

JADE Buddha



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CMAC CAMP & BLACK BELT GRADING JUNE 21 & 22 Oakville Holiday Inn

MAKE SURE YOU GET OUT TO THIS CAMP WEEKEND, SENSEI PLATT WILL BE CONTINUING WITH
THE 3 SWORD THEME



Sensei Platt and Crew at the West Camp

This picture was taken just after a seminar with Sensei Platt at the Beautiful Waterton Glacier Peace Park, as you can see we had a good turn out and everyone really enjoyed the whole experience.



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It's nice to be important but it is more important to be nice.

SENSEI'S NOTE

It's nice to be important but it is more important to be nice. Always keep your ego in check. If you're leading a class in my absence don't point out others faults, you can help them with a move or kata etc. but don't put them up to do a warm up or basics and get the student body to critique their performance, that's just bad form and unpro-

fessional.

Always remember that inside the dojo is warm and dry, outside the dojo is cold and wet. Where do you want to be, it is your choice. Karma is cause and effect, be careful what you cause, you may very well find yourself outside for good. Membership is a privilege and if abused it maybe taken away.

TRAINING TIP

Martial Arts training consists of timing, focus, power, energy and enthusiasm, with these attributes you will achieve great success not only in the dojo but if you carry the characteristics into the world you'll excel at any chosen field of endeavour. We experienced that first hand at the dragon boat races, we put 20 Black Belts into a boat and told them all you need is timing and focus and they took first

place over competing boat teams who have been training as a team just for this event for months. We saw teams of cops and pros from Italy, who knew that people took this stuff so seriously to come all the way over from Italy just to race in Milton's little lake. Miyamoto Musashi said the way is in training, so in an unknown situation no matter what it is just relax and trust your training.

CMAC Family Day May 31

What a wonderful day the weather was perfect for the most part not too hot not too rainy, or sunny, just perfect. Lots of people showed up to support this event, and our paddlers did an excellent job in the Dragon Boat races, the Black Belt boat won all three races so they will receive medals at some point. The seminars ran all morning right up till the time we did the Kyu belt grading. That was something all those kids, I had one guy who totally forgot his name, I felt bad for the little guy maybe I scared him or he was dehydrated, but he snapped out of it when mom showed up so who knows what's going through their heads. We had a good rhythm going, the kids were really putting it out there until

the rain came, then instant chaos except for this other kid I was grading, he kept his focus while everyone around him were running for cover. It was awesome to see that kind of focus so I passed him right there just based on that single mindedness. So we had to take a break for the rain to chill out, some people had lost hope and left, then the rain stopped and the grading was back on. Some stayed and passed, some left and well I'm not going to say. I had one kid even try to grade that hadn't been recommended for the grading, had no paper but was still aloud to grade, talk about right place right time, now if she had of had some serious focus she could have pulled it off.

GRADING Results

May 3 2008

Karate

Orange Belt

Andrew Waslen

Red Belt

Laura Cloutier

Michelle Redburn

Joshua Limpert

Green Belt

Joel Gingras

Zack Marshall

Purple Belt

Elizabeth Chong

Natalie Heckhausen

Blue Belt

Rob Sopher

Next Grading

June 14 2008



Always keep your ego in check.

EVENTS CALENDAR

June

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

July

- 1-6 Dojo summer break
- 7 Dojo Open
- 26 Kyu belt grading

August

- 25-31 Dojo summer break

The Adult seminar May 10



China seminar number 2 picked up a lot of power near the end with all the chi development through the night. We worked some hard chi gung, shattering palm, the Wu Dang form (almost to the end), Mr. Lee's form (that is where you got the stiff hamstrings) and Hakasura which hasn't been shown here for about 4 years. We also did the bunkai of the Wu Dang form which always helps when trying to learn a form. Among the participants were CMAC Beaches, CMAC Ajax and CMAC Northern Fist. Well done.



CMAC WEST CAMP

Look at these pictures, its the Rocky Mountains, you could have been there with Sensei Platt, me (Sensei Dixon), Miss Waren, Sensei TJ Thankachen and CMAC West training and meditating in the clean mountain air. But you missed it, too bad. We had a fantastic time, hiking, boat tours, amazing mountain roads to explore on a motor cycle, (I saw a wild grizzly cub, mountain goats and so many deer it was unbelievable one even came up and licked my hand) and the training well that was the best part of all. I'm pretty sure Sensei Platt will want to do that again so figure it out for next time. The trip out there and back with Sensei and Sensei Bassels is another story, many, many adventures. CMAC never a dull moment. Life is not a spectator sport, its for the living!



The wood collector

One day a poor decrepit old wood collector was carrying his bundle of sticks up a hill and complaining about his sorry state. He would say things like "Life is hard" "Poor me I wish death would take me." He put down his bundle and when he looked up Mr. Death was standing right in front of him. He said "Did you ask me for something?" The wood collector swallowed hard and said 'Awe yes could you please help me lift the bundle up onto my back?' The old man waddled away and never complained again.

What you are is God's gift to you, what you become is your gift to God.

PICTURES OF FAMILY DAY



Seminars and grading ran all day, then the rain came and scared some the students away, the warriors remained.



CMAC Boat out in the lead with Miss Nathwani drumming for the pace and CMAC Black Belts supplying victory power.



Julia helping out the little guys.



Casandra playing with some kids.



A picture is worth a thousand words.



Senpai Duft running a seminar.



Sensei Williams teaching.



Sensei Kenney working his Dog style from china.