

# JADE Buddha



1971 Queen St. E. 2nd floor, Toronto, ON

416-690-2885

[www.cmacbeaches.com](http://www.cmacbeaches.com)



## CMAC West Camp

**Thanksgiving long weekend Oct 11-13 there will be a Martial Arts camp hosted by the Oku Damashi dojo featuring Sensei Platt**

**The Beaches dojo will be closed for the long weekend.**

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*If you are going to fire an arrow of truth, dip it in honey first.*

## SENSEI'S NOTE

Congratulations to our Ni Dan Kobudo challengers, they showed well for the Beach at the CMAC Black Belt grading. Mr. Tisdale, Miss Nathwani, Mr. Busbridge and Mr. Jones all had strong gradings.

The grading started with a demonstration from the senior sensei's to some

very exciting drumming by Senpai Duft out of the Honbu, then after that Sensei Platt did a demo of a shoalin kung fu form which was really quite something.

The grading itself was full of energy and the skill level of the candidates was higher than the past few gradings.

As for the over all camp weekend it was awesome as usual.

## TRAINING TIP

Here's a tip that served me very well in my Kyu belt years. Before class I would practice kata. I didn't talk to anyone about the current events of the time, I just trained kata. Now that all this time has passed by I think I made the right choice. What happened 25 years ago? Who cares! It is amazing how that 15 minutes of kata preparation can effect your performance, just a little review before the class gets rid of any hesitation you might of had,

it also loosens you up and gets your blood flowing, it clears your head so you can focus on the class.

If you do need to talk, please try and keep it about the training, everything else can keep till after class, in the hall or outside. Mindless chatter wastes energy and is annoying to anyone who is here for the training, so as a courtesy train and be an inspiration that way. You can say "Hi" but then find a spot to work your kata and get to it!

## God's little creatures II

Here's another story about people and animals. I was on Queen Street the other day and there was this guy talking to a woman and he had a couple dogs, little hairy, cute dogs. He was explaining to the lady that the novalty has worn off and he just wants to get rid of these dogs.

I though to myself, what a jerk this guy is. Getting a pet is a life time committment. Its a responsibility, its a life you're effecting. Don't take on such a task if you're not 100% sure that's what you want to do.

Animals need attention and food and plenty of your time. They are a member of your family, treat them how you would like to be treated, with courtesy and respect. Make sure their water dish has clean fresh water in it all day. Take them to the Beach so they can run around in the dog park and get some sun.

Your pet doesn't ask for much, they are just happy to be with you. In return they give you unconditional love. So make them as happy and as comfortable as you can and they will live longer and happier lives.

## GRADING Results

*September Grading*

### Karate Yellow Belt

Wei Li  
Valerie Johnson  
Michael O'Neill

### Orange Belt

Noel Glynn

### Red Belt

Andrew Chen

### Green Belt

Joe Huff

### Kobudo Yellow Belt

Patrick Redburn

### Green Belt

Rob Sopher



## Next Grading

October 25 2008

Get some crests on your gi and show some school spirit

*Treat others how you would like to be treated, with courtesy and respect.*

## EVENTS CALENDAR

### October

11-13 Dojo closed  
13 CMAC West Camp  
25 Kyu Belt Grading

### November

24 Seminar

### December

13 Kyu Belt Grading  
22-31 Closed for Xmas

## Accurate Proportions

### *Zen flesh, zen bones*

Sen no Rikyu, a tea-master, wished to hang a flower basket on a column. He asked a carpenter to help him, directing the man to place it a little higher or lower, to the right or to the left, until he had found exactly the right spot. "That's the place," said Sen no Rikyu finally.

The carpenter, to test the master, marked the spot on the column and then pretended he had forgotten. "Was this the place?" "Is this the spot?" as he moved the basket to various places on the column.

But so accurate was the tea-master's sense of proportion that it was not until the carpenter reached the identical spot again that its location was approved.

## Block and scissor take down

Always block your head!! If you happen to get knocked to the ground block first and trap his support leg then scissor him to the floor, for the pin use a figure 4 lock to his lower leg - hit the 4th control nerve on the shin bone.



Block your head.



Grab the pant leg and round kick Uke's solar plexus



With your kicking leg, get behind his support leg.



Scissor take down and keep a grip on Uke's leg.



Sit up and figure 4 lock the lower leg, see the close up.



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



*People come into our lives for a reason, a season, or a lifetime.*

## The Scissor Kick Take Down



Uke jabs right, Shite left kaki uke.



Shite shuto's the eyes.



Shite grabs Uke's shoulder.



Lead leg goes in front.



Jump & put right leg behind Uke at the knees.



Rase the left leg.



Heel kick the solar plexus.

## Complex Carbohydrates

Build your daily diet around an abundance of fruit, vegetables, and starches. These foods contain sugars that need breaking down before they enter your bloodstream. They keep your sugar levels on an even keel, not the up and down "yo yo" effect of sweets made of refined sugar - sugar highs and sugar lows. As your blood-sugar levels stabilize, you will find yourself craving refined sugar products less and less. Your body simply doesn't need the instant sugar energy.

## Compassion & Consideration

There seems to be a lack of compassion & consideration for others, people, animals, and plants too. I've seen some strange behaviour from people in relation to their environment, throwing rocks at geese, throwing glass bottles into the lake where people swim, kicking pigeons, ripping plants out planters on Queen st. You gotta ask yourself where does this ridiculous behaviour come from. Why are we, as a species, such jerks? Hurry up and evolve.