

JADE Buddha



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Happy New Year The Year of the Ox - Chinese New Year January 26 2009



Taking the Bull by the Horns



Mas Oyama the famous Karate Sensei would fight Bulls

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You can take what's coming or you can make what's coming.

SENSEI PLATT'S NOTE

This mantra "Prana Not Drama" Sensei Platt has designated for use in all the CMAC dojos for 2009. What this means is to keep one's attention on positive energy cultivation through the training rather than negative dissipation. The year has already started with several conflicts on the planet both political and environmental. The economy especially is an area of great concern for all but underlying it all will be how mankind values life and the world within which we exist. He would highly recommend, as a starting point for

yourself and anything you do this year, to look for the **intrinsic value** in use of your time, training and relationships. There are many who know the price of everything and the value of nothing. Lowest price does not mean best value. The value you see in yourself is a vitally important view as you move forward in reality so make sure to keep building in value through the training to stay sharp and effective as you meet the challenges of the new year, which can be your best ever if you look for the intrinsic value and keep your energy level high and positive; again, by using the focus "Prana not Drama".

Kung Hey Fat Choy - 2009 Year of the OX



Year 2009 is a conservative year, one of traditions and values, This is not a year to be outrageous. A slow but steady year. This Ox year will bring stability and growth where patience and diligence pays off. This is a year of

Harvest - when we reap what we have sown. Take care of business this year, do not let things slide. The year symbolizes strength gathered through unity, harmony, obedience, courage and hard slog. 2009 year is a dutiful, family oriented and dependable year. In 2009 year of the Ox you may not express your feelings in words but make up it by deeds.

Funny Humans

Here's something that happened over the break that I thought was strange human behavior. While I was in Florida over the holidays I spent some time in the Keys at a place that a dolphin use to visit and put on a show for the people staying at the hotel. How awesome she was, everyday in the afternoon she would show up and jump and splash around for everyone to see and enjoy. Then as things go someone thinks that the dolphin would be safer if she wasn't there, or that he might get injured by a boat motor, so they decided to catch her and move her to a safer place. After

doing so the dolphin died. The whole episode was just too traumatic and she couldn't handle it.

People always think they know better than nature, and often do more harm than good. It would be nice if people could just enjoy things instead of upsetting the way things are.

If you want to support an organization that's soul purpose is protecting Whales and Dolphins from mankind (or unkind as the case maybe) I highly recommend donating to Sea Shepherd they are CMAC approved and are constantly on the ocean to do battle with Whalers and Poachers.

Grading Results

December 13

Karate Yellow Belt

Patrick Kotzias
Oliver Kotzias
Ryan Wheler

Orange Belt

Morgan Bell

Red Belt

Quinton Kohl

Green Belt

Mark Frame
Shannon Smith
Milo Hanushchak Ohenhen
Annie Coombe

Blue Belt

Steve Chong
Vojka Miladinovic

Brown Belt

Rod Sopher

Kobudo

Yellow Belt

Ryan Wheler



Get some crests on your gi and show some school spirit

You may take a lot of journeys in life, but the one you take for yourself is the most important.

EVENTS CALENDAR

January 2009

- 1-4 Closed for New Years
- 5 Dojo Open
- 24 Kyu Belt Grading

February

- 21 Kyu Belt Grading
- 28 CMAC Mini Camp

March

- 1 CMAC Tai Chi Seminar
- 1 CMAC BB Grading

The year of the Ox

The Ox years are 1901, 1913, 1925, 1949, 1961, 1973, 1985, 1997, and of course 2009, and following the 12 year cycle, the next one will be on 2021. The Yin and Yang play an important role in the Chinese calendar years. Years ending in odd numbers are yin, while the years ending in even numbers are represented by yang. This means that 2009, is an Ox year that will have the yin influence. The basic characteristic of an Ox is methodical and calm, hardworking, dependable and patient, materialistic and an ambitious character. People born in the year of the Ox are strong, dutiful, reliable, tenacious, practical, industrious, determined, honest, loyal, sincere, persevering, tolerant, and down to earth. They can sometimes be lonely but they form firm bonds with home and family. The Ox people cherish their private lives and are not usually very adventurous. They can be loners. They know the way to succeed is by a slow, steady, sustained effort. Ox people are traditionalists, they like the familiar.

The Coral Castle

The Coral Castle was originally called "Rock Gate Park", was built by one man, working alone. It took him 20 years to build - from 1920 to 1940. It was built by Ed Leedskalnin in Florida, he was born in Latvia and died in Miami in 1951. He was a very private man and no one ever saw him work, he lived and worked behind his coral walls that were 8 feet high and 3 feet thick and each section was 4 feet wide and weighed 13,000 pounds. Ed kept the gate to his castle locked all the time and if you wanted to see him, you would have to ring the bell twice just as the gate sign stated, if you rang it once or three times he wouldn't answer, or if he was busy, if he did answer the door he would give tours for 25 cents. Inside the gates was a huge open area with many many chairs, tables, other furniture and sculptures all made of coral. Ed carved a telescope in two pieces. The outer part is located 20 feet outside of the wall of the castle, it is 25 feet tall and weighs approx. 40,000 lbs. The eye piece of the telescope is located in the wall complete with cross wires and at a height perfect for a man 5 ft tall (Ed was 5ft and only weighed 100lbs.), the other point to mention is that the telescope is fixed on the North Star (Polaris). There were 2 gates a 3 ton and a 9 ton

gate, at one time the 9 ton gate could be moved by one finger, the gate was damaged in the 80's and it took 9 engineers and a crane to fix it, now it takes 2 people, or one Karate man to move it. The North wall is the biggest piece of coral that Ed cut & moved by himself it weighs 60,000lbs it has a monument on top called the crown that the peak lines up perfectly with a whole he cut through the middle of the wall (they don't mention this in the guide or the tour) the whole lines up perfectly with a chair across the courtyard and in a little room that if you sat there and were 5ft tall the wholes line up perfectly with your temple. He had a bath tub and a well right next to it which he would draw water from every morning and by noon the water was warm enough to take a bath. In the well he had a secret chamber that he kept his money, it was not discovered until 1953 by a family that had bought the castle, they found \$3500.00 all \$100 bills that money was from tours he gave for 10 & 25 cents, and the sale of land for HWY U.S.1.

This was truly special place and hard to believe that one man could do such a thing. There are many mysteries on this planet of ours. www.coralcastle.com



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



Start your New Year's exercise program by exercising Kindness.

Sunday Funinars a Total Blast

The Funinars were a blast, everything went incredibly smooth, the kids were excellent and trained hard for the first 2.5 hours working basics and a new kata. The kids came in and I think they expected that they were just going to play around and have fun because I called it a **Funinar**, they were training and thinking this is like a regular class. After the kata we played a couple jujitsu games that are fun but hard work, and to finish things off we did sword and shield, it really brought out some character in these little guys. Then Pizza, Pandas and Awesomeness.

