

JADE Buddha



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www.cmacbeaches.com

CMAC Black Belt Grading September 28

These Black Belt gradings are excellent to go and watch if you are planning on becoming a Black Belt one day. Opportunity favours the prepared mind, so prepare yourself and get out to see what you are in for in the future. They last about 4 hours and are packed full of information so bring a note book and a coat and something warm because it always feels like a meet locker in there.

Mega Training Highlights



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. Sounds to incredible to believe, well watch out because it's all happening. A healthy society is not good for the economy, there is just too much money in disease and a sick society. **Stop Bill C51!!!!!!!**

www.stopc51.com

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August 2 - 10 Last Summer Break

Parents and students Be Advised

This is the last break of the summer, we will not be closed for the last week of summer.

No problem can withstand the power of concentrated thought.

SENSEI'S NOTE

Summer holidays are truly a splendid thing, places to go, things to discover, people to meet.

Sensei Platt and myself are off on another adventure, so I'm changing the usual holiday time at the end of August to the first week of August from the 2nd to the 10th, I'll be back on the 15th.

This trip is a continuation of the last one, we will hit many power spots and he of course has an agenda that he won't tell me until it is all happening, if then.

Travelling with Sensei is an experience,

it is always interesting to watch the way things are handled, when to move, when not to, where to train, and where not to. All training is not in the dojo, the places we have trained over the years have been pretty cool, the Great Wall, Mt. WuDang in China, The Sun Pyramid in Mexico, Potella Palace in Tibet, Anchor Wat in Cambodia, Banff & Waterton in the Rocky Mts. etc. etc. the list is long. What are you doing with your summer holidays? Try doing something interesting, before you know it the fall will be here and another summer will have passed you by, you only get so many.

TRAINING TIP

Here's a good tip, relax. I was trying to explain to someone the other day about the concept of kime, what could be more opposite you say. Kime being focus and relax being lose. So I got out this piece of rope and said imagine this is a whip, the whip is all lose right up till the time you snap it and for that split second it's tight, and the crack at the end is powerful enough to cause great pain. Watching some students throw technique it is obvi-

ous who gets it and who doesn't, listen to them and its just as obvious. So relax in the technique right up to the last second then snap everything tight from the stance through the hip to the end of the punch, block or kick then relax again. Being tight all the time will slow you down and burn too much fuel. Drop your shoulders, breathe in through your nose out your mouth and relax. Being lose all the time is the absence of power so you don't want that either, the way to truly understand this is practice.

MMA

I got an interesting e-mail the other day showing the latest thing that is happening in the States, so you know it will be up here soon enough. MMA is now being taught to 4 year olds and up, from what I saw it looked pretty vicious, compassion was out the window. As you may or may not know I don't really follow UFC, never really had an interest which always surprises people since I teach Martial Arts and this is the latest big Martial Arts craze, (well its been around

for about 15 years, and I lost interest when Gracie stole the show). Anyway, glory to the all mighty buck, another opportunity to capitalize on peoples greed, anger, and ignorance. It is treated as a sport, and kids are groomed to be the next Tiger woods of MMA, dads are driving there boys and girls to be money makers at this new sport. We all deal with this rat race the best we can, but doing that to your kid looks like child abuse to me. We all want are kids to tough, but what price are you willing to pay.

GRADING Results

No July Grading

Next Grading

September 13 2008

Tradition - Roots

Standards - Value

Discipline - Order



Get some crests on your gi and show some school spirit

People can't change truth - truth changes people..

EVENTS CALENDAR

August

- 2-10 Dojo summer break
- 30 Long weekend closed

September

- 1 Long weekend closed
- 2 Dojo open
- 13 Pre-grade
- 28 CMAC Black Belt Grading and camp weekend

No work, no food

Zen flesh, zen bones

Hyakujo, the Chinese Zen master, used to labor with his pupils even at the age of eighty, trimming the gardens, cleaning the grounds, and pruning the trees.

The pupils felt sorry to see the old teacher working so hard, but they knew he would not listen to their advice to stop, so they hid his tools.

That day the master did not eat. The next day he did not eat, nor the next. "He maybe angry because we have hidden his tools," the pupils surmised. "We had better put them Back."

The day they did, the teacher worker and ate the same as before. In the evening he instructed them: "No work, no food."

The 24 hr. Mega training at the Honbu

The Mega training was Awesome! You should have been there, end of story! Ha ha ha! See.....



We are all products of our own Karma.

The Round Kick

Round kick off the back leg keep your hands up.

Pivot the support leg and turn the hip over.

Featuring Mr. Peter Jones & Rob Sopher

Snap the kick out.

Retract the kick as fast as possible.



Dojo Bruisers

Here's a couple of students that are really good guys. Both of them help out with the kids classes and keep a dedicated training schedule. They understand the importance of consistency, intensity and duration.

Max Jeffers and Mighty Joe Huff

their time to assist and are more than willing to be uke or lead the warm, well Joe is still waiting for that day he runs the warm up, but he has lead the weapons warm up.

Max Jeffers has been training here for 5 years and Joe almost 2 years both have shown excellent leadership qualities in recent months. These guys never miss

Max and Mighty Joe Huff get this month student profile. You guys ROCK! You'll make excellent Black Belts one day, keep it up.

