

# JADE Buddha



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## China Seminar January 25

Here is a little sample of what you'll be doing



Northern Shaolin Chi Gung



Mt. Wudang Tai chi



Wutai's Mr Lee's school of Gung Fu

The China Seminar January 25th will be focusing on the Tai Chi set of Mt. Wudang and the hard form from Mr. Lee's school, and the chi gung from the Northern Shaolin temple to name a few. It will be at the dojo so Don't miss it and get your name on the sign up list.



### INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tips	2
Grading Results	2
Events Calendar	3
Three Poisons of Man	3
Book #3	3
Tibetan treasures	4
Vitamin "C"	4
CMAC CAMP	4
Seamus	4

*You can lead a student to knowledge but you can't make them think.*

## SENSEI'S NOTE

A new year is here with new goals and expectations. Time is moving faster every year so make the most of each minute, hour, day, etc.

Planning is important, take the time to figure out your day, week, month and year. Make goals with long term goals in mind.

Plan your work and work your plan. Thought without action is a dream and action without thought is nightmare. You've heard these before, but have you been paying attention.

Planning will improve harmony and flow, with the right pace you will create space in your day or week or month to re-energize or rest. Planning work and rest are the yin and yang of life and are very important for dealing with stress and keeping healthy.

If you have made plans to do something with someone, be ready to go on time, every minute counts. By you making them wait, shows them that their time isn't important, they aren't important.

## TRAINING TIP

Will Power! What is the secret to will power? Little victories that is the way to strengthen your will power.

If you think of will power as a muscle you need to start off easy, go light, like a walk to the store and back or around the block every night for a week, once that's done set the next challenge. If you go too hard like a 40 klick hike in the middle of winter, you may never want to hike again.

Everyone wants to quit smoking, so starting with that one might not be the way to build your confidence. But here's a tip, if you haven't started yet - DON'T!

Small victories, little things like not doing that one little annoying habit that you have (that bugs everyone) for a whole day. If you can do it for

a whole day try for two and so on and so on until you no longer have that quirky little annoying habit. One day at a time.

Try replacing a bad habit with a good habit, what don't you like about yourself and what do you want to get out of life. Want to stop cursing and want to lose some inches around the middle, try doing sit ups everytime you swear.

Will power can be strengthened it is a matter of desire, focus and education. If developing will power is important to you come up with a plan and work your plan. Start small and work your way up, set time lines, goals, and notice the energy you get each time you have a victory. Self development and improvement are a life long mission, evolve.

## GRADING Results

*November 3 2007*

### Karate Yellow Belt

Andrew Waslen  
Johnathon Chandler  
Albert Ko  
Mark Vukman  
Noel Glynn

### Orange Belt

Regan Gillies  
Michelle Redburn  
Adam Kline  
Tom Heightington  
Seamus Newton  
Nadia Lowe

Nacy Huff  
Nigel Thomas

### Red Belt

Lara Tomori  
Lydia Jeffers  
Martin Reilly

### Green Belt

Rega Gyaltsen  
Connor Allems  
Colin Goodman  
Aron Tomori  
Vojka Miladinovic  
Rob Sopher

### Purple Belt

Erik Pervin  
Steve Chong

### Blue Belt

Mandela Addah  
Phillip Halton  
Alex Lofthouse

### Brown Belt

Jeff Ross  
**Kobudo Brown Belt**  
Levi Flowers

## NEXT GRADING

*January 19 2008*

*The smart person is not rewarded for having brains, only for using them.*

## EVENTS CALENDAR

### January

- 1-6 Dojo closed
- 7 Dojo open
- 19 Kyu Belt Grading
- 25 China Seminar

### February

- 23 CMAC Seminar
- 24 CMAC Tai Chi
- 24 CMAC Black Belt Grading

## Three Poison of Man

**Greed Anger and Ignorance** are the three poisons of man. Greed for money, power, or possessions, is a weakness that the undisciplined are forced to deal with. Greed and desire should not be confused as desire is a positive force that makes you creative and inspired to set out and achieve great things. Greed is more of a mindless wanting, a craving to fill an endless void, not caring who gets hurt along the way, it is without honour, and will cause people to become uncivilized and untrustworthy.

Anger is a product of lack of balance. When something goes wrong in your life, or someone affends you, or you are forced into a situation you would rather not be in, you may become angry. How you deal with that anger reveals the extent of your maturity, if you fly off the handle and lose control of your tongue or worse, it may cost you a huge price. As you evolve you will come to understand this, and through wisdom you will know how to deal with negative emotion.

Ignorance is the lack of knowledge. In relationships with people lack of communication is often the base reason for any and all confrontations. When people do not have 100% understanding of a given situation they tend to fill in the blanks, as they tell people their version it is then translated and contorted into something completely wrong. When this returns to the party in question, they wish to know who has been saying such things about them. When in doubt Go to the horses mouth.



## CMAC BOOK #3

CMAC book 3 will be available at the CMAC Black Belt grading February 24 08.

This will be the only way to get your hands on the new addition, you'll need a CMAC card to get one.

The Kata featured in this next addition are Sanchin, Tensho and Sanchin Tensho, as well as bunkai, drills, the three poisons of man, the 8 points of balance, the concept of from the hara to the hand, rendori, Kiai and kime and much more.

As the books go through the kata list the ideas that are touched on will be more involved, as you no longer look at the training the same way you did when you were just starting out.

Do to the strong Canadian Dollar the book prices have changed to \$10 for CMAC members only and will no longer be sold to outsiders.

***CMAC Guide to Goju 1 2 & 3 are an excellent source of training information, 3 will be available Feb 24/08.***



*Use your head for more than a target.*

## More Treasures from Tibet

Found this Phurpa on my way to the lake at the top of the world.

A Phurpa, sometimes called a “magic dagger”, is a tantric ritual object used to conquer evil spirits and to destroy obstacles. It is utilized in magic rituals by high level tantric practitioners.



The component phur in the word phurpa is a Tibetan rendering of the Sanskrit word Kali, meaning peg or nail. The phurna is an implement that nails down as well as binds. As the ancient Tibetans life was largely nomadic the tent peg was an important object for all, peasants, traders, royalty, nobility, and even exalted monks. Its triple blade is really not a dagger but a peg and was the prototype of the phurpa, and the evolution of a sacred object.

The triple blade of the phurpa symbolizes the overcoming or cutting through of the three root poisons of **Greed**, **Anger** and **Ignorance**, and also represents control over the three times of past, present and future. The triangle shape represents the element of fire and symbolizes wrathful activity. The tenacious grip of the makara-head at the top of the blade represents its ferocious activity.

## Vitamin “C” and your health

Vitamin C, which also referred to as ascorbic acid, is essential for the development and maintenance of connective tissue (the fat, muscle, and bone framework of the human body). Vitamin C speeds the pro-

duction of new cells in wound healing, protects your immune system, helps you fight off infection, reduces the severity of allergic reactions, and plays a role in the syntheses of hormones and other body chemicals.

## CMAC CAMP WEEKEND

February 23 & 24 2008 is the next CMAC training and grading weekend. This grading should be interesting (as they all are) because so many students from the Beach will be involved. Nine students and One from Sensei Titus.

Remember for those who are grading your Tai Chi seminar is free, so make plans to be there, it will help calm you down and will make sure that you are there on time.

If you need to figure out transportation the Go Train will drop you right at the front door of the Hotel, and here’s a tip; check and see what is happening in the city before you leave, the last few time traffic has been horrendous, if you’re doing the seminars the night before you can stay over and have a late check out. Easy!

## Student Profile Seamus Newton

Now here’s a kid who is really going for it, he’s only been training since the summer and has already attained his orange belt in Karate and Kobudo. He shows up everyday an hour before class and is an aspiring Grasshopper. He has followed Levi’s example and it is paying off big time.

When he trains he puts heart and soul into everything he does, he can also keep it light with his sparkling personality so you never feel like he’s a hard case but every once and a while you hear a kiai that a lion would be proud of, so good for you Seamus you’re on the right track.