

JADE Buddha



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KIDS KRAZYNESS - 9 DOJO SEMINAR - 10 CMAC WEST CAMP 16-19 CMAC FAMILY DAY - 31



Kids Krazyness is not to be missed if you have a spirit for adventure and a willingness to experience true madness come to the Dojo May 9 - 5pm with \$30.

The Adult seminar May 10

This seminar will be a little more civilized than the kids krazyness I can assure you. We will work on the Wudang form, as well as the shaolin form of Mr. Lee's school, some Ba Gwa, shattering palm, two person application and if everything goes as planned some Nin Rikki - the art of finger knitting, mudras for developing inner power.



NOTE to Students

Try to get to Family Day at Kelso Park in Milton on May 31st. This event is free for the most part. You will need to bring your own picnic or there is hot dogs and hamburgers etc. at the park. There will be free seminars for the whole family whether you train or not, an organizational kyu belt grading (a CMAC first) and of course the dragon boat races.

This event is hosted and sponsored by Sensei Platt, a Ninth Degree Black Belt and he is the head of **Classical Martial Arts Canada**. It would be nice if all your CMAC dues were up to date before you came out to this event, **HINT HINT!**

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Never allow what you can not do to interfere with what you can.

SENSEI'S NOTE

Empty your cup! Every once and a while someone comes into the dojo who has had some previous training and always want to show what they have learned, it is only natural.

Here is a story of the western professor who went to the east to learn the zen philosophy from a shaolin master.

As the two men sat and were about to have some tea the professor would talk and talk about his western education. The Zen Master asked if he would like some tea, the prof nodded yes and the Master began to pour. The prof kept talking on and on as he poured, then the cup started to over flow and the prof kept talking

as the Master kept looking at him and pouring into the overflowing cup. Finally the prof says "stop stop the cup is overflowing!" The Master replied "You are like the overflowing cup, now more knowledge can go in - you need to empty your cup."

TRAINING TIP

Ask yourself why are you training? I have heard Sensei Platt (Head of CMAC) say on numerous accounts that Martial Arts is about self defence, health and wellbeing. The training will add years to your life and life to your years.

Martial Arts for self defence, not beating people up in competition. The training is for harmony of mind, body and spirit, you can't get that at the expense of someone else. Two person training is for each other to develop through the exercise, and not for one person to show how great they are by make the other feel useless.

Martial Arts is about developing internal energy through kata which is a form of chi gung. Chi

gung has many forms, and some are more powerful than others, but they all raise your vibration, and a higher stronger vibration is good for your health. Hey if you don't believe me ask Oprah she is all about it these days, so it must be good, never mind the fact that Shaolin Masters have been practicing it for thousands of years.

Your wellbeing comes through meditation and the harmony of mind, body and spirit. Everyday is a test for sure, and if you are in control of yourself and your environment your stress level will be at a safe level and life will not seem so overpowering. You will find this balance through proper Martial Arts training.

Candles

What is the significance of the candle and the training hall? You ever wonder why sometimes you come into the dojo and there are candles burning? Well here are a couple ideas of why we do it; the flame represents the burning away of ignorance, the light will show us the way, and one candle can light an infinite amount of candles, enough to illuminate the world. The training shares many of these same qualities, think about it.

CMAC Family Day May 31, Beaches dojo is closed so classes are at the Park Be There



Fun for the whole family at Kelso Park in Milton. This is an annual event that Sensei Platt has run for the past two years and it is a great opportunity to meet and train with other students from other CMAC dojos. There will be free seminars, a kyu

belt grading, a tournament, and dragon boat races. It will be a lot of fun and there will be training for family members who aren't training at the moment. Come out and get involved it is sure to be a fantastic day.

Good manners are everyones business, good taste is everyone's goal.

EVENTS CALENDAR

May 2008

- 3 Kyu Belt Grading
- 9 Kids Seminar 5-8pm
- 10 Adult Seminar 12-3pm
- 11 Mother's day
- 16-19 CMAC West camp
- 19 Victoria Day closed
- 31 CMAC Family day

June

- 14 Kyu Belt Grading
- 21 CMAC Mini camp
- 22 Tai Chi seminar
- 22 CMAC Black Belt Grading

The last Strawberry

One day while a young man was out in the jungle hunting for his family, he crossed paths with two tigers. Armed with only a spear he decided that running away was the wisest choice. Well the tigers saw him and quickly went after him. The young hunter ran as fast as he was able, and he could hear the tigers right behind him. All of a sudden he was at a cliff and wasn't able to stop in time, so over he went. He managed to grab a vine and was hanging on the side of the cliff, below was a nasty fall and above him was a couple of tigers, this wasn't a good place to be in.

These tigers were hungry and smart. As the hunter started to climb down the vine one tiger found a way to the bottom of the cliff and was there waiting. So now he was really stuck, unable to go up or down he hung there on this cliff. Now to add insult to injury a rat had start to chew on the vine, what are the chances of that, it was like the tigers had made some deal with the rat or something. Knowing severity of his situation he looked around, and noticed a strawberry growing out of the rocks. It was perfect, ripe, red and juicy. So he calmy picked it and ate it. Sweet.

CMAC WEST CAMP - BE THERE

Look at this picture, its the Rocky Mountains, you could be there with Sensei Platt and Sensei training and meditating in the clean mountain air. What's stopping you, just do it. May 16-19 call West Jet for the cheap flight.



CMAC Guide to Goju 1 2 & 3 are an excellent source of training information.

Heaven and Hell

A classic satori story between a monk and a samurai that took place when samurai ruled old Japan and to be discourteous to a samurai meant your life.

While out walking one day a samurai happened to see a monk sitting at the side of the path. The samurai asked the monk what's the difference between Heaven and Hell? The monk replied "You stupid samurai don't you know anything - you call yourself a samurai!" The samurai was streaming mad so he reached for his sword. The monk said "The doors of hell have just opened!" Hearing this the samurai took his hand off the sword. The monk said "the doors of heaven have just opened." The samurai thanked the monk and continued on his way having attained satori.

Just because you have a pain doesn't mean you need to be one..

Sugar is the Devil

What is this evil entity? In its purest form it is sugar cane, containing enzymes, fiber, vitamins, and minerals, that are destroyed in the refining process, leaving no nutritional value. Refined sugar, a simple carbohydrate, has been linked to hypoglycemia, yeast overgrowth, a weakened immune system, hyperactivity, attention deficit disorder, enlargement of the liver and kidneys, increase of uric acid in the blood, mental and emotional disorders, dental cavities, and an imbalance of neurotransmitters in the brain. In addition, refined sugar makes you FAT!

The sugar industry is Big Business in the United States of America. The USA is the largest supplier of sugar-laden foods in the world, it is not enough that they poison themselves they're out to poison the rest of the world. Awesome!

High fructose corn syrup is another one to watch out for, it finds its way into a ton of foods. Manufacturers love its versatility and put it in nearly everything: juice, soda, beer, yogurt, energy bars, cookies, candies, breads, even frozen goods. High fructose is processed even more than refined sugar and is even sweeter. It like sugar, have a negative effect on the blood-sugar levels, and both have been directly linked to obesity and diabetes.

Of course there is a natural way to sweeten your food and not poison yourself in the process, try agave nectar, syrup, or stevia. Stevia has been used by the South Americans for hundreds of years, but for some

strange reason it is the most unrecognized sweetener in the US. This natural, herbal sweetener has no calories, has no glycemic index (meaning won't alter blood sugar levels), and is even safe for diabetics. The Food and Drug Administration who is trusted by all North America (and is for sure not on anyone's pay role) won't approve Stevia.

What about Aspartame? Back in the old days when people still cared about integrity and protecting people's health the FDA denied approval of aspartame eight times. Then in 1974 it was allowed in some dried foods, but it took another 22 years before it was finally approved for use without restrictions by the FDA despite the 92 different symptoms that result from ingesting aspartame. Here's a clue to how it all happened, all the FDA members that wouldn't pass aspartame are now working for aspartame??\$\$\$\$\$

NutraSweet and Equal contain aspartame, and when ingested one of aspartame's ingredients, methyl alcohol, converts into formaldehyde, a deadly neurotoxin, leading to depression and seizures. Some of the other side effects are memory loss, nerve cell damage, migraines, reproductive disorders, mental confusion, brain lesions, blindness, joint pain, Alzheimer's, bloating, nervous system disorders, hair loss, food cravings and weight gain.

Brutal here's a clue, Fruit, good. Natural sweeteners, good. Refined sugars, bad. Artificial sweeteners, bad. Any Questions?

Mr. Titus and Mr. Flowers warming up before the noon class - Crazy

