

JADE Buddha



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www.cmacbeaches.com

Burlington Tournament July 13

This is the only tournament we have planned this year, so get out there and enjoy the sun at this outdoor event, bring a picnic and bathing suit for swimming in the lake, plus your gi and weapons. There are lots of categories to compete in check the events board and get your name down.

Sensei Platt Honchi 10th Dan

Congratulations Sensei Platt on your 10th Degree Promotion
June 22 2008 By Grand Master Sha

Sorry no Picture of the this
Historical event

24 Hour Training at the Honbu

For those of you that have heard me talk about these things in the past you know they're very cool plus they don't happen every year, so clear your schedule (because we have been invited) for July 26 & 27, grab your gear and head to the Honbu for a Martial Arts training immersion like you have never had before. It will leave you with a sense of accomplishment and it is like jamming 6 weeks of training into one weekend, not to mention the opportunity to train with the newly promoted 10th Dan Grand Master, and Head of CMAC Honchi Platt, who humbly prefers to be called Sensei Platt.

Vote No for Bill C51

Taking our freedom bit by bit!
Bill C51 is a bill that will make herbs and other holistic foods illegal to get. Sound to incredible to believe it, well watch out because it is all happening. Your health is not Good For Business, there is just too much money in a sick society. **Do what you can to stop Bill C51!!!!**

www.stopc51.com

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

SENSEI'S NOTE

I would like to take this opportunity to congratulate Grand Master Platt Honchi 10th Dan on his recent promotion by Grand Master Sha from New York City the Bronx.

It was a small CMAC Black Belt grading June 22 2008 only 25 challengers, we started with a memorial for Rob Wilson of the High Park dojo, there were dem-

onstration accompanied with live flute and drums by Senpai Duft (very exciting). Then the grading flew past and to finish it off Grand Master Sha handed out promotion certificates from the last grading, gave a speech about Sensei Urban and then had a ceremony for Sensei Platt's 10th Degree Promotion. An Awesome Day!!!!

TRAINING TIP

Here's a good tip when there is a CMAC Camp you should try and make it!! This one was in Oakville so it was close and there was a pile of great stuff being shown. The thing is once they're done they're done. If you missed the Black Belt grading you missed the opportunity to see a 10th Dan being presented. Some people from the last grading received their cert from a Grand Master (Lucky).

CMAC Camp

We started the Saturday in the usual fashion, Tai Chi at 8:30am, the kids classes, then the adult noon class, but this Saturday I got the idea to cancel the weapons class and chill out for an hour before heading to the seminar. Excellent idea, that will be the drill for all camps to follow.

Another break through was having Shanta take care of all the registration for the camp, she did an excellent job, all money and names were accounted for. THANK YOU!!!

The first session was bokken and we worked some great cuts, Uken and Happo Ken, the two person drill was awesome too, its name was In no

We will be working the info in classes over the next little while with those that made the effort to get out to the seminars. Here is a quote from Sensei DQ "Unless you are getting married or buried you should be at these camps!" And I can't argue with that statement. Here is a quote from Sensei O'Connell "90% of success is just showing up." See you at the next one, maybe more surprises?????

tachi. Everyone was banging up a storm and surprisingly no casualties, well done. We had a short break then out came the broad swords, love that broad sword.

Next was the open hand session and we covered some of the China experience, it seems that that last trip to China will keep us in training info for the next couple decades. Sensei Platt's presentation was excellent, you can really see where our Goju came from when he lays it all out for us the way he does.

Tai Chi was a bit of a blur and an hour and half flew by like we were in some time warp. The Zen was Good!

GRADING Results

June 14 2008

Karate

Yellow Belt

Gavin Teran
Chloe Teran
Casandra Moctezuma
Brian Hay

Orange Belt

Albert Ho

Kobudo Yellow Belt

Susan Waren

Sho Dan

Brett Ryan

Tai Chi Level 2

Geoffery Busbridge

Next Grading

July 26 2008



Always keep your ego in check.

EVENTS CALENDAR

July

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

August

- 25-31 Dojo summer break

September

- TBA CMAC Black Belt
Grading and camp
weekend

CMAC Burlington North Tournament

Get organized and get out to the Tournament at Gullivers Lake. Its always a good time lots of action and things to compete in. There is a lake for swimming if that's what you want to do after competing, an outdoor volleyball court, and BBQ. So plan for it and represent the Beach. Here are some shots of victory.



For your health

The BIG SCAM: "Dairy is good for you." People are lead to believe that milk is an excellent source of calcium good for strong bones and teeth. Not so! Lactse and rennin are the enzymes need to breakdown the natural sugars and protiens in milk and dairy products. "By age 3 or 4 rennin is non existent in the human digestive track and except for a small number of people so is lactase."- `Living Health' by Harvey and Maraline Daimond. As high as 98% of people don't have the equipment to digest and make use of dairy products.

This WILL lead to alergic gastrol intestinal problems, alergic respiratory problems such as ashma, ear infections, sinusitis, cronic colds, alergic skin problems, such as eczema and dermatitis, as well as headaches, lethargy, cronic fatigue, muscle pain and anemia. It is also linked to many degenerative diseases, MS, Cancer, osteoporosis, diabetes, arthritis, heart disease, thyroid problems, kidney damage, liver damage, etc. etc. etc. get the point!

Contrary to what the Dairy industry would have you believe dairy products leech calcium from the bones instead of promoting their healthy growth. But if you are interested in the money trail you might be inclined to know that osteoporosis is a \$4,000,000,000 a year industry in the States as of 1993 so god know's where its at today. All these health problem lead to big money, but people trust milk, and trust their doctors, and trust the government, so what are you gonna do? "Dairy products are disease producing. They're harmful. They cause suffering. They're the perfect thing to eat if you want to be sick and have a diseased body." - `Living Health'

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

The Last Rap

Tangen had studied with Sengai since childhood. When he was twenty he wanted to leave his teacher and visit others for comparative study, but Sengai would not permit this. Every time Tangen suggested it, Sengai would give him a rap on the head.

Finally Tangen asked an elder brother to coax permission from Sangai. This the brother did and then reported to Tanden: "It is arranged. I have fixed it for you to start on your pilgrimage at once."

Tangen went to Sengai to thank him for his permis-

A story from Zen Flesh Zen Bones

sion. The master answered by giving him another rap.

When Tangen related this to his elder brother the other said: "What is the matter? Sengai has no business giving permission and then changing his mind. I will tell him so." And off he went to see the teacher.

"I did not cancel my permission," said Sengai "I just wished to give him one last smack over the head, for when he returns he will be enlightened and I will not be able to reprimand him again."

24 Hour Seminar July 26

Is an opportunity to forget about everything else that is going on in your life and just Train for the weekend. Sensei Platt will host it at his dojo in Burlington and he is opening it up to all the adult students in CMAC to take part and challenge themselves to a great 24 hours of training. We will cover many, many things in this time, you will experience time contract as we go through certain ancient arts. One of the most mysti-

3 sword seminar starts at 1:24pm \$124.00

cal training times is the candle light session where we do mudras and mantras, then meditate, to active inner power, then when the room has been nicely charged students get up one at a time and preform a kata in the middle of the circle. Its fantastic. Another cool thing we usually do is go for a 10 Km hike in the morning and train as we go, its awesome! You'll learn new Kata and piles of stuff so see you there.



Pictures from the CMAC Honbu 18 hour training from 2006