

# JADE Buddha



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

416-690-2885

www.cmacbeaches.com

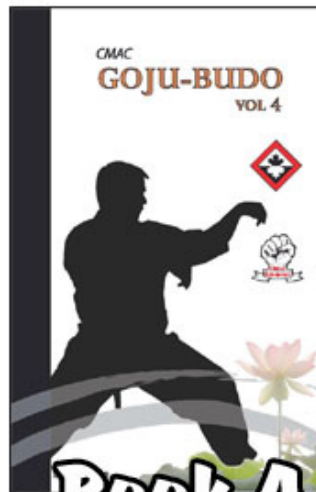
## CMAC Black Belt Grading and Camp

*Feb. 28th & March 1st Oakville  
Holiday Inn*

Anna sits in full lotus with hands folded in the zen mudra like the stone buddha. Kids love the buddha, I think it's because they are all around the same height.



**Seminar  
&  
Grading**



**Book 4**



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*The **Pessimist** sees the difficulty in every opportunity and the **Optimist** sees the opportunity in every difficulty.*

## SENSEI'S NOTE

Wow January flew by, well that's the way time goes, fast, so use it wisely.

I have been working like mad on book 4. I want to launch it for the Black Belt weekend March 1st and that was always the plan after book 3 came out last year. I would think I have a whole year to do it, no problem. Well a whole year has gone by and as I write this right now there is only 32 more days to go and it needs to go to print 2 weeks before hand so now I'm down to 17 days, and Sensei Platt needs to proof it, then I

need to make the corrections. Then the all night edit party the night before it goes to print, so that means.... By my calculations.....I should have had this thing done YESTERDAY!!!!

Stress is man's feeling about his situation, and the power he has over it.

Right now after writing that I feel fine, the pressure is stimulating. Initially when I figured that all out I was a bit freaked out, but I know it will all come together. Deadlines are a great motivator, so I will just crank it up a bit.

## Training Tip

And all of a sudden there was a Family Class. It all started with a man named Paul and his girl Adell coming in on Sunday morning. Then Guy and Abbey were asked to join the class, so Paul and Adell would have someone to train with. Three more dad's and kids have come on board since then, and

there is a strong contingent of assistants, Miss Kortright, Mr. Jones, Julia Merlini and Rob Sopher are very diligent in their attendance to the class. We have a great time working with the kids and then we separate and work in two groups, so everybody wins. If this class sounds good to you, talk to me and maybe we can squeeze you in, the class is filling up.

## Special Guests

Two of my old students came in for a class and a visit after being away for a few years. Kev and Sean Snyman moved to South Africa and have kept up their training, but have changed styles and now do Jodu, both the boys have experienced great success with their training and put on a demonstration of some of their favorite throws. They put on quite a performance and impressed all the students. I especially like the one throw Sean AKA "Tank" did where he pick Kev up on his shoulders and tossed him to the floor. Kev also did a huge shoulder throw and Tank almost hit the



## Next Grading

February 21

## Grading Results

January 24

### Karate

#### Yellow Belt

Nicole Brown

Abby Martns

#### Blue Belt

Joel Gingras

### Kobudo

#### Yellow Belt

Owen Salter

Xavier Kinderchuk

### Orange Belt

Sue Waren



Get some crests on your gi and show some school spirit

*If you can not hear your heart you are not living.*

## EVENTS CALENDAR

### February

- 21 Kyu Belt Grading  
28 CMAC Mini Camp

### March

- 1 CMAC Tai Chi Seminar  
1 CMAC BB Grading  
March Break Dojo is  
Open - Closed?

### April

- 1 Black Belt Battle Royal

## Helpful Healthy Hints

- 1 lbs = 3500 calories. Theoretically if you cut 500 calories out of your diet everyday, you could potentially lose a pound of week without much effort
- Average Daily Caloric intake should range between 1500-2000 calories. 1500 is really the minimum you need to perform activities of daily living

### Top 10 Strategies for Success

- |                             |                         |
|-----------------------------|-------------------------|
| 1. Start Small              | 2. Get it on Paper      |
| 3. Focus on everyday habits | 4. Always see your goal |
| 5. Be consistent            | 6. Never stop learning  |
| 7. Come out of Seclusion    | 8. Allow for setbacks   |
| 9. Trust your plan          | 10. Have Fun!!          |

## Tamashiwari

Here we see Mr. Peter Jones break through the board with his shin and makes it look easy. After lining up the break he will relax and clears his mind of everything except the task at hand, the board break. He takes a breath and explodes with a lightening fast round kick and flies through the board like butter.

It is recommended that you work up to board breaking by first conditioning your hands and other body parts that will be used for breaking. Using a heavy bag or makawari will help strengthen the striking surface and give you the confidence needed. Hitting the bag or makawari will help clear your mind of the clutter that throws off your focus, it will also help you understand the exact distance that your techniques is the most powerful. You will learn when to relax and when to focus.



**CMAC Guide to Goju 1, 2, 3 & 4 are an excellent source of training information.**



*The heart is the one organ you should always keep in tune.*

## The Valentine's exploding heart technique

February is heart month at the Heart and Stroke Foundation of Canada

Here are the top tips their experts agree can help you keep your heart its healthiest:

01. If you smoke, become smoke-free.
02. Be aware of your cholesterol, blood pressure and blood sugar levels and keep them normal.
03. Engage in regular physical activity at least 30 minutes most days of the week - choose activities you find fun so you'll stick with them.
04. Achieve and maintain a healthy weight.
05. Consume at least five servings of vegetables and fruits per day by including vegetables with every meal and fruit for dessert.
06. Develop and maintain personal relationships to help reduce stress that can lead to unhealthy habits such as overeating and lack of physical activity.
07. Choose lean meat, fish, poultry and meat alternatives such as beans along with lower fat milk and milk products.
08. Include a small amount of soft non-hydrogenated margarine, vegetable oils and nuts each day.
09. Make at least half of your grain products whole grain each day.
10. Choose foods that are lower in sodium and limit the amount of salt you add in cooking or at the table.

### Five Point Palm Exploding Heart Technique

The Five Point Palm Exploding Heart Technique was a legendary technique developed by the head priest of the White Lotus Clan, Pai Mei. He hits you with his fingertips at five different pressure points on your body. And then he lets you walk away. But after you've taken five steps, your heart explodes inside your body, and you fall to the floor, dead. It is said to be quite simply, the deadliest blow in all of martial arts.

What the eye does not see the heart does not mourn.

Only distance tests the strength of horses; only time tests the hearts of men.

Wheresoever you go, go with all your heart - Confucius

When pure sincerity forms within, it is outwardly realized in other people's hearts - Lao Tzu

Beware the person with a Buddha's mouth and a snake's heart.

Your vision will become clear only when you look into your heart ... Who looks outside, dreams. Who looks inside, awakens - Carl Jung