

# JADE Buddha



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

416-690-2885

www.cmacbeaches.com

## October Grading Highlights

Awesome grading, the Shaolin Warm up and Kung fu shuffle were a welcome addition



## Sensei Platt Seminar Nov 21 Beaches Dojo

This seminar is for adults and will cover aspects of the training that will relate to all ranks so if you are just starting or have been here for years you won't want to miss this event.

### INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tip	2
Funny Humans	2
Events Calendar	3
Zen Bulletproof	3
Etiquette	3
Internet Games	3
Grading Pics	4

*Everthing happens for a reason.*

## SENSEI'S NOTE

Classical Martial Arts Centre's have etiquette, uniforms, tradition and standards. Etiquette teaches people how to behave with other people, (this actually saved me from getting shot by some gang bangers while in the States I mentioned Pocko in a previous newsletter). The uniform is a Japanese style

of clothing that has been the excepted Karate attire for generations and generations of Karate practitioners. Tradition, this relates to the way things have been done for hundreds of years, as far back as the Shaolin Temple. Standards are needed so that we as an organization will have continuity amongst our CMAC schools and credibility in the Martial Arts world.

## TRAINING TIP

When working a two person drill it is imperative that you keep to the perimeters of the drill. Which means you both have a job to do, so do not for any reason deviate from that drill. If you are suppose to throw a jab, reverse, upper cut, don't for any reason add a hook punch or a chop to the neck! It is bad form and could actually be dangerous to your health. For instance; if you add an extra move and pop the senior he will have the right of way to pop you right back.

This is done so that when you bow to your partner you are saying I'm here to train with you and respect you. A cheap shot like that shows total lack of respect and must be followed up by a quick reverse punch so that cause and effect is understood. A certain amount of trust goes along with partner training and to abuse that trust is a sure way to find yourself training all by yourself and wondering why no one wants to train with you. Also remember this, if you break your partner you don't get another one, this isn't Toys "R" Us!

## Funny Humans

The other day I saw a girl driving on the hwy and on the back of her trunk I noticed the pink bow which means support breast cancer. As I passed her I saw that she was having a smoke. I think she miss understood the idea behind supporting breast cancer.

The other day I had a teenage girl come in to see about training, she looked in and saw the youths going through a tough drill of punches and kicks. Well she didn't want to do that she wanted to do self defence. So I mentioned to her "Oh you want learn self defence well they are in there

doing blocks punches and kicks." Then I couldn't help myself I said "Totally useless for self defence, why would they ever need to learn how to block or throw a strong punch is beyond me." I thought it was funny, I don't think she did, and I don't really care either, sometimes not getting the membership is worth it.

I want to smoke and not get cancer, I want to learn self defence and not block, punch or kick, I want to be smart but to lazy to read, I want money but not do anything for it. What are they thinking. Note to self - Don't judge, Patience tolerance and consideration people are only funny humans.

## GRADING Results

*October Grading*

### Karate Yellow Belt

Sammy Joo  
Rita Riedstra  
Aidan Brown

### Orange Belt

Robbie Russo

### Red Belt

Karena Vanderhoven

### Green Belt

Martin Reilly  
Lydia Jeffers

### Purple Belt

Aron Tomori  
Connor Allems  
Rega Gyaltsan  
Collin Goodman

### Brown Belt

Rod Sopher

### Kobudo Yellow Belt

Aron Tomori  
Connor Allems  
Rega Gyaltsan

### Orange Belt

Joe Huff

## Next Grading

December 13 2008

*Don't live in the past, learn from it but don't live there, no good can come from living in a negative past.*

## EVENTS CALENDAR

### November

21 Beaches Dojo Seminar

### December

13 Kyu Belt Grading

13 Xmas Party

22-31 Closed for Xmas

### January

1-4 Closed for New Years

5 Dojo Open

TBA Kids Movie Night

TBA Kyu Belt Grading

## Zen Teflon or Zen Bulletproof

Zen Teflon is water off a duck's back, way of looking at things, when things are going sideways on you, (Like when your pc goes out on you again!). How do you handle it, Zen Teflon. Relax, take a breath, press a button and then go read a book, they are less likely to crash on you.

Zen Bulletproof is the next level up from Zen Teflon, it is when someone is deliberately trying to mess with you, (Like the nut job in the coffee shop!) How do you deal with the wacko, Zen Bulletproof. Relax, take a breath, try not to do anything you'll regret later, (dealing with humans can be tricky) refrain from acts of violence, say as little as possible and do not touch them, this can be misinterpreted as an attack.

Neither one of these ideas are easy to accomplish, but they will save you money and needless suffering, so it's worth studying.

## Etiquette

Interacting with the training partner starts with a bow, show some courtesy to your partner by doing a proper bow. Don't just slap your hands to your side as you bend over with a sloppy demeanor, this is offensive to your partner and may insult him. A bow should be done by first coming to attention, which means stand up straight, arms at your side, head up and look at your partner, then at 15 degrees bow from the waist, hold it for a second then straight up again. Done in this form shows sincerity.

You don't have to be serious all the time, but there are certain times that it is expected, the bow is one of

those times, receiving a belt promotion, listening to instructions, and working with your partner. People's time is important so don't waste it by fooling around in a two person drill.

Think of proper etiquette as a form of self defence, in these weird times that we live in - when people get shot for the slightest of reasons it would make good sense not to give them a reason to pull the trigger.

I know bowing (the way we do it) isn't a part of our culture as much as a handshake. It is the idea that goes along with the bow that you need to understand, how do you feel when someone shakes your hand and doesn't mean it or they don't look at you, you can tell they don't mean it. It all boils down to respect.

## Internet Games

Recently a fifteen year old kid went missing, after making contact with a person that he had been playing an online game with. Are you playing a game with someone online? Where do you think it will go? Why would you want to meet someone

that way? If you're a parent and your kids are into this kind of thing you should take an interest. The internet makes it possible for people to connect with your kids. The world is a strange place you need to be aware of those who you allow access into your family, make sure your kids know the dangers of talking to strangers.

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

*The future holds the most for those who make the most of their present.*

# October Grading Pics

