

JADE Buddha



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Snyman's Return From S.A.



Dirk Snyman, and his boys Kev and Sean dropped in for a little visit. Both the boys are National Judo champions in South Africa



Tank putting the choke on Mr. Jones



Fun for the whole family, dad and the boys stopped in for some training and a little judo demonstration. Excellent as usual! The boys threw each other around and Tank even tried to put the choke on Mr. Jones.

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Vegetarian is an old Indian word meaning bad hunter.

SENSEI'S NOTE

Thank you to all those who helped out around the dojo while I was away on the CMAC west tour of duty. My phone was fried after the first really bad rain so I wasn't checking in as regularly as normal, but it was nice not having to deal with any drama. What really matters is the training. All too often people will see an opportunity to make a big production out of something that is so trivial and by doing so it disrupts the harmony in the dojo and this has a ripple effect, the end result is not good no matter how you look at it. Its funny how things get blown out of proportion at the worst possible time. I think ego has a lot to do with these problems, everyone has to be right, give it a rest! Choose your battles wisely. Not having a phone for that 2 weeks was weird at first, I made a call from

my hotel for 5 minutes and it cost me \$21.00! Can you believe that?! So that was the last time I did that. They said it would be cheaper if I put it on my card, (They are all working together I tell you!) I said "They are even bigger thieves than you are!" Then I just stopped calling the dojo. When I got back, the dojo was still in one piece, so I saved some money by not checking in all the time. The people I left in charge are mature adults with an understanding of what needs to get done. I think to sum things up, it's good to have things well organized before you leave on a trip and make sure the people you leave behind can make the right decisions so that everything is as you left it or better.

Thanks again Sensei DQ, Mr. Tisdall, Miss Kortright, Miss Nathwani, Mr. Jones and Miss Merlini for taking care of the dojo while I was gone, your efforts are very much appreciated.

Training Tip

Motivation is what gets you started.

Habit is what keeps you going. The Fall is often a big starting time for many people on the path. If you are just starting out in the Martial Arts or if you just want to see better results you need to think about the opening two lines. We all want to have the many qualities that naturally occur while training in the Martial Arts, and

you can have them - Absolutely, you just need to develop the right habits. People are creatures of habit and you can use that to your advantage. Make a training schedule of at least twice a week and stick to it, no matter what! You will notice a definite improvement the higher the frequency. So the more you train the better you get. We have day and evening classes for your convenience so make a plan and stick to it.

After School Program

This Fall we will be offering an "After School" program for the kids from Kew Beach. It will start at 3:15 and go till 4:45 Monday through Friday. There will be a fee and there will be training, but since this is open to school kids the

uniform is optional. We will be introducing yoga and tai chi to the kids as well karate and ju jitsu, but there will be times that we will do some other things like chess, origami, arts and crafts, or just head to the beach. If you know of anyone who would be interested have them call the dojo.

Grading Results

August 28

Kobudo

Brown Belt

Jackie Kortright

Julia Merlini

Karate

Yellow Belt

Marcus Smith

Devon Moussa

Orange Belt

Fuad Moussa

Green Belt

Laura Cloutier

Chris Clouse



By the time a man realizes that maybe his father was right he usually has a son who thinks he's wrong.

EVENTS CALENDAR

September

- 1-7 Last Dojo Break of Summer
- 8 Dojo Open
- 18 Pre-Grading
- 26 CMAC Camp
- 27 Tai Chi Seminar
- 27 Black Belt Grading

October

- 10-11 CMAC West Camp & BB Grading
- 18 Beaches Seminar
- 30 Kyu Belt Grading

Boy Geniuses

Here's another quick story about the extreme ignorance of some people. Some Yoots robbed somebody over at the park the other Saturday night and ran right out in front of our buildings camera and decided that there was the perfect place to split up the cash. The whole thing was caught on video. Now the cops have all their smiling faces on file and it is just a matter of time before they are busted, whatever that means... They were all young enough for the "Young Offender Act" so they will be free to do it again in the near future. I've said it before, those kids are the ones you have to watch out for. They work in packs and because they are so young you don't see them as a threat until it's too late and you're surrounded. They are only kids so you don't want to hurt them, you need to get over that and just be ready to nail them hard and fast! Don't let them get behind you because they like to hit you over the back of the head. These kids range in age from fourteen to seventeen and they all know all about the "Young Offenders Act" so don't let them get too close to you. At that age they are starting to get some power and a sucker shot is how they get you, someone gets your attention and someone out of your sight hammers you with a haymaker. They're predators so if you feel like you have been watched or targeted think fast, come up with a plan and move fast. This is where the training is so valuable, it develops awareness for the kids and adults to see this kind of danger but also to channel your energy in a positive way.



\$

Ever wonder why the symbol for money is a S with a bar? The commonly accepted idea behind the evolution of the United States dollar is that it was a U elongated over a S then it became two bars over a S and now it is a single bar through a S "\$". That's one idea, another is that it first appeared on a silver dollar back in 1794, in those days the Spanish pesos were the main currency being used, they were coins. If you combined the S from Spanish and the P from Pesos you're supposed to get a \$ dollar sign. Also the English currency was based on a pound of sterling silver (the Pound) some say the S was to represent silver. OK, going back to early America you'll find a time of **Slavery**, not their proudest moment and that was in their infancy. The new world order at that time had a plan and it has been passed down from generation to generation as a form of control. The bars over the S, what does the "S" really mean? I guess a S with chains hooked to it would have been too obvious.... Think about it.

Having a bad day?

Leaving the house in the morning with a bad attitude it like doing a kata and moving the wrong foot first. Usually when that happens the kata is hard to salvage, everything feels weird and nothing seems to go right. Leaving the house with a bad attitude feels the same, nothing goes right everyone seems to have a bad attitude too, and it seems like one bad adventure after another. Next time that happens try taking a couple minutes to focus your thoughts to a more positive frame of mind as hard as it is.

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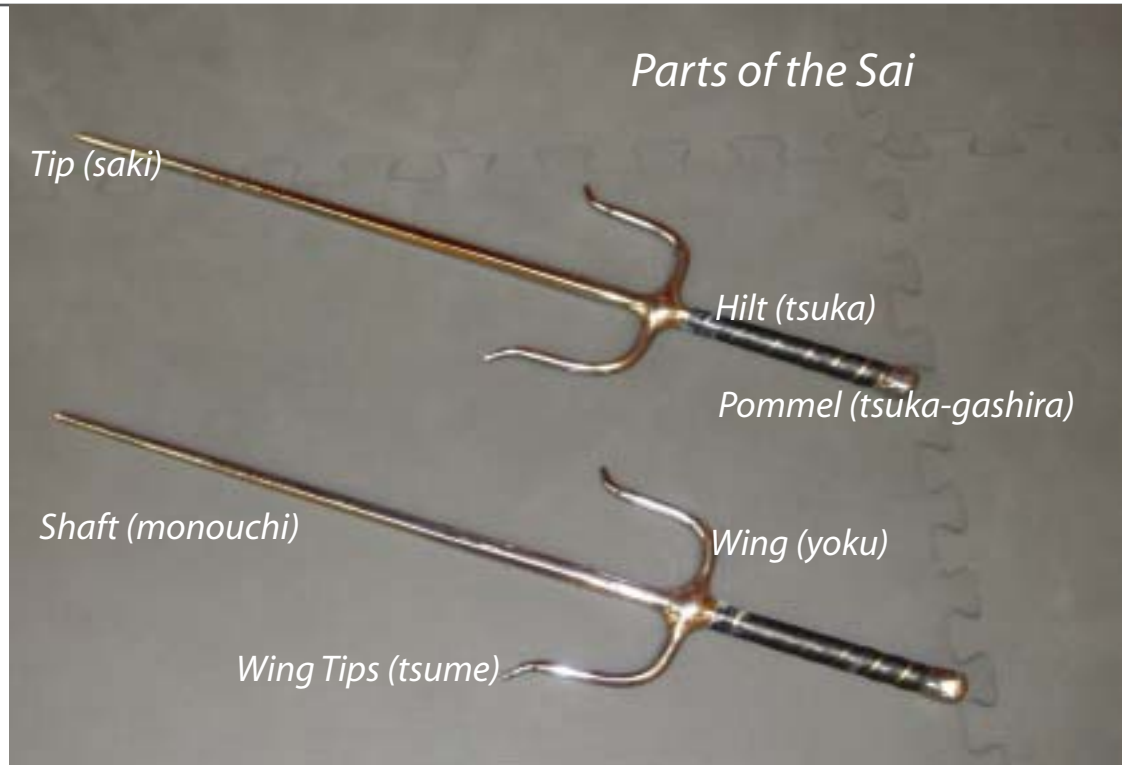


CMAC Guide to Goju 1, 2, 3, 4 and the CMAC manual are all excellent sources of training information. Get yours Today!

The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.

The Sai

The sai came from China to Okinawa by way of Buddhist monks, metal was a rarity on the island at that time. The monks, (trained in Martial Arts) brought them over for protection and taught the Okinawans how to use them. For all the sai techniques, strong limber wrists are very important. Because sai techniques help develop these traits in the wrist, karate men have often used them as supplementary training.



Sensei Yamaguchi & Sensei Urban in the Early Days

Here is a classic shot of Sensei Yamaguchi giving a lesson to Sensei Urban about the importance of training the sai and how it relates to our Goju style. You see, as a Goju Karate Ka we are inclined to grab with the Kake uke block. Grabbing and tearing with our hands takes great strength and to develop this kind of power the sai helps us. Kata work, weights, and two person training is also involved, but as Sensei Platt always says the Sai is the weapon of choice for the Goju student. CMAC Karate students attempting 3rd Dan are required to know several sai Kata, because of that reason.

A little Food for thought and thought for Food. The thyroid was described to me as the cruise control for our body. This gland is found in the neck (also known as the Adam's apple in men). The thyroid controls how quickly the body burns energy, makes proteins, and how sensitive the body should be to other hormones. It controls the levels of T3 and T4 nutrients (iodine in particular) that are sent to the brain and vice versa (I'll save the fine details to Wikipedia). Over and over, the articles that I've read indicate that in modern countries that use iodized salt thyroid problems have been virtually eliminated. What does this tell us? Provided you don't have a heart condition - salt is good for you (beware, Kosher salt is not iodized). So if you haven't tried a little salt on an apple, you should. Some other foods that have higher levels of iodine are oysters, mussels, shrimp, white fish and Nori(seaweed) used in Sushi.

Article by Joel Gingras