

THE JADE BUDDHA

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

416-690-2885

www.cmac1.com



Summer Tournament Waterloo

August 10th, 2003

The day is fast approaching, so strengthen those Katas and basics and get ready for great day of competition and other activities at the Elora Gorge.

Go Beaches Dojo GO!

Sushi, Sake and Samurai!

Date: TBA

Due to the huge success of the 1st movie night I'd like to do it again. This time we could watch either the epic series Sho Gun or the Miyamoto Musashi trilogy. Both are fantastic movies absolute classics, they are however, quite long and will take a couple nights to watch. So we will be discussing the options in class.

GOLF with your Dojo?

Date: TBA

This event has still not been confirmed although we have many interested. If possible confirmation will be announced in class closer to the proposed date of 24th August.

INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tips	2
Grading Results	2
The Broken Tea Cup	2
Events Calendar	3
Burlington Results	3
Mind Buster?	4
Summer Camp Review	4

"Tomorrows battles are won by the training we do in the Dojo today."

SENSEI'S NOTE

In C.M.A.C. we offer many events so that the students may understand the whole Martial Arts experience.

The Waterloo tournament is coming up August 10th this tournament is always a good time, with good numbers in any division. So get there and meet the challenge, especially if you have never competed before, because there won't be another chance to compete until next spring and that will be in N.Y.C. Seize life at the moment, and experience all you can. Life is not a spectator sport.

TRAINING TIP

Start working on your Dome Demo for this Fall. Tournaments, gradings and demonstrations are excellent for improving your Martial Arts training.

The Broken Tea Cup

The Zen student is in his Master's office, patiently waiting the return of his Master. He notices a beautiful tea cup and can not resist the temptation to pick it up for a closer look. Of course he drops it. Now in a panic he quickly picks up the pieces, for he hears the Master coming. He hides the broken cup behind his back. He's nervous and sweating, worried about what's about to happen. The Master arrives, and asks "What's the matter?" The young student replies "Master why do things die?" The Master looks seriously at the student, pauses, and says "Everything has a beginning and an end, when things come into this world there is only so much time aloud for it to live and then it must die, it is the way of the universe." Hearing this the student produced the broken cup and said "It was time for your cup to die." The Master could do nothing.

GRADING RESULTS

for July 2003

KARATE KYU Adults

Green Belt

Adrian Hillyer

Orange Belt

Karl Fernandes, Max Ash

Yellow Belt

Alex Bethke, Vito Clemente,
Susan Warren, Sean Delaney,
Robert Holtom, Richard Holtom,
Jimmy McAleer.

KARATE Children

Red Belt

Robert Martin

Orange Belt

Max Ash

KOBUDO

Yellow Belt

Geoffery Busbridges

11-Pass 1-Probations 0-Failure

A probation will advance when certain deficiencies are corrected. It's only a mistake in life if you fail to correct it.

Next Kyu Belt grading August 23rd



"Not one person can do everything, but if everyone does something, together we can do anything.."

EVENTS CALENDAR

August, 2003

- 10** -Regional Summer Challenge
Waterloo, Ontario
2-4, 30 -Dojo Closed

September, 2003

- 1** -Dojo Closed
28 -Black Belt Grading
Holiday Inn, Oakville

October, 2003

- 24** -Dome Demo
25 -Kyu Belt Grading

November, 2003

- Sensei Platt Seminar
TBA

Gradings 2003

- August 23rd
September 27th
October 25th



Burlington Tournament Results

This years Burlington tournament was excellent, with the largest attendance yet, and the Beaches Dojo was very well represented.

Adult Competition Karate

Adrian Whiteman 2nd Basics Adrian Whiteman 3rd Kata
Karl Fernandes 2nd Kata Lindsay Hacker 1st Basics
Jackie Kortright 3rd Kata

Adult Competition Kobudo

Alex Bethke 1st Kata Geoffry Busbridge 1st Kata
Shanta Nathwani 3rd Kata Geoffry Busbridge 2nd Basics
Carey Corrigan 2nd kata Geoffry Busbridge & Alex Bethke 2nd Weapons Futari
Alex Bethke, Shanta Nathwani &
Carey Corrigan 1st Weapons Team Kata

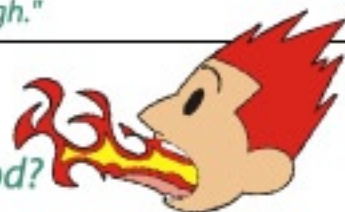
Summer Camp Review

Excellent, Excellent, Excellent, just as I said it would be. Those that made it out from the Beaches were glad they did, we had a great time. The weather was perfect for enjoying the resort, golf, swimming, etc.... But the training with Sensei Platt, well that's always a treat, and for those that were there we will continue to work those kata. Thanks Sensei Platt.

"Words should only be used when silence is not enough."

Did you know...

Why water does not calm the tongue after eating hot spicy food?



The spices in most of the hot foods that we eat are oily, and, like your elementary school science teacher taught you, oil and water don't mix. In this case, the water just rolls over the oily spices.

What can you do to calm your aching tongue? Eat bread. The bread will absorb the oily spices. A second solution is to drink milk. Milk contains a substance called "casein" which will bind to the spices and carry them away. Alcohol also dissolves oily spices.

Mind Buster Hidden Message

Were you listening in class this month?

Find all of the search words in the puzzle, when you are done complete the hidden message below with the first 36 unused letters in the puzzle

T Y E S I T E N R D H A Y I S
 E H I A S T O A R C Y O T O M
 N O I R R O W S T I S A O M Y
 S K S M A R T I A L A R T S E
 H S T E R Y I N O E Z G A K F
 O E U C C A I I N J O R U V U
 Q I X I S O V H G J T E E H W
 O S O I S I D C U O K W S U G
 W I K D E H U I F A X N K E A
 C E Z S U C I W K S A R N I S
 G J N U H B A N H W I P M E X
 H E H U K R O O O E M E O O M
 S R D A K I M K M K J A E K F
 Z A F C D E S S U V O M L K G
 N Z O M N A U D Y I I N O B E

Search

ARNIS
 ART OF WAR
 CHUDAN
 EMPI
 GEKISAI ITCH
 GOJU
 ICHI NI SAN
 KAKE UKE
 KIAI
 KOBUDO
 MAE
 MARTIAL ARTS
 OI ZUKI
 OOS
 SENSEI
 SHOMEN
 SUISHI NO KON
 TENSHO
 WANSHU



hidden message: