

JADE Buddha



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Adult Christmas Party and Slide Show

Here is a little sample of what you'll see



The Christmas Party will be here at the dojo on December 8th right after the grading.

We will be showing slides from the past two china trips and highlights from gradings, trips, seminars, tournaments, etc.

There will be Two Large Sushi Platters and whatever you want to bring. Talk to Miss Warnen or Nodia if you want to get on the committee.

Look for the sign up sheet on the events board.

INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tips	2
Grading Results	2
Events Calendar	3
China Seminar	3
Dala Lama	3
How to Shuto Uke	4
Make a Makawari	4

Your spirit is the true shield.

SENSEI'S NOTE

CMAC is of no religious denomination, although the Martial Arts comes from the east, and the newsletter is called the Jade Buddha, the ideals that are mentioned in class do not relate to any specific religion. The philosophy at the dojo will however reinforce the lessons that are being taught at home ie. respect, compassion and gratitude.

Recently I went to see the Dali Lama and he mentioned that all religions have a good and positive idea, and related it to your culture,

he also said if you are of a faith, than you should practice it, if you are not than that is ok too.

As a rule we at CMAC don't hold any bias for any religions, you are entitled to your beliefs. Martial Arts comes from the east and the Buddha is a symbol of the east, and that is really it as far as it goes for Buddhism.

Besides I like Buddhas, they are big and fat and jolly, how could you not like the Buddha.



TRAINING TIP FOR TEENS

Choices; Life is about choices, we are constantly given choices to make. "Choose wisely Grasshopper" is a common expression heard around the dojo, and spoken with right accent you might think that it was Master Po himself and that really gets the message home.

Some choices are easy to make and others, not so much. Here are a few ideas to help you with those difficult decisions;

Listen to your heart. If something is about to happen and you can feel that you don't want any part of it, than don't get involved, 9 times out of 10 that little voice is trying to keep you out of harms way.

If everyone is up to no good and you clearly don't want any part of it, than don't be there. Always remember it is easier to stay out

of trouble than it is to get out of trouble.

Some trouble looks like fun and if everyone is doing it, why not? Ask yourself this question, would someone that you respect approve of what you are about to do. If not there is your answer.

This phrase always gets the weak "Are you chicken?" or "Don't be a whimp" of course a challenge like this is hard, no one wants to be thought of as those things. Next time that happens just say "I don't do drugs." or "Are you on Crack!"

Respect for yourself, others or other people's property can save you piles and piles of needless hassle, and in the long run, you will gain the respect of those who were trying to corrupt you, if not don't worry there is always karma.

GRADING Results

November 3 2007

Kids Karate

Yellow Belt

Jack Reid
Noah Limpert
Robbie Russo
Jack Hallion
Jacob Thomas
Ricky Reidstra
Noah Garkavi

Orange Belt

Patrick Cooper
Martin Reilly
Laura Cloutier
Annie Coombe
Joe Huff

Red Belt

Zack Marshall

Kobudo

Yellow Belt

Sean Newton

Orange

Erik Pervin

Mudans

Sean Dillany
Vito Climente

NEXT GRADING

December 8 2007

Life is not a spectator sport.

EVENTS CALENDAR

December

- 8 Xmas Party
- 8 Kyu Belt Grading
- 8 Slide Show & Party
- 24-31 Xmas Holidays

January

- 1 Dojo closed
- 2 Dojo open
- 19 Kyu Belt Grading
- 25 China Seminar

The China Seminar

Due to the demand of the populace, there will be a seminar on the training that was done in china at various locations, Shaolin temples, Wudang mt. Beijing, Mr. Lee's school, etc.

January 25 08 Friday night, 6:15 - 8:15pm



The Dali Lama was in town on October 31st and gave a lecture on "The Art of Happiness".

While he was here he met the Prime Minister and he is now an honorary Canadian Citizen.

His talk was largely about respect to everyone and everything.

He talked about the relationship between mother and child and how special that bond is and why.

He talked about peace and the way to happiness through right speech and proper dialogue, and the importance of communication.

He talked about religion and likened it to culture, saying it is your culture you have it, I'm a Buddhist you don't have to be a Buddhist, or you can, then he added "do whatever you want."

He was very relaxed as far as all the other religions were concerned, and certainly didn't get into any differences such as pro's and con's with this one or that one.

His opinion on religions was they are all good, and if



Dali Lama

you are practicing a religion you should practice it, not just say you are this or that and never go to service.

He mentioned money and how one day there maybe a global currency, like the euro, but for the whole planet.

He explained that money is being wasted on weapons when we should put that money towards peace and well-being.

He answered some questions and then it was over. His answers were simple and straight forward.

It was a great experience to see the Dali Lama he is truly a wise man. The whole group had a glow on after it was over and there was a real feeling of peace and humility all through the dome.

It is always inspirational to listen to a man of peace, and after being in Tibet this summer, at the Potela palace and meeting the Tibetan people, it was nice to see them once again.

Whatever you want in life wants you.

How to do a Proper Shuto Uke

How to throw a proper shuto is as easy as 1, 2, 3. First set up like you're going to do a gedan barai, just open your hands, elbows together with the chopping hand palm facing your head.

Pay close attention to the position of the hands at this stage. Lead hand faces you and the chambering hand is still palm down.

Right at the last second of the technique the hands will turn over the lead hand with a snap and the chamber hand will dig the upper abs but not the solar plexus.

1



2



3



How to make a Makawari



Things you'll need



Duct tape a bag of shot



Wrap it in burlap



twist the ends tight



Insert chain into the end



Tighten clamp around chain



Cut off excess burlap



Knot and loop a piece of rope



Put the knot in the end with the loop out



Twist the unclamped end



Tighten a clamp around the end



Make sure it is tight



Duct tape the hardware



Test it



Fasten it around your wave-master



Punch



Kick