

JADE Buddha



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CMAC WEST CAMP



Dragon Boat Race Highlights
from the CMAC Family Day
inside



INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tip	2
Summer Break	2
Events Calendar	3
Dragon Boat Highlights	3
Gonzo's Tree Service	3
Shower Time	4
Big Book Shoot	4
Debt Cures	4

**Go to www.bigwavecamp.ca
Kids day camp available this summer**

Check out the site for times and other information. A few of the kids have expressed an interest and Sammy is all about it, the only problem is logistics. If any parents are able to go we need drivers, the camp is in Albion Hills, HWY 7 and 50. Having been there to inspect the location I can tell you first hand that the place is fantastic, there's lots to do, plenty of trails to explore, and bike paths (bikes are included) a covered picnic table spot for lunch and games, lots of places for swimming, and there will also be some Martial Arts at some point, but the focus is having fun, lots and lots of fun, so talk to Sensei ASAP.

Life is not a spectator sport, get out there while you still can.

SENSEI'S NOTE

I was having a conversation with one of the Black Belts the other day and he was saying he was at a dojo recently and the Sensei only came out to teach for 10 minutes. Then he mentioned that he heard that at some dojos the Sensei would only teach the senior students and the juniors never get to see the Sensei. I thought why would someone open a dojo if they didn't want to teach? I like to be on the floor for all the classes all the time. I handed over the responsibility of the warm up to the senior student just recently with the exception of the little guys class, that one is just too much fun. The grass is always greener on the other side of the fence, is one of those

expressions that has happened to a few students over the years. A new trend of training will come along and away they go, only to come back after a while with tales of broken this or that, or the Sensei never taught etc. etc.

I'm not saying CMAC is for everybody, some people like getting permanent injuries. It is Sensei Platt's plan to train people in Martial Arts for health and self defence, with emphasis on Health. You shouldn't get broken in the process.

The Martial Arts is about training the mind, body and spirit. Its about self mastery not mastering others, its about self development to deal with the challenges of life not challenging others.

If the training is presented properly you should be able to reap the benefits for a lifetime.

Training Tip

With the idea of training for your health in mind, you should notice that the warmer weather has finally arrived and as the seasons change so should we. Our style of karate is called Goju Ryu meaning hard and soft style. This belongs to the Yin Yang philosophy of opposites, like black white, up down, hot cold. We believe that you shouldn't do high energy things in low energy times, so keeping yourself primed for action at the right time takes some planning. Keeping yourself hydrated is so important this time of year, but don't drink too much wa-

ter before class, that's not good either. After class its always a good idea to have a nice cold refreshing bottle of water out of the fridge. This will help your recovery from the class, bring your body temperature down, flush the lactic acid out of your muscles to prevent stiffness and soreness. Water will also keep nero peptites firing so you will be mentally alert. Water and air are essential for virtually every function in our bodies. Water can be absorbed by the body immediately unlike other fluids that need to go through the digestive system. Our body chemistry is over 80% water so it makes sense to keep on top of it.

Summer Dojo Break

This summer we will have a couple of well deserved breaks, the first one will be July 2nd to the 24th and the other one will be August 29th to Sept. 8th. It has been my experience that a summer

break is good for the over all moral of the dojo. If the dojo is open students feel obligated to be here, and that's OK, it's called commitment! So lets all take a break and enjoy the summer, recharge and be ready to ramp it up for the fall.

Next Grading

June 27

Grading Results

May 30

Karate

Yellow Belt

Cosima Pohonka

Orange Belt

Noah Limpert

Jane MaCrea

Red Belt

Ricky Reidstra

Blue Belt

Patrick Redburn

Christopher Pollack

Black Belt

2nd Degree

Adrian Whiteman

Jeff Hendriks

Sue Warren

Geoffery Busbridge

Peter Jones



The journey of a lifetime begins with a single step.

EVENTS CALENDAR

June

27 Kyu Belt Grading

July

1-24 Summer break
10-13 CMAC West Camp

August

28 Kyu Belt Grading
29-31 Last summer break
Dojo Closed

Sept

1-8 Last Dojo Break of
Summer

Dragon Boat Day

CMAC Dragon Boat races and Family day was by far the best one yet. The races were very exciting, the weather was absolutely perfect, attendance was high and everyone had a great time. The park is really awesome and there was plenty of things to do like; Martial Arts seminars, face painting, BBQ, games, and Sensei Bassels created a colour by numbers mural that anyone could join in and paint, the end result was excellent. There was however a challenge between the High Park Dojo's boat and the Honbo Dojo's boat (Sensei Platt's dojo), always a colossal error to challenge Sensei Platt, but these are the mistakes we can all enjoy watching the fall out for years to come (rookie mistake). CMAC had 4 boats and managed to raise the most money of all the teams in attendance. We had some Black Belts from the Beach in the Honbu boat, Miss. Warren, Mr. Jones, and Ms. Crawley, in the Kyu belt boat we had Morgan Bell and in the Yoot boat we had Julia Merlini. Thanks all who came out to support this event.

Gonzo's Tree Service

Need some trees trimmed or taken out completely just call Gonzo's tree service 905 955 5310 or email gonzotree@gmail.com



Here is a before and after shot of a seventy foot pine tree that was surgically taken down by Gonzo's tree service. This is dangerous work and should be done by the pros. So if you have a job that requires some skillful action with a chain saw **CALL GONZO'S TREE SERVICE 905 955 5310** and leave it to the pros.

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



Think of your life as if you were painting a picture, what would you like the world to see?

Shower Time

The guys shower was demolished and rebuilt over the long weekend. The fella that built the dojo originally was back from Argentina to build the Hasu dojo (they recently moved to a better location) and Mr. Sam Puricelli was flown in courtesy of Sensei Williams to do the reno. I thought while he was in town it would be a good idea to have him do the shower. Miss Shanta Nathwani found and contributed the tiles and Sam did the rest, well I did mortar.

Sam worked very hard and put in a lot of hours to get it done before flying home on Sunday. In a rush he made a colossal error by laying a floor tile that didn't match (it was a square foot tile). This was upsetting and I almost lost my mind, I just couldn't believe that it happened. Honestly it took me the better part of Friday to calm down. Then I put things into perspective by saying it is only the guys shower, who cares. That helped.

Sometimes we tend to take things too seriously and over react, this is not healthy, so take a breath and tell yourself whatever you need to keep yourself under control. There are a few lessons here; Don't take your eye off the ball. If you snooze you looze. Always double check and cut once. Never under estimate your opponent. He who laughs Last! Life is too short. etc. etc. Thanks Sam.



The Big Book Shoot



Chris May volunteered his services for a day of shooting for some up coming books. So Holiday Monday Sensei Titus, Mr. White-man, Mr. Busbridge, Mr. Jones, Chris May and myself all met at Chris's studio, and what a nice studio it is. They have a beautiful place, just a great space to work or hang out and the studio has a seamless wall for the back drop. Very cool! Chris is very professional, the lighting and equipment made the whole day go very smoothly. We managed to shoot all of book 5 and the better part of a knife book that Sensei DQ and Sensei Titus are working on. Well my writing break was fun while it lasted, now it's going to be a big push to get it done by June 28, just in time for the next Black Belt grading.

Thank you Chris for the use of the studio and your time, also thank you to the above mentioned Black Belts for making it out for the shoot.

Debt Cures

Here is the next big paradigm and conspiracy theory that is actually a proven fact, "Credit Card Debt"! The Government and Banks - lending institutions have teamed up to imprison the populous. The government has changed your name from citizen to consumer and is nailing you with high interests rates and service fees so you dig yourself into a pit that will take your freedom away, making you a compliant slave,

whose only purpose is to sleep, consume and reproduce. The credit card companies offer low rates then jack them up again and again, and compound the interest, then there is the fees and service charges etc. etc. It can be a real nightmare. If this is your situation I recommend this book ***Debt Cures by Kevin Trudeau***, he was a man driven by money and was deep inside the government and is now exposing this and many other dirty deeds that our trusted government don't want you to know about. Look into it CONSUMER!