thank you.

To sum things up, I'm not going to stop helping people just because they're all ingrates. Karma is like a bank account, you can't take out more than you put in, so it is important to put in whenever you can.



## TRAINING TIP

CMAC is a non-smoking organization, what a great idea. In Martial Arts your body is like a temple, keep it clean. Smoking is a nasty habit, it's costly, damages your health at an obscene rate, and to top it all off it's not sexy.

No Black Belts in CMAC smoke, period. It is part of the whole understanding that Martial Arts training is for health. To train and smoke is counter productive. If you want to throw your money away you can give it to me, I could invest it. A pack a day \$10 x 365 = \$3650, if I take that money and compound the interest over 20 years, and all the while using that for leverage on some strong yet liquidable assets, while staying abreast of the current financial trends, that could really turn into something substantial. See by being a CMAC student you will be healthier not only in body but in your bank account.

You're welcome.

## DETAIL

In the beginning of your training it is important to get a good understanding of the proper basics. Develop a good foundation so that you can build a strong Martial Arts style.

Understanding the basics is key for a student trying to piece together a kata, if your basics are weak in the kata, the kata will be frustrating for all people involved, (those watching, teaching and training). It is better for the whole if you spend the time in the beginning to develop a strong base.

As time goes on and you fail to correct certain areas you will have bad habits. It is better to learn it correctly in the beginning than break a bad habit in the future.

With all that being said, and you have strong basics and the group is working a form, try and keep up to the speed of the leader. If you are leading watch the group and use discretion, first slow then pick it up.

Sometimes fussing about this or that slows down the whole group, and ruins the vib. If you have a technical question ask Sensei at the right time.



*No problem can withstand the Power of concentrated thought.*

## EVENTS CALENDAR

November

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

December

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

## MAXGXL

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Because Glutathione is also a powerful anti-inflammatory agent and inflammation is every cell's deadliest enemy, it is one of the most important allies in preserving cellular health.

Glutathione also works to help improve mental functions, increase energy, improve concentration, permit increased exercise, and improve heart and lung function - just to name a few.

The more Glutathione a cell has, the better it can perform its function.

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## CMAC in Sedona AZ

More CMAC travel adventure, this time we experienced the once wild west of Sedona AZ. It is truly beautiful there, the red rocks are amazing, a very spiritual place that you can relax and re-energize through the natural power that is noticeably present in this power spot.

The training was very relaxed compared to most CMAC camps, Sensei Platt taught a couple of sessions, and some of the directors of the other dojo's did some sessions. The students made most of the training but were encouraged to take advantage of the surroundings and see the sights.

Sensei Platt didn't charge for the training but thought it would be appropriate to make a donation to a sea wildlife foundation. Please do your part to save the whales and dolphins.



*The angry mind is the last refuge of the incompetent..*

## CMAC Black Belt grading review

This Fall CMAC Black Belt grading had 5 students from the Beaches Dojo; Mr. Tisdall, Mr. Burton, Miss Corrigan, Mike O'Neil, and Valerie Johnson. Mr. Farmer later graded at the CMAC West grading.

The opening included drumming by Senpai Duft (out of the Honbu), she had spent the better part of the summer in Japan drumming in the mountains with her Kodo teacher's teacher - The Master Drummer. The drumming raises the vibe and gets everyone pumped for their grading.

During the opening there was a demonstration by some of the seniors from the China trip, showing things that we had learned while we were there.

For the grading things went well for the most part, unfortunately in everyone's life a little rain must fall, meaning not everyone from the Beach made the grade this time. No problem, just do it again till you get it right, get out of your own way, stop thinking so much and get through it. Of course, easier said than done. So here's a story to help you.

## The Archer and the Master

One day the student shot at the target and hit the center, then quickly drawing and firing another arrow, he splits the first arrow in half. He looked at the Master and said "This is no longer a challenge." The Master said "Ah so. Let's go for a walk."

After sometime walking through the mountain they came to a tree that had fallen over a chasm. The Master jumped onto the tree and fired two arrows into the center of the target on the other side of the abyss. "Now you" said the Master. The student reluctantly, stepped on the tree and after some time dealing with balance, his stance, and the impending fall, he fired an arrow and missed the target, completely.

To hit the target in practice is one thing, but to be able to hit the target in a stressful situation is another thing altogether. The answer is in the training, unrelenting practice, train train train, then train some more.



## Student Profile

Sensei Fritz Titus is a long time CMAC student, he's been with Sensei Dixon since 1990, and now holds the rank of 4th dan. Sensei Titus runs a dojo at York University under the name of the Northern Fist. Recently he competed in the "Open Black Belt World Championships" and took first in weapons kata and open kata, he entered into kumite, but it was point style and he didn't make the switch from full contact to point in time. This tournament was shown in theatres recently. Everyone who knows Fritz, knows he's not shy when it comes to putting on a show, so you can see a fair bit of him in this movie. This tournament created quite a stir in the media and he will be featured in several newspapers. Over the years Fritz has always done very well on the tournament scene and loves to mix it up. Good for you Sensei Titus.