

JADE Buddha



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www.cmacbeaches.com

CMAC Black Belt Candidates



CMAC Black Belt Grading June 28 Oakville Holiday Inn 1pm

Black Belt Grading directions

Take QEW West to Oakville.

Go South on Trafalger.

Go West on Argus which is the street right after the bridge (be careful not to enter the on or off ramp to the QEW) then look for the Holiday Inn at the bend in the road.

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. 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 Miss Nathwani ASAP as she is the Beaches liaison for this mission.

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A candle lost nothing from lighting another candle.

SENSEI'S NOTE

No one rises to low expectation. I remember when I was young training at the Honbu, I was getting ready for Sho Dan, Sensei would often attack us as we walked down the hall just to see how we would react. Sensei would also send us out to tournaments and demos without any notice. We never asked why or came up with excuses why we couldn't we just did it because it was part of our Martial Arts evolution. Around that time I was on my bicycle riding from Burlington to Toronto and back before the noon class as part of my warm up. I was going through Oakville and a car pulled out and stopped right in front of me. I had no place to go but into the back of the car. I was able to position myself so it wasn't a direct hit and I rolled up on top of the car, taking out his spoiler. He was upset about that, I figured that was his problem so I straighten out my handle bars and headed to TO to finish my ride. When I

made it back to the Honbu my sparring partner, Andy Mystic was there (man, that guy could fight) and we started to go at it, trading punches and I remember this as clear as if it was yesterday, I went to throw a left round kick and it was as if I had been cut by a sword. Apparently I had torn some stomach muscles in the accident and didn't realize until that moment. I was crippled up for almost a week. When I made it back to the dojo I told Sensei I couldn't grade because of the injury. I thought he was going to break me in half, there was no - OK you can just go in the next one, and you should just take it easy or some kind of sympathetic response like you might expect. He was saying "there's only 3 weeks before the grading so you better figure it out!" Well, off to Tai chi I went and I worked it as much as possible before the grading. I was in that grading and so was Sensei Williams and Sensei Skyork, I'm glad I was there. Thank you for pushing me Sensei.

Training Tip

Miss Kortright and Mr. Jones have stepped up to handle evening classes while I'm on the road with Sensei Platt. There will be no children's classes however. The schedule will be Monday through Thursday 6pm till 8:30pm

Primadonna

It's nice to be important, but it is more important to be nice. I watched an interview with Billy Bob and his band the other week and he was a bit of a primadonna so one of the band members had to pick up the slack. Then when it was time to play he wouldn't play with the group, he just sat there drawing attention to himself in a

and Saturdays noon till 2:30pm plus Tuesday and Thursday noon classes. It looks like the only ones that get a break are the kids. Parents don't worry about your child's membership, they will be extended one month so no one loses any time.

negative way. Right now I'm studying this kind of behavior, because it is so odd, and self righteous. Alienating yourself for what reason. I think the interviewer referred to him as a film actor/director (which is what set him off) and that is how everyone knows him. Now everyone knows him as a Primadonna and they are just too hard to work with, so I say good luck to them.

Grading results for June
will be in the August addition

New Arrival

June 2 2009 Mr. and Mrs. May were the proud parents of a new bouncing baby girl named Thalia Sofia May. Congratulations you crazy kids - keep cranking out those new recruits.



Here is a shot of Chris (daddy) Tyler and his baby sister Thalia.

Congratulations to Shanta Nathwani on her many accomplishments lately, Graduating ITM with a B.Comm. the completion of her first kids school course with a grading of 6 to yellow belt, Ni Dan Karate grading, she went to Stone Henge in May, she is also heading up to do the Big Wave camp this summer with the kids, and lastly beginning a new career in August. Good for you Shanta you're on Fire.

Bye Bye B. Charles Buscarino has resigned from CMAC after some 30 years of training.

The true measure of a man is not where he stands in moments of comfort and convenience but where he stands at times of challenge and controversy.

EVENTS CALENDAR

July

1-27 Summer Kids break
10-13 CMAC West Camp
No Family class in July

August

2,3 Closed
9,16,23 Family classes
28 Kyu Belt Grading
29-31 Last summer break
Dojo Closed

Sept

1-8 Last Dojo Break of Summer



Fifty Cents

The other day I was telling some students about the time I was riding back from BC and ended up in Sioux country. As the story goes I had met a couple Yanks and we got to talking about my ride and they took to me pretty quick. They bought my dinner and said they knew of a good place for pool and drinks. I was up for some adventure at this point so off we went. Well this place was rocking right up till we came through the door, then there was crickets (classic). We went in anyway and after a while I put my fifty cents on the table to play pool, then I went back to sit with new Yank buddies, one was a Vietnam Vet who was a lot of fun but you could tell he had a volatile side. I was watching the table from where we were and notice it was getting time for my turn so I went up to play. I picked up the fifty cents and went to put it in and one of the Indian fellas there says "That's my money." I looked at him and said "No this is my money." He didn't like that and things started to heat up, my new Vet buddy saw something was up so over he came ready rumble. We were seriously out numbered and surrounded. Someone would have died that night if rational thinking didn't prevail. I let him have the fifty cents and things went back to normal. I figured he was drunk and really thought it was his money. One of my students expected a different outcome, like some big bar brawl, and I said "Over fifty cents?" Martial Arts is for self defence not to be abused, solving problems with violence usually leads to bigger problems. Fighting over fifty cents just doesn't make any kind of sense at all. You could say its the principle, to me that sounds like ego. Choose your battles wisely. When the only tool you have is a hammer you'll treat every problem like a nail.

A Blaszt from the Paszt

Here are couple photos of Mr. Paszt who was one my first Black Belts from back in the Pickering days. We first met on the set of some made for TV movie about the second world war. We were from the same stunt school and got to talking about Martial Arts. I told him I was opening a dojo soon and they could be my first students. So Mike (Mr. Paszt) Steve and Larry (his 2 buddies) all became students of the Pickering dojo. Years later Mr. Paszt received his Sho Dan. Now he's married with child and coming to the Sunday family class.

The top picture is from a paintball challenge between Pickering and Etobicoke, Mr. Paszt is the fella with the thumb up behind me. The 2009 pic is him and his daughter. Welcome back Mr. Paszt.



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



The feeling of loss is greater than the desire to gain.

The anti-fatigue diet

Tired? We've got the cure - and you'll find it right in your lunch bag.

The diagnosis

Whether you have insomnia or you're flat out exhausted. A steady stream of non-fat lattes and mini Kit Kats can offer a temporary buzz but only put off the inevitable crash. A lack of sleep causes stress on the body and lowers the immune system, making it prone to infection.

The prescription

Balance what you take in with what you expend. When you overeat, you feel sluggish because your body's energy is used up trying to digest too much food, try eating three healthy, balanced meals and two snacks a day.

An energy-boosting diet should consist of 60 to 75 percent fruits and veggies - especially those packed with vitamin B (such as avocados, corn, green beans and peas), which helps keep the nervous system running smoothly. Foods that are rich in vitamin C - like tomatoes, cherries, oranges and strawberries - provide energy and help protect cells because they support our adrenal glands, which encourage boosts of energy. Complex carbs (such as buckwheat, quinoa, beans, legumes, oats and barley) and lean protein (such as skinless chicken) make up the balance.

Feeling lethargic may mean that you're not getting enough complex carbs. Carbs are the body's preferred energy source, try skipping the bacon-and-home-fries breakfast. Don't mix carbs and protein in the morning. The combo is hard to digest and will make you feel tired. Instead, have a single serving of complex carbs (such as half a bowl of oatmeal). At lunch, keep your blood sugar levels up with a blend of protein (six ounces of tuna) and veggies (like kale or red peppers). For dinner, opt for brown rice, dark-green veggies and salmon, which is rich in omega-3 fatty acids and helps lower blood pressure.

Stock up on ginseng. Ginseng helps your body adapt to stress. Look for ginseng in capsule or liquid form at your health-food store, or buy the root at a Chinese grocery store.

What to avoid

Processed convenience foods. A lack of proper nutrients leads to metabolic imbalances, and the excess toxins in processed foods lead to degenerative changes - which can lead to an increased risk of cancer and heart disease.

Extra credit

Invest in a juicer. "Because juice is broken down into a highly absorbable form, the body can use the nutrients easily," says Cherie Calbom, author of *Juicing, Fasting and Detoxing for Life*. "Many people say that they feel energized half an hour after drinking juice. Fresh juice is loaded with vitamins, minerals and enzymes, which are essential for the chemical reactions that produce energy."

Texas Taser Happy Cop

Travelers to the States beware when dealing with the cops!!!!!!!!!!!!!! Judgement is out the window! Comply or you will fry. They are armed and incapable of rational thought. A well fed Texas cop (250lbs) thought it would be a good idea to taser a 72 yr old Great Grandma (84lbs) because she didn't want to sign the traffic ticket. You can You tube it at "Texas Taser" if you don't believe me. He yells at her and pushes her around then tasers her, then when she down on the ground screaming in pain he keeps yelling at her to put her hands behind her back. That donut muncher sure must have made his parents proud that day I can tell you. His superior said he didn't do anything wrong, you just can't argue with the police "I'd taser my own mother if she....." Who are these people? Home of the free? What are they thinking, that doesn't sound like any kind of freedom to me.