

JADE Buddha



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SENSEI'S NOTE

After seeing the Honbu's new Newsletter I've decided to change mine as well. Imitation is a form of flattery. One page front and back, easy clean and quick to put together, just the meat and potatoes, nothing fancy, just straight to the point. No more hours sitting in front of the PC figuring out what was going on the cover

or how to fill in the gaps. Two pages just made my life easier and freed up a bunch of time, so I can be on the floor more. Better, works out for everyone. If anyone has anything to say about it send me an email, if not this is the new format. Ous

TRAINING TIP

Inspired by a conversation with a ShoDan.

While walking the path you will be tempted to do other things and that's ok, even encouraged from time to time. Life experiences are important.

Keep in mind that the Martial Arts training is really a way of life and a life time endeavour. It is not something you do only for a few months

and then think you have it.

The great thing about the training is the longer you do it the more interesting it becomes. There are always things to practice, learn or review, the Martial Arts world is huge, so as long as you are curious you'll never be bored.

The way is the path and the path is the way.

Chinese New Year Feb. 7/08

Gung Hay Fat Choy

On the Western calendar, the start of the New Year falls on February 7, 2008 The year of the Rat If you were born in 1912, 1924, 1936, 1948, 1960, 1972, 1984, 1996 you were born under the sign of the Rat.

Like the rat you are always busily pur-

suing a personal goal or ambition, and are known as one of the hardest working signs in the Chinese Zodiac. For rats in 2008, any recent setback or obstacles can be overcome, so look forward to a year in which to really shine, either personally or professionally.

EVENTS CALENDAR

February 2008

- 9 Kyu Belt Grading
- 18 Family Day Holiday
Dojo closed
- 22 Life Strategies
- 23 CMAC Seminar
- 24 CMAC Tai Chi
- 24 CMAC Black Belt
Grading



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You are the seed that germinates your own reality.

Carbohydrates

What are carbohydrates and why do we need them?

Carbohydrates are a major source of energy for the body. They can be found in foods like, fruits and juice, they are known as simple carbs because they are easy to breakdown and convert into energy for a quick but short energy boost. Potatoes, brown rice, oats, pasta and whole grains are starches known as complex carbs, and contain more sugars than simple carbs and are released slowly into the bloodstream, for a longer energy reserve. Black beans, sweet corn, broccoli, are dietary fiber play an important role in waste removal.

Does eating carbs cause weight gain? No. Carbs do not make us overweight.

Carbohydrates are an important part of any healthy diet. Eaten regularly, carbs do not lead to weight gain, unless (like any food group) they are eaten to excess. After all, eating too much of anything and not burning it off through physical activity will lead to weight gain. It's also what you add to the carbohydrates that bump up the calories. For example, the margarine or butter we put on the bread and the cream or cheese sauce we add to pasta. So if you need to lose weight, cut down on these added fats, not the carbs.

It's A Boy

Congratulation Mr. and Mrs. Busbridge. Their new baby boy, Nathaniel Elijah Isao Busbridge was born January 15 2008 at 11:50pm 8lbs, 9oz perfectly healthy. Both mother and son are doing just fine.



Student Profile



Mr. Brett Ryan

I had an interesting conversation with an old student who has recently come back to the dojo, he has been a ShoDan since 2003. Mr. Brett Ryan is back on the path and gearing up for NiDan. He has always been physically excellent with his technique, and the only reason he is not going for Third Dan in this grading is he took too much time off.

He said "The time he took off didn't really make a difference as far as life goes outside the dojo, but inside the dojo everyone has moved forward."

That's what happens. I've seen it happen so many times before, life gets in the way and people lose sight of the importance of the train-

ing. They sign on for the Rat race and before you know it years have slipped through their fingers.

As I said before, Brett is very talented and as much as that can be a blessing it may also be a curse. You see when things come so easily, a bit of the challenge is missing, and for those who have to work for every little victory the challenge is great, so they stay dedicated.

For those with so much natural ability, you really have a lot to offer in the way of motivation, so be an inspiration and give back to the dojo, and your fellow Karate Ka by not wasting your gifted talent. Be there for those who were there for you.

