

# THE JADE BUDDHA



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## Summer Challenge Burlington July 13<sup>th</sup>, 2003

On the heels of the Toronto tournament, the Summer Challenge is fast approaching. You have time to tighten up your katas and go in feeling confident.

### GOLF with your Dojo?

Date: TBA

Are you a regular Tiger Woods?  
Is your drive comparable to Happy Gilmore?  
Do you want to show your fellow Dojo brothers and sisters what your really made of on the green?

Let start the buzz now before the summer slips away from us.

If you have any date or course suggestions be sure too bring them up at the end of your next class.



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*"To live with honour is to be in reality what you appear to be."*

## SENSEI'S NOTE

I would like to thank every one that gave their time and energy at the tournament, it meant a great deal to me that you came out and gave your support. You are the reason we have these events and when we all get behind these projects they seem to flow along nicely. I hope everyone had as much fun as I did, and for those of you that competed, Good Job You represented the Beaches well. Look forward to the Burlington Challenge July 13, for more info check the board.

## TRAINING TIP

From watching the tournament I noticed that the kids weapon division was excellent. These kids 11 to 15 were right into the training, very intense, it was nice to see. They understood kime and put it into the kata. Ki (Japanese) or chi (Chinese) is our intrinsic energy that we all have, and it is our true source of power. When you put ki into your technique we call it kime, and that is the difference between a knock out punch and just annoying the opponent. Sensei Urban says "Walk with chi in your feet, and fight with chi in your hands." Study this well.

*Sunday Classes At The Dojo - Open Class 12 noon Weapons 1:15. (as opportunity dictates)*

Sometimes the only way to deal with a problem is through it! ATTACK!!! Yamoto Domashi The fighting spirit. Enzo Metsuke means to see the mountain past the obstacle in your path, and go through it like its not even there.

## GRADING RESULTS

*No grading for June 2003*

Are you ready to advance to the next level?

*Next Kyu Belt grading July 12th*

## GREAT READ

### The Book of 5 Rings

by Miyamoto Musashi  
16th century samuria

*Earth* - Martial Arts is a way of life.

*Water* - Putting the methods to practice.

*Fire* - Actual combat.

*Wind* - Knowledge of the methods of other schools.

*Void* - State where there is no obscurity and the clouds of confusion have cleared away.  
Sumi Kari - Clarity of mind.



*"Just because you have pains doesn't mean you have to be one."*

## EVENTS CALENDAR

### July, 2003

**13** -Summer Challenge  
Burlington, Ontario

### August, 2003

**10** -Regional Summer  
Challenge  
Waterloo, Ontario

**2-4, 30** -Dojo Closed

### September, 2003

**1** -Dojo Closed  
**28** -Black Belt Grading  
Holiday Inn, Oakville

### Gradings 2003

July 12<sup>th</sup>  
August 23<sup>rd</sup>  
September 27<sup>th</sup>



## CMAC Toronto Tournament Results

### Kids Competition Karate

Even Benson 3rd Basics Julia Merlini 2nd Kumite  
Even Benson 3rd Self Defence Louis D'Arsie 3rd Kumite

### Adult Competition Karate

Lindsay Hacker & Juliette Corby 3rd 2 Person Kata  
Carl Fernandes Yellow Kumite Mr. Titus Sandan 3rd Kata  
Alex Bethke 3rd White Belt Kata Mr. Date 1st Shodan Handles  
Jackie Kortright & Carey Burton 2nd Futari Mr. Date 3rd Shodan Sticks  
Adrian Whiteman 2nd White Basics Rob Farmer 1st Green Belt Kata  
Lindsay Hacker 3rd Orange Kumite Rob Farmer 3rd Green Belt Kumite  
Lindsay Hacker 3rd Basics Mr. Date 2nd Nidan Kumite  
Carey Burton 1st Green Basics Mr. Titus 2nd Kumite  
Lindsay Hacker 3rd Kata Mr. Titus 1st Black Belt Tamashiwara  
Jackie Kortright 3rd Green Kata Joe Shoichet 2nd Kata  
Jackie Juliette & Lindsay 1st Team Kata Joe Shoichet 2nd Yellow Belt Basics

### Adult Competition Kobudo

Shanta 3rd Iaido Ken Watters 1st Yellow stick  
Mr. Date 2nd Tai Chi Shanta Nathwani 3rd Yellow Stick  
Mr. Date 1st Iaido Alex Bethke & Ken Watters 1st 2 Person Weapons Open  
Mr. Date 1st Nidan Kata Alex 2nd Iaido

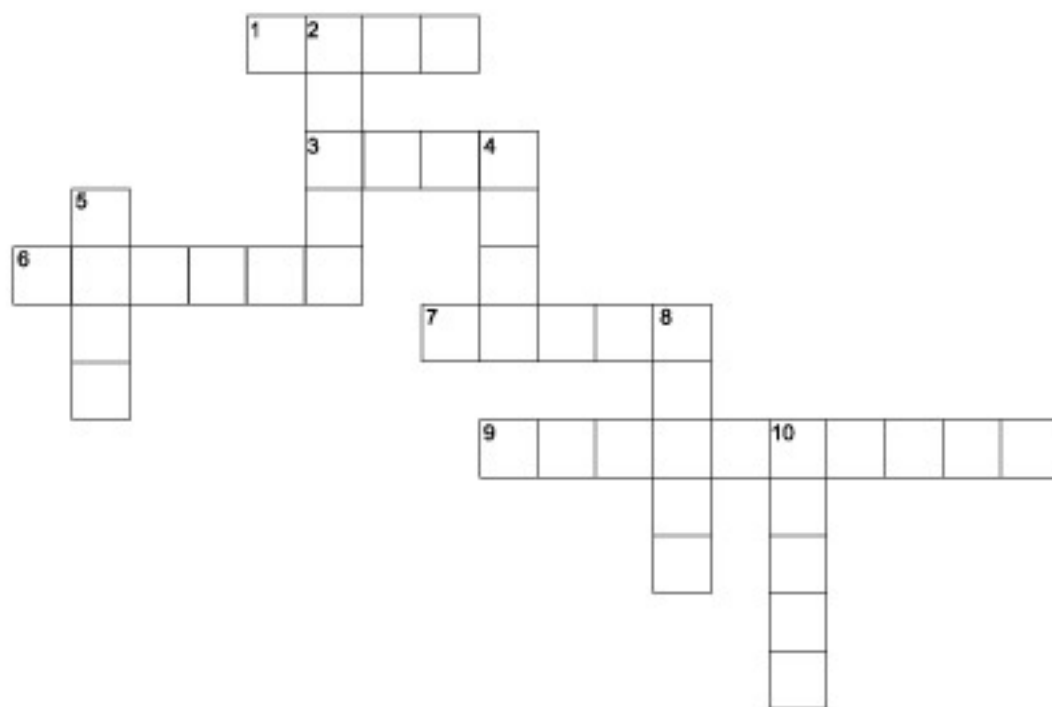
*Well Done everyone good effort. For all those competitors that did not receive their medals please be patient they are coming. Thank you for your understanding.*

## For Your Health

Hydrate your body with lots of water, especially on those very hot days. Waiting until you are thirsty means you're already dehydrated. At least a half an hour before class, drink a big glass of water than 2 glasses (500ml) of water, or more, following class. Your daily water intake should be 2 litres or more.

*"There are three kinds of people, those who make things happen, those who watch things happen and those who don't know what is happening."*

## Mind Buster Crossword



### Across

1. organization acronym
3. geri (translation)
6. the art of weapons fighting
7. book of five \_\_\_\_\_
9. basic block (Jap. 2wds)

### Down

2. time for meditation
4. one of 6 important areas of Kata
5. hard and soft (Jap)
8. attack and \_\_\_\_\_
10. 1st Dan (Obi)

*(answers revealed in August)*

## Did you know...

### One-eyed crustaceans are used successfully to kill mosquitos?

It is often incorrectly quoted that mosquitos kill more people than any other animal. Actually, it is not mosquitos that kill people but the parasite they carry .

Approximately 300 million people worldwide are affected by malaria and about 1,5 million die from it every year. Malaria is caused by protozoan parasites carried by female mosquitos. There are about 380 species of mosquito, but only 60 transmit the parasite.

Australian and Vietnamese scientists use the mesocyclops, a tiny one-eyed shrimp-like creature, to combat mosquitos successfully. Wherever they are placed, the mesocyclops destroy between 96% and 100% of the mosquitos.

