

# JADE Buddha

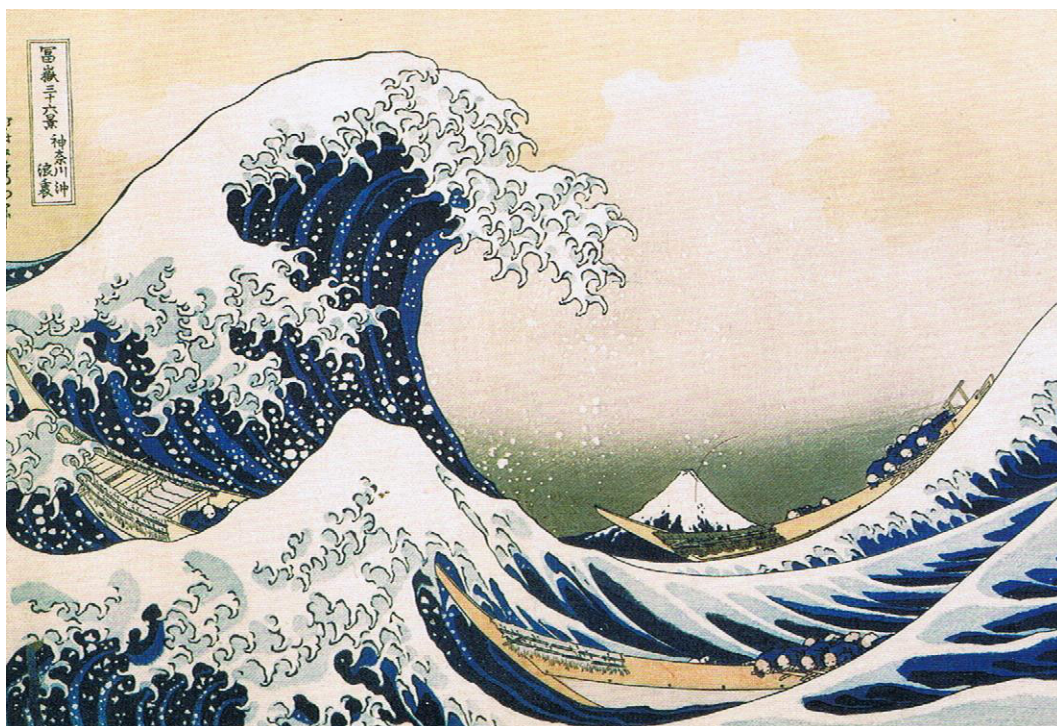


1971 Queen St. E. 2nd floor, Toronto, ON

416-690-2885

www.cmacbeaches.com

## CMAC Big Wave Kids Camp



### Dragon Boat Races

May 23 at Kelso Lake Milton

It's a family affair so come out and have some fun, bring a picnic or BBQ



**Go to [www.bigwave.ca](http://www.bigwave.ca)**

**Kids day camp available this summer**



### INSIDE THE JADE BUDDHA

|                    |   |
|--------------------|---|
| Sensei's Note      | 2 |
| Training Tip       | 2 |
| US Media Machine   | 2 |
| Events Calendar    | 3 |
| CMAC Manual        | 3 |
| Etiquette          | 3 |
| CMAC West Camp     | 3 |
| Meditation         | 4 |
| Young Sensei Titus | 4 |

*Do your own thinking.*

## SENSEI'S NOTE

Here's a tip! Don't leave your kids at the Dojo unattended. The other day one of the 4-7 kids was here for 45 minutes after her class. I had to sit out front until someone showed up to get her. That was 45 minutes that I wasn't on the floor with the weapons class. Guess how long the Kids weapons class is, that's right 45 minutes! If that happens again I will be sending you a bill for my time, and it won't be cheap! I think I'll charge a buck a minute times all the kids on the floor that are missing my instruction. Today was worth \$675.00! New policy starting Today!

## Training Tip

I can't do it for you, it is up to you. Yes of course I want you all to get it. Sure it would be awesome to have a bunch of students who all get it. In the early days, that was what I was after, "Just train it till you Get It!" Now I think it is more important that you enjoy what you're doing, who am I to force you to "Get It". If being able to protect yourself isn't that important to you who am I to say it should be. Your life is your responsibility, so is your training.

## The American Media Machine

What is the job of the media? Report the news, to inform the masses. What is the job of the masses? Obey, consume, reproduce! Compliant breeding consumers drive the economy.

Who controls the major news corporations? I leave that one for you to find out.

President Obama bowed to a Saudi King and it put the American's into a frenzy. It was sensationalized by the media, trying to make something out of nothing. Ignorance isn't bliss, it's dangerous.

Greed, anger, and ignorance are the 3 poisons of man and are also the fuel to drive the American Media Machine. They play the people of the US like puppeteers, cause and effect, order through chaos.

You may have heard the problem some late night TV show hosts caused by knocking the Canadian Army, and the Canadian people took offense to

it. Of course that's going to happen we are a proud people. But when a stupid person insults you, does it really mean anything? They were forced to apologize and all is good again.

The New York Times has made 3 politically incorrect jokes/comments toward Obama and they are still printing everyday. I'll tell you why, putting thoughts into peoples heads who are not informed and don't think for themselves can be a way to make more news. If we all got along what would happen to the news? They are only interested in the worst of people's emotions.

I heard a newscaster say once, "Good news isn't news."

Why let this kind of media effect your mood and subscribe to this climate of fear. People who live in a constant state of fear (American's) are easy to manipulate and control. Do your own thinking! Chew your own food, etc.

## Next Grading

*May 30*

## Grading Results

*April 25*

### Karate

### Yellow Belt

Tyler May  
Carson Clouse

### Orange Belt

Chris Clouse  
Jeff Burnham  
Ryan Wheler

### Green Belt

Morgan Bell

### Purple Belt

Joe Huff

### Brown Belt

Ryan He

### Kobudo

### Orange Belt

Ryan Wheler  
Joe Huff





*Chew your own food.*

## EVENTS CALENDAR

### May

- 16-18 Dojo closed Victoria
- 23 Dragon Boat Races
- 30 Kyu Belt Grading

### July

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

### August

- 22-31 Dojo Closed



## You Should Have A Manual!

CMAC has a manual that is really excellent for all your Martial Arts questions! You should get one. No matter what rank you are, the manual is a fantastic piece of reference material. All your Karate tests are in there, books you should be reading, history of the Martial Arts, important information on nutrition everyone should know and piles more.

The manual has been a work in progress over generations of Karate ka. This is the latest addition and is really a must have for anyone training at the dojo.

Parents should go through the manual with their kids to get a better understanding of what we do here, you may find it interesting, it may even inspire you to train as it can be a very interesting and challenging way to stay healthy and fit on all levels i.e. mind, body, spirit.

## Etiquette

It is important to understand the etiquette that goes along with the training. We are practising an ancient form of Martial Arts in the classical sense, and with that goes along many little things. How we communicate with each other is the first lesson in self defence. The bow is a way of saying "I respect you" and that is a good way to be with people in general.

We also refer to the Black Belts as Mr. Ms. or Miss. They have worked hard and the rank is a way of recognizing their effort. If the person in question happens to be a Sensei or Senpai it is proper to say Sensei or Senpai before saying their last name. Grand Master Platt prefers to be called Sensei Platt.

Toes on the line, is a form of self discipline, so is standing straight, and having a clean uniform that is in good repair with crests sewn on. These are the signs of a finely toned focused individual. Self development and perfection are the goal of the Martial Artist, etiquette is one of the vehicles to this attainment.



**CMAC Guide to Goju 1, 2, 3, 4 and the CMAC manual are all excellent sources of training information.**



*I can't do it for you, it is up to you to have strong self defence.*

## Meditation

Meditation is different for everyone, it is a valuable gift, but you have to figure it out for yourself.

It is about emptying your mind, pulling in healing frequencies (white light for healing), relaxing, body system check, inward reflection, harmony with the mind, body and spirit, becoming aware of your chakra centers, energizing chakras, following your breath, making the connection of breath and chi, expanding your awareness outside of your body, and developing an awareness inside, etc. etc. etc.

You could take just one of those ideas and work it for a lifetime.

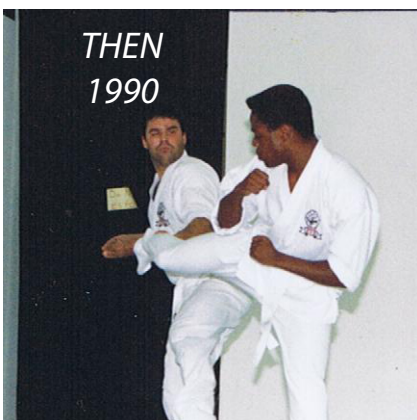
I talk about following your breath, did any of you try it? What did you come to realize? Did you notice that you were more relaxed and calm, did you notice that you weren't thinking of a pile of things all at once? This is very healthy to do. Did you concentrate on expanding

and contracting the lower abs with the breath?

If you tried the breathing exercise and found it easy, you can move on to emptying your mind. Just try and think of absolutely nothing. Good luck. It isn't an easy thing to do for most people.

Try making the sound oum, this is the sound of creation. So you have to think of making the sound oum, sure I get that, a technicality. The more you do it the less you have to think about it, until you are no longer thinking at all.

You may change the mantra as you develop to a sound that I can't express in text. When that happens you'll be vibrating at another level. The vibration of the soul is now where you have gone, it is that place beyond your thoughts, passed the constant annoying mind chatter that keeps us from connecting to who we really are. Once you are there clarity comes and things that seem so important now, are really only an illusion. It has to be experienced to be understood.



THEN  
1990

### The early days of Sensei Titus

The year was 1990 and a grading is happening in a small, newly formed Dojo in Pickering. A young, spry, 140lbs. Fritz Titus takes to the floor. Yes That is actually pictures of Sensei Titus from 19 years ago when he was a white belt. Now Mr. Titus is a Forth Degree Black Belt and runs his own Dojo called The Northern Fist in Newmarket. Persistence pays off.



NOW  
2009