

JADE Buddha



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Sunday Funday Seminars

December 7, 14 & 19 there will be 4 hours of training, fun, pizza and a movie. Dec. 7th is for the 4 - 7 kids and the 14th is for the 8-11 kids \$25 for each afternoon, it will be GREAT! On December 19th at 5pm is the time for the Yoots 12 - 17.



Kung Fu Panda is
coming to the dojo

Adult Christmas Party December 13th

Miss Warren will be hosting this years get together, make sure you are in classes to get all the details of this exciting, festive event.

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What can I do? - Do what you can!

SENSEI'S NOTE

The other day I was at the Honbu (CMAC Headquarters) for my class and a fella was there that I hadn't seen for 18 years. He says "Sensei Dixon how is it that you haven't aged in 18 years?" I looked at him trying to place the face which I didn't recognize, so I reply "It must be the training."

He had stopped training 18 years ago and remembered me from those days. He said "Well back in those days I was 70lbs lighter and had hair." so I said "You should kept training." and we both laughed, but I don't think his laugh was genuin, I could see that the point was made and helped him with his cote gashi. Some decisions you make have a bigger impact than you may think.

TRAINING TIP

This is a bit of a continuation of the Sensei's note. We all have Busy lives, it is the way society has forced us to become, chasing after the buck so we can have a more fulfilling life. Goals and ambition are good so get out there and make something happen absolutely! But here is a thought - have some balance and discipline for that balance. Here is what I mean; if you are working and running around doing this that and the other thing for everyone else and having no time for yourself, you are making a huge sacrifice, good for you. This will eventually pay a toll on your health. If you

don't take a few minutes everyday to stretch, exercise and most importantly Meditate years will go by and your body will fall apart. Having a healthy mind, body and spirit will add life to your years and years to your life so you will able to enjoy your fruits of your labour.

I knew a fella once who had the big house, cottage, expensive cars, etc. etc. Which is all good but had no time to enjoy them. He said I'll have lots of time to relax and enjoy when I retire. The kids were spoiled and disgruntled the wife left and he died before he retired. Ultimately you need to chose how you want to live.

Funny Humans

TTC is having major problems with acts of violence against the drivers. Last year there were over 1000 incidents of violence against the drivers that went unreported alone.

As most of you know our own Sensei Titus is also a driver for the TTC and he can tell some stories of the ingrate, irate, inconsiderate and just plain rude people he has to deal with on a regular basis that get on his bus. They yell at him if he's a couple minutes late due to conditions, like it is his fault, they don't want to pay, they fight with each other and sometimes weapons

are involved. It's a dangerous job with very little rewards.

I rode the Red Rocket just the other day from Etobicoke to the Beach, and I have to tell ya it took forever and all those people breathing and coughing all around - it was disgusting. The driver was the epitome of Zen Bulletproof, he was amazing the way he dealt with all those insults and bad passengers. I thought who is this Zen Master. He was very pleasant and talked to everyone imbecile like they were an infant, he was condescending and sarcastic way in a way that most people didn't get it, awesome.

*Next Grading
December 13*



*CMAC - Classical Martial
Arts Canada
Goju - Hard and Soft
Style
Budo - Way of the war-
rior*



*The Daimond is the
CMAC Logo which is the
organization we as a
dojo belong to.*

Get some crests on your gi
and show some school spirit

Think for the future, learn from the past, but live in the present and the good times will last. Thanks Clarke

EVENTS CALENDAR

December

- 7 kids funday seminar
- 13 Kyu Belt Grading
- 13 Xmas Party
- 14 kids funday seminar 2
- 19 Yoots Funiar 5pm -?
- 22-31 Closed for Xmas

January

- 1-4 Closed for New Years
- 5 Dojo Open
- TBA Yoots Movie Night
- TBA Kyu Belt Grading

Hagakure

The book of the Samuria

The basic meaning of etiquette is to be quick at the beginning and at the end and tranquil in the middle. Mitani Chizaemon heard this and said, "That's just like being a Kaishaku."

Learning is a good thing, but more often it leads to mistakes. It is worthwhile just looking at the deeds of accomplished persons for the purpose of knowing our own insufficiencies. But often this does not happen. For the most part, we admire our own opinions and become fond of arguing.

When an official place is extremely busy and someone comes in thoughtlessly with some business or other, often there are people who will treat him coldly and become angry. This is not good at all. At such times, the etiquette of a samurai is to calm himself and deal with the person in a good manner. To treat people harshly is the way of middle class lackeys.

Friends can be good for your Health

The news is in and case studies have shown that cancer victims who have a strong support group of friends have lived twice as long as those with few or no support. The same is true for those who have survived a heart attack.

There is something in the power of people and the power of prayer or meditation that makes this possible.

Friends look out for each other, so if you want be a good friend, be positive and optimistic about what your friend is doing if they are excited about it. Negative people are a drag and often suck the life out of a good time or a good opportunity. So be positive with those around you, you just might save their life.

Life is what you make it!

I heard a good one from one of the mom's at Busy Bee today. The little kid comes out and says "I didn't have any fun!" And mom says "Well that's your problem, you should try and have fun no matter where you are." And I thought that is a great thing to say to the little guy, didn't have fun - Too Bad! She didn't say "Awe poor little fella what's the matter?" And try to comfort the kid by making it everyone else's problem, she let him know right away it was because of him. Didn't have fun that's your problem! It's Busy Bee how can you not have fun? That's good parenting, let them know right away that life is what you make it!

Sunday Funday Seminar

We will be having a couple of Kid days at the dojo just for fun and a little extra training. The little guys 4-7 year old kids will be December 7 at 12 noon until 4pm. We will train for awhile then there a bunch of games that the kids like, then its pizza and movie,

they all seem to like the Kung Fu Panda, which is a good movie for that age group. The next week will be for the 8-12 kids and the action will be step up a little and the movie will be different. Assistants are more than welcome, yes you dad's, strap your gi on and come hang out with the kiddies, it will be fun and fun is good.



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



If you stand on the pillars of principle the waves of adversity will subside.

Sensei Platt Seminar Nov. 21/08

Another Excellent seminar by Sensei Platt!!! The turn out was just right and vibe was strong. The information that was covered in that 3 and a half hours of training was more then we could have hoped for. Here is a tease for those of you who missed it, Ta Lu, Chenzhou tiger fist, 8 Gates, Ouichi gari, Chi Gung, and piles and piles of self defence.

Thank you very much Sensei Platt

