

JADE Buddha



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Dragon Boat Races



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***Kelso Park Milton on May 23.
Who want's to be in the boat?***

When you blame others you give your power to change.

SENSEI'S NOTE

Spring time!!! What a great time of year. The birds are singing, the trees are budding, and the temperature is rising. It is that special time of year when a young man's mind turns to mush at the sight of the spring fashion on Queen Street. Girls like to distract us, it is like a game or something. I know a fellow who was up till 3am talking for hours to a girl on a school night. Why? Of course I know why, I was young once too. Spring into action, the sun is out longer and everything is coming to life, so use that new energy to make things

happen. There will be plenty of time for girls, believe me! Try not to waste piles of time doing things that aren't in the interest of long term goals, things like video games, TV and 3am chit chats will not get things done.

I'm not saying give that stuff up entirely, not at all (what kind of monster do you take me for) just try getting the important stuff out of the way first, that way you can enjoy the other stuff more, knowing you have taken care of things first. Think of the leisure stuff as a reward for doing the important things first. And if she doesn't understand that, find one who does.

Training Tip

The Dragon boat races are coming up in May. As a test for yourself this is a great opportunity for you to try something new. Dragon boat racing requires timing, endurance, and a lot of heart. CMAC has been apart of the Milton Dragon boat races for the past 3 years and we always do very well. We

usually have 2 boats, one for the Black Belts and one for the Kyu Belts. This year Sensei Platt would like more involvement in this worth while charity fund raiser. This is really a fantastic event, it is held at Milton's Kelso Park, there will be Martial Arts training outdoors, a live band and of coarse lots of boat races. So get your name on one of the boats that is posted on the events board.

Stop The Seal Hunt

We as Canadians like to blame the Americans for all their faults, I for one am no exception. As great as it is to be Canadian, there are a couple things that need to happen for us to be a more civilized nation. Get out of Afghanistan for one and two stop the Canadian Seal Hunt! It is ridicules that this hunt is still going on, we have lost the respect of many nations over this absurd cruelty to poor defenceless animals. Help stop the madness.

www.ifaw.org



Next Grading

April 25

Grading Results

March 28

Karate Yellow Belt

Nicholas Hunt
Adel Swansin
Kevin Hunt
Darrel Goodman
Fuad Moussa

Orange Belt

Sammy Joo
Valerie Johnson
Mike O'Neill
Chris May
Ryan Maharaj

Red Belt

Reagan Gillies

Green Belt

Nancy Huff

Purple Belt

Zach Marshall



Get some crests on your gi and show some school spirit

X

A moment of Anger - A lifetime of Sorrow.

EVENTS CALENDAR

April

- 1 Black Belt Battle Royal
- 11-13 Dojo closed for Easter
- 25 Key Belt Grading

May

- 16-18 Dojo closed Victoria
- 23 Dragon Boat Races

July

- 6 Wagon's Ho
- 10-13 CMAC West Camp

August

- 22-31 Dojo Closed

A Little History On Dragon Boats

A 2,500 year old Chinese tradition celebrates the awakening of the mountain dragons that come down to rivers and the sea in the Spring."Dragon boats are awakened, or given life, during the traditional "dotting of the eye" ceremony. Bright red ribbons are draped over the dragon heads (red is the Chinese colour for good luck). A priest blesses the head, tail and drum with his sword. An official of the community is given the honour of dotting the dragon's eyes to give sight. The official asks the dragon to awaken and to protect all who ride within as well as the relatives, friends and spectators. Finally, a handful of buckwheat is thrown into the boat to give it speed and good luck. Hosting dragon boat races is thought to bring health, happiness and prosperity, as well as offering protection from the unfriendly spirits of the sea.

I got 11 A's

So its report card time and Clarke tells me he got 11 A's, one of the other little fellas says I have toys in my desk. I didn't ask him how many A's he got on his report card.

Clarke is a very hard working kid who always pays attention to the things that are happening in class. He likes to bring in sayings for the white board and add his two cents worth at the end of class, or whenever the mood hits him.

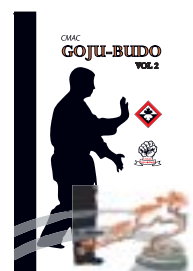
He's tough too, and I mean the way people should be tough, he can take the pain and keep going. So many people will wimp out at the first opportunity, but not Clarke.



CMAC WEST CAMP



If you are going anywhere this year go West to Waterton Alberta for the CMAC Camp July 10th - 13th the training is Fantastic and the scenery is Breath Taking.



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



Anger and Violence is a sign of one's intelligence or lack thereof.

Beaches Three Hour Seminar March 22/09

Here is a pic of the Sunday seminar participants, and some action shots. We had a fantastic time training and everyone did very well picking up the information. To start things off and power up we did, hard chi gung and shattering palm, then we worked the

self defence application relating to those exercises. The kata that were covered were, Shurinji Seisan, Wan Do, Naha Seisan, and Funikoshi Unsu. We finished off with the 4th Dans (Mark DeQuetteville and Fritz Titus) presenting knife self defences, well done.

