





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

416-690-2885

www.cmacbeaches.com

#### **SENSEI'S NOTE**

Here is a note for those that enjoy running a class.

It is important to keep things moving, get people working on something quickly and don't spend too much time talking about this detail or that idea, that's my job.

Keep it simple and work on things that we have done recently so they will be

fresh enough in your head, review is always good.

If you aren't sure of an answer, tell the student to ask me.

This one is crucial - It is nice to be important, but it is more important to be nice. Try not to scare anyone, that is also my job.

Just kidding....but not really.

# EVENTS CALENDAR March 2008

10-14 March School Break

10-14 Dojo open 3-5pm for kids

29 Kyu Belt Grading

### **April**

1 Everyone will learn
Suparunpei

22 Earth Day



Standing in front of Bodhidharma's cave 2007

#### **TRAINING TIP**

Meditation is the gate way to enlightenment.

Meditation begins with watching the breath. This often confuses people. What does watching our breath have to do with spiritual transformation?

We start with breathing because it is something that we all share as human being. Breathing is our common connection to life itself. Watching the breath is the most basic centering and grounding exercise, one that we can practice no matter where we are. Inhale. Exhale. It's calming. It's quieting. It helps us to concentrate, to focus. Putting effort into observing the breath causes us to slow down, to become more reflective, more comtemplative.

Meditation is essentially a way of life.

#### **Bodhidharma**



Miss Kortright and Bodhidharma at Mt. Songshan, Honan Pro. China 07

According to legend Bodhidharma was born in the 6th centry in India to a warrior class. He traveled from India to the Songshan Mountains, in Honan province of China, and founded the Shaolin Temple.

Bodhidharma created ch'uan fa (Martial Arts) to improve the monks physical contition and their ability to defend themselves against bandits and muggers.

He taught the 18 postures of awareness, 2 sutras, and sitting meditation. He modeled his Martial Arts after the Tiger, Monkey, Leopard, Crane, and Snake.

#### **INSIDE THE JADE BUDDHA**

Sensei's Note	1
Training Tips	1
Events Calendar	1
Bodhidharma	1
Grading Results	2
Protein	2
Note to Parents	2
Candles	2

The Jade Buddha March 2008 volume 7 issue 3

To be a Martial Artist is to be in harmony with nature, others and himself/herself.

# **What is Protein**

Take away the water and about 75% of your weight is protein. This chemical family if found throughout the body. It's in muscle, bone, skin, hair, and virtually every other body part or tissue. It makes up the emzymes that power many chemical reactions and the hemoglobin that carries oxygen in your blood. At least 10,000 different proteins make you what you are and keep you that way.

Twenty or so basic building blocks, called amino acids, provide the raw material for all proteins. Following genetic instructions, the body strings together amino acids. Some genes call for short chains and others are blue prints for long chains that fold, origami-like, into intricate, three dimensional structures.

Because the body doesn't store amino acids, as it does fats or carbohydrates, it needs a daily supply of amino acids to make new protein.

Many people don't get enough protein which leads to protein malnutrition, causing growth failure, loss of muscle mass, decrease immunity, weakening of the heart and respiratory system, and death.

Too much protein isn't good either, it cause the body to neutralize the acids with calcium and other buffering agents in the blood. Calcium is pulled from the bones to do this and weakens the bones after a period of time.

70 grams daily is plenty for the average adult.

# Note to the parents

A message to all parents young and old who have their children training but are not themselves. I would highly recommend you try a program even if it is only for a short time to obviously gain the health and self defence benefits but also to gain insight and first hand experience of what your children are doing in class.

The understanding gained will assist you in helping your child's under-

standing of the process when you discuss the classes at home.

You may also find out what many of the parents who are training now have realized by participating and that is the Martial Arts are very stimulating on all levels. A great way to stay young and motivated while enhancing your heath for the future.

Come and try a free class.

## **CMAC CAMP WEEKEND**

CMAC Camp weekend was over the top. Everyone really enjoyed the 3 sword seminar, and all the open hand training. the Sunday morning session is always great. The whole thing is a Big Blur, information overload.

The grading on Sunday started with Sensei Platt demonstraighting three forms. It was a treat for everyone to see him busting out these complex forms.

The grading was huge and went well.

### **GRADING Results**

February 9 2008

### Karate Yellow Belt

Mackenzie Beatty

### **Orange Belt**

Taylor Dickenson Karina Vandenhoven

#### **Red Belt**

Alex Badali Marc Frame Shannon Smith Annie Coombe Michael Peros Joe Huff

#### **Green Belt**

Clarke Vandenhoven Sasha Bambrick Owen Salter Charlie Borenstein

## **Purple Belt**

Christopher Pollack Xavier Kinderchuk Patrick Redburn

# Brown Belt Max Jeffers

**1st Dan Black Belt** Vito Clemente

# **Next Grading**

March 29 2008