

# JADE Buddha



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[www.cmacbeaches.com](http://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 meat locker in there.

## Black Belt Candidates

Come out and support Mr. Jones, Miss Nathwani and Mr. Busbridge challenge  
Second Dan in Kobudo



Now there's a Motley Crew

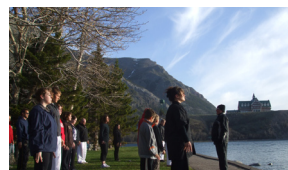
### Vote No for Bill C51

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](http://www.stopc51.com)

## CMAC West Camp

Thanksgiving long weekend Oct 11-13 there will be a Martial Arts camp hosted by the Oku Damashi dojo Freaturing Grand Master Platt be there



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*Animals don't have OHIP.*

## SENSEI'S NOTE

Wow, was that a fast summer or what? Before you know it - it will be Xmas! So what I recommend is a dedicated training schedule. It is easy for days to turn into weeks and weeks into months, it has already been 9 months since 2008 started. Think about that for a minute, if you had committed to something for

9 months where would be? Or just kept to a dedicated training schedule. Don't make excuses, like you need to get into shape before training, the classes aren't that difficult physically that you need to be in great shape to get through them, try training in class and that will help you get through the rest of them. One day at a time, one class at a time, one challenge at a time.

## TRAINING TIP

So why Train? Well it is better than Bus! You may have heard of the horrible murder that happened on a Canadian bus going across the prairies last month. Well how do you defend against something like that? That poor kid didn't have a chance, the psycho got him in his sleep. So why Train, how is training going to help you in a situation like that? I can only think of a few ways the training would help you in a situation like that.

One might be that you wouldn't be there in the first place because your inner voice sensed the danger and you listened to it and took another bus, or you felt wrong sitting in that spot and moved to the front, or when he approached you, you felt his intention and woke up in time to defend yourself. All of those ideas are about feeling the danger before it happens, this is an ability that naturally happens over years of training, it is a heightened level of awareness. It is a side effect of the training.

## God's little creatures

Here's an interesting story of parenting. The other morning I was down at the Beach, it was a beautiful day, clear sky, the lake was calm, and a flock of geese was swimming just off the shore line. Along comes a young mom and her two kids, as they settle in the geese start to swim over to where the little family was. You need to picture this - the beach is huge and they are the only people on the beach and the geese swim over to them. So of course the little boy starts to throw rocks at the birds. I think, how nice, the geese come over to hang out with them and boy genius starts throwing

rocks at them, the mother says nothing and even watches as he does it. I couldn't take it any longer so I had to go over and say something. I said "Did you notice that you are the only people on the beach and these birds came over to hang out with you and your kid is throwing rocks at them." She went to defend him by saying he wasn't trying to hit them, I said "I'm merely making an observation." Then walked away. If she couldn't see that what he was doing was less than friendly I didn't have a hope in getting through to her so it was best to go. In closing I would like to say be nice to nature we are lucky to have it.

## GRADING Results

*No August Grading*

## Next Grading

September 13 2008

Tradition - Roots

Standards - Value

Discipline - Order



Get some crests on your gi and show some school spirit



*Things work out best for the people who make the best of the way things work out.*

## EVENTS CALENDAR

### September

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

### October

- 11-13 Dojo closed
- 13 CMAC West Camp

## Soldiers of Humanity

*Zen flesh, zen bones*

Once a division of the Japanese army was engaged in a sham battle, and some of the officers found it necessary to make their headquarters in Gasan's temple.

Gasan's told his cook: "Let the officers have only the same simple fare we eat."

This made the army men angry, as they were used to very deferential treatment. One came to Gasan and said "Who do you think we are? We are soldiers, sacrificing our lives for our country. Why don't you treat us accordingly?"

Gasan answered sternly "Who do you think we are? We are soldiers of humanity, aiming to save all sentient beings."

## Here are the Little Guys

This was a fun day with the little guys, well everyday is fun with them.



These kids are awesome and a pleasure to have in the dojo. They are very eager to train and learn Martial Arts, that kind of enthusiasm is so great. The Little Guys have a vibrant energy that is nice to be around. Enthusiasm and vibrant energy are contagious, so actually being with these little characters is good for your

health believe it or not. Mind you I have been training these guys for a while, that energy can also drive you nuts if not directed in a positive way, so having your kids training at a young age was a good move. It would be good if more parents trained so they could also benefit from all positive things that happen here.

*Start your new exercise program by exercising Kindness.*

## The Kick Up

Featuring Chris the purple belt



Start from sitting.



Roll back and bring your knees up.



Put your hands beside your head push your legs up.



Arch your back crunch your abs and pull your head forward.



When your feet hit the floor lean forward and throw your arms forward.



Throw your arms forward and the forward momentum will bring you up right.

## Etiquette at a Black Belt Grading

How to behave at a Black Belt grading, excellent topic! These CMAC Black Belt grading events are an opportunity for all the students to get together and see their fellow dojo brothers and sisters go for the next level. The questions always come up, where do I get the tickets to go, and what is the protocol etc. etc.

Firstly treat this event like a class, the venue is not a dojo but should be respected as such. As a student of the Beach you are a reflection of the dojo so dress appropriately and conduct yourself accordingly.

For the grading you need a current CMAC membership card to get the discount and you can buy your ticket at the door if you are a spectator. If you're grading make sure you have everything done on or before

the deadlines, and don't miss the camp, also remember if you are grading the tai chi seminar is free. Here's a hint if you go to the free tai chi seminar you will be on time for your Black Belt grading. I have seen people fail their grading because they showed up late.

The CMAC camps are for adults and you need to get your tickets from Sensei Dixon or Miss Nathwani. There is a time line for the tickets so don't wait till the last minute to get your tickets.

CMAC gradings and camps (in Oakville GTA) only happen three times a year so don't miss the opportunity to train with Sensei Platt and all the other Sensei's of the Organization.