

JADE Buddha



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

416-690-2885

www.cmacbeaches.com

SENSEI'S NOTE

Here is a quote from Morihei Ueshiba's book "The Art of Peace" he was the founder of modern day Aikido. "Martial Arts is not a path to peace, Peace is the path."

We are constantly being tested to stay on the path of peace, and it is hard with all the self induced stress everyone is under. People lash out at strangers for no apparent reason or no reason worthy of such a reaction. When this happens try to relax and don't get your back

up right away. If you give in and let them control your mood you will never be happy.

I try not to make sense of non-sense and not to talk to strangers, once someone says something that is going down the wrong road I just stop the interaction. Most violence starts with words and goes from there.

Fighting doesn't take any intelligence what-so-ever it takes true wisdom not to fight. I guess that is why there is so much of it these days.

TRAINING TIP

Friday night classes are being offered here at the dojo from 6:15 to 7:15pm. These classes are a great opportunity for you to catch up on what we have been working on all week. If you are in the teen or adult classes these classes are for you, Mr. Jones takes the classes and he never misses a class throughout the week or the tour on Saturday for that matter, so it's a great chance to get caught up. There is a great saying "Opportunity knocks once maybe twice, it doesn't kick the door in."



Congratulations

Well done CMAC Beaches for your efforts at the recent Black Belt grading everyone made it through.

If you missed it, you missed quite a show! Sensei Platt did a demonstration of three forms and with the drums it was really something.

Our people grading from the Beach did a great job, so congrates to Mr. Ryan, Miss Kortright, Miss Corrigan, Miss Warren, Mr. Jones, Mr. Clemente, Mr. Delany, Mr. O'Niel, Miss Johnson, and Mr. Flowers.



EVENTS CALENDAR

April 2008

- 1 Everyone will learn Suparunpei
- 22 Earth Day

May

- 3 Kyu Belt Grading
- 9 Seminar
- 16-19 CMAC West camp
- 31 CMAC Family day

NOTE to Parents

Please watch what you say to your kids when you send them into the dojo. Instead of saying "Have Fun" try "Train hard and listen to Sensei."

Of course you want the kids to enjoy the training, and Martial Arts is Fun, but it is a lot of work, and if they think it is all about fun they may not listen and learn.

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When you are feeling the frustration remember the fascination.

Calcium & Vitamin D

Calcium is one of the many minerals you need to be healthy. Calcium is very important to ensure strong, healthy bones and teeth. It also makes muscles and nerves work properly.

Vitamin D is also known as the "Sunshin" vitamin because the body manufactures the vitamin after being exposed to the sun. Ten to fifteen minutes a day 3 times a week is enough to produce the body's requirement of vitamin D.

Vitamin D is a fat-soluble vitamin that helps the body absorb calcium. Fat-soluble vitamins are stored in the bodies fatty tissue.

In addition to helping the body absorb calcium, vitamin D also helps the body keep the right amount of calcium and phosphorus in the blood.

Not enough vitamin D can lead to osteoporosis in adults and rickets in children.

Too much vitamin D can make the intestines absorb too much calcium. This may lead to high levels of calcium in the blood. High blood calcium can lead to calcium deposits in the soft tissue such as heart and lungs. This can reduce their ability to function. Kidney stones, vomiting and muscle weakness may also occur if you have too much vitamin D.

CMAC CAMP WEEKEND

A rare gem tucked into the southwestern corner of Alberta. In this breathtaking part of the world, the majestic Rocky Mountains rise suddenly out of the rolling prairies. Amid the peaks are the lakes of Waterton Lakes National Park, carved out of rock by ancient glaciers. WLNP borders Glacier National Park Montana to the south, together they make up the Waterton- Glacier International Peace Park, the first of its kind in the world. A place like no other and a scene which has remained unchanged for centuries.

CMAC FAMILY DAY

Saturday May 31 is the CMAC Family Day at Kelso Park in Milton. It is a great opportunity to get together with other schools in CMAC and train, grade, do seminars, compete, and even dragon boat race if you want. All the senior instructors will be doing mini seminars for all students and family members. There will be a kyu belt grading for anyone who wants to grade. The Kenny's will run the annual tournament there for kata and self defence. If you want to be in the dragon boat you need to register before April 14 08.

From the Mouths of Babes

Just before the Black Belt grading I am responsible for getting exams, essays, waivers, seminar and grading fees together for the Head Office. I am being graded for my ability to accomplish this task as efficiently as possible, so when you are given a deadline Make It Happen!

Someone was late for getting something in so I asked an aspiring Grasshopper apprentice what is more important, the paper work or the money? He gave it some thought and replied " I think the paper work is more important because the paper work is about the training and philosophy and if the money was more important, than the organization would be about the money and that would be corrupt."

I enjoyed his answer, and wouldn't that be a nice place to live. The Correct answer is they are Both Important! Try showing up at the gas station and filling up your car with no cash and see what happens, or getting hydro for free, or food, or clothes, or hockey, going to a pro football game, flying to India, ballet lessons, free rent, books, cable T.V. internet, ipod, running shoes, etc. etc.

CMAC is not an evil corporation, quite the opposite in fact. CMAC has sponsored lots of people over the years and had a positive impact on countless individuals.

The money is just part of the process, besides you can always compare with other professional organization.

GRADING Results

March 29 2008

Karate Yellow Belt

Ronan Telford
Victoria Chandler
Lee Tanner
Evan Harris
Will Boaks

Orange Belt

Ricky Reidstra
Noaha Garkavi
Tristan Kindrachuck
Quinton Kohl
Zack Baum

Red Belt

John Henry Badali
Joshua Thomas

Green Belt

Maija Eisen
Ana Tisdall
Seamus Newton

Brown Belt

Rob Martin

Kobudo Yellow

Joe Huff

Orange

Chris Pollack
Seamus Newton

Green

Julia Merlini
Erik Pervin

Next Grading

May 3 2008