

THE JADE BUDDHA



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Summer Challenge Burlington

July 13th, 2003

On the heels of the Toronto tournament, the Summer Challenge is fast approaching. You have time to tighten up your katas and go in feeling confident.

Summer Camp Grand Bend

June 31st 2003

Golf course, swimming pool and a seminar with Sensei Platt what more could you ask for? Don't miss this years trip to the luxurious Grand Bend. See the pinboard for pricing details on the seminar and stay.

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Toronto Tournament

June 8th, 2003

Are you going to compete? Are you prepared to represent your Dojo at the tournament? All of your training and hard work is sure to pay off. Make sure you have all of the equipment you will need to compete (see page 3)

"Mastery comes from staying on the path."

SENSEI'S NOTE

Martial Arts training and boiling water are similar in that, if the heat energy stops going to the water it stops boiling. Same as if you are training periodically, a class now and then, it's hard or impossible to get to a boiling state, metaphorically speaking. In the beginning, you may feel awkward not knowing how to do certain parts of the training, this is natural, everyone goes through it. You simply have to train through it, and think about the end result. If you really want to be a Martial Artist and have all the positive benefits that go along with it, health, strength, balance, and clarity of the mind, you have to stay on the path. That means be consistent with your class schedule, set up a routine and stick to it no matter what. Remember "The longest journey begins with a single step." Each class is one step. One day at a time, one class at a time, one step at a time.

TRAINING TIP

Sensei Platt will be presenting a training seminar weekend June 27 to July 1st at the beautiful Oakwood resort in Grand Bend Ontario. These weekend trips with Sensei are just the best thing to do, the resort is excellent, food, scenery, golf, pool, the beach, are excellent, and the training, come on its Sensei Platt! Sensei's seminar presentations are second to none, he'll be covering such topics as karate, ju jitsu, weaponry, and of course morning Tai Chi on the beach. There are many economical solutions if money is a determining factor, so make an effort to get to this camp. Life is short don't waste it.



GRADING RESULTS

for May 2003

KARATE KYU Adults

3rd Dan

Mr. Titus

Blue Belt

Jennifer McNeil

Green Belt

Lindsay Hacker, Juliette Corby

Orange Belt

Adrian Hillyer, Joseph Shoichet

Yellow Belt

Jack Murphy, Adrian Whitemore

Darren Williams

KARATE Children

Red Belt

Christian English-Pratt

Orange Belt

Jamie Dolan

Yellow Belt

Jay Anderson, Zakh Gani, Ismael Khan

KOBUDO

Orange Belt

Shanta Nathwani, Ken Watters

Mike Chwalek, Carey Burton

Rod Batthany

19-Pass 0-Probations 0-Failure

Congratulations to all the students!

Next Kyu Belt grading July 12th

"Young people regret what they did, old people regret what they didn't do."

EVENTS CALENDAR

June, 2003

- 1** -Black Belt Grading
Holiday Inn-Oakville
- 8** -Tournament Reschedule
- 27-30** -CMAC Summer Camp
Grand Bend

July, 2003

- 13** -Summer Challenge
Burlington, Ontario

August, 2003

- 13** -Summer Challenge
Burlington, Ontario

September, 2003

- 13** -Summer Challenge
Burlington, Ontario

Gradings 2003

May 31st
July 12th
August 30th



FOR YOUR HEALTH

The importance of a healthy immune system.

Sensei Platt is always talking about the importance of strengthening our immune system. A weak immune system affects both our physical and emotional health. In these changing times with outbreaks like SARS and the West Nile virus, our immune system is our first line of defence. So developing a strong immune system makes perfect sense, and this can be done to some extent through certain physical training (Martial Arts) and proper nutrition. If you are interested in developing a stronger immune system we have a product that works wonders and is highly recommended by Sensei Platt called immune 26, for more info ask Sensei Dixon, or go to www.legacyforlife.net

MERCHANDISE INFORMATION

CMAC "T" shirts that are now available in all sizes red and white. The white "T" shirt can be worn in place of, or underneath your gi top. Price \$24.00

General Checklist:

Karate: Gi (uniform), mouthpiece, safety equipment for kicks & punches.

Tai Chi: Red CMAC T-shirt, black pants, tai chi shoes and tai chi sword.

Kobudo: Wooden knife, Bo, Jo, Escrima sticks, Hakama.

For all your Karate, Tai Chi, Kobudo needs pick up a copy of our catalogue. There are plenty of items to choose from. All orders are placed at the end of each month.

See Sensei if you are unsure of the equipment you need in order to train in your chosen art.



"Thought is the fire that turns the wheel of fortune."

MATRIX Demonstration

"We are Canadian Martial Arts Centre and here is how martial arts are done in the real world."

Oh's and ah's shortly followed as the audience was wowed by a display of Karate, Kung Fu, Weapons and Poi. This was the tone at Matrix Demo put on May 16th & 17th. As with demos in the past, students from the various Toronto dojos got together and put on some amazing demonstrations to the delight of onlookers.

Mind Buster...

What is greater than God, more evil than the Devil, rich people want it, poor people have it, and if you eat it you will Die?

Answer?



Sushi, Saki and a Samurai?

What do think about having a movie night hosted at the Dojo? A bit of Sushi, Saki and a Samurai? What are your days of preference, weekdays weekends?

Remember to bring your ideas and comments to class so we can start the planning.

Did you know...

A fresh egg will sink in water, but a stale one won't?

Can't remember if an egg is fresh or hard boiled? Just spin the egg. If it wobbles, it's raw. If it spins easily, it's hard boiled. A fresh egg will sink in water, a stale one will float.

Eggs contain all the essential protein, minerals and vitamins, except Vitamin C. But egg yolks are one of few foods that naturally contain Vitamin D.

China produces most eggs, at about 160 billion per year. In the US, about 260 million hens produce more than 65 billion eggs per year. A hen can lay about 250 eggs per year.

