

JADE Buddha



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CMAC Beaches Aikido Seminar

October 16th 7pm - 10pm



Highlights from the A. Tisdall weapons grading.



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CMAC West Camp Oct 9-11

If you have never been to the CMAC West camp you should seriously consider it. It's nice to get out of the city and get some fresh western air. Sensei Platt will be there conducting his seminar format of Karate, Tai Chi and weapons. On Sunday there will also be a Black Belt grading featuring Sensei Sukys challenging for his 4th Dan

The harder you train the harder it is to surrender.

Publisher's Note

Format change to the newsletter. The Jade Buddha newsletter is branching out. Due to the popularity of the newsletter through the convenience of the web some of the other dojo Sensei

have expressed an interest in being part of the paper. We will include other schools upcoming events, articles and pictures of interest. This is a great opportunity for students to keep in touch with there dojo no matter where they may be around the world.

Friday Nights

Mr. Busbridges has asked for the opportunity to run the Friday night class in the Beach. The class will begin at 6:15pm Friday night and run for roughly an hour and a half. Mr Busbridge is a second Dan in Karate,Tai Chi, and Kobudo, he is a very qualified instructor and has hopes of running his own dojo one day.

Scared Ya

Pandemic, that's right Pandemic, that will be next thing that gets you, if not we will all perish on 2012 because that's the end of the Mayan calendar. Who comes up with this stuff? Before that, the list is long, my favorite is the Y2K virus was going to have such an effect on the computers that there was going to be total anarchy, mass hysteria. Growing up during the "Cold War" the Russians were going to Nuke us remember that one? What's the point in trying if we are all going to die anyway? This is a classic cop out by most of the people who have given up. Well decades have passed and nothing, not even the Big C has come a long to take me. There's a good saying you should remember "Plan your life like you are going to live for a hundred years, but live each day like it was your last."

The powers that be use fear as a form of control. People want to live and will often believe anything that threatens their lives so they are easily lead. Don't let yourself be manipulated by this emotional ride. Panic and worry are negative emotions, no good can come from them. Negative thoughts and emotions are really a form of goal setting, because in this reality we get what we predominantly think about. Don't worry this too shall pass.

Training Tip

Every year around this time some teenager pokes his head into my office says "Sensei could I assist classes and have that time go toward my community service?"

Official CMAC policy states that; regular assisting is part of your training, but should you do more i.e. demonstrations, school courses, fundraisers, dojo renovations or work around the dojo filing, cleaning up, delivering flyers, etc. that can be considered community service.

Assisting classes and grading is an opportunity to gain extra training through repetition and to also support their fellow karate ka or dojo rohai (brother or sister) which is an obligation concept, without reward (Giri). This idea then sets the stage to actually go out into the community and give service.

Beaches Grading Results

September 18

Kobudo Yellow Belt

A.Tisdall

Next Grading

October 30



Get some crests on your Gi and make sure that they are positioned like this when you are wearing your uniform.



The Yin Yang symbol with fist and open hand is or Nei Chi crest and is found on our beginner's Tai chi uniforms

Thinking is the hardest work there is, which is why so few engage in it.

BEACHES EVENTS

October

- 18 Aikido Seminar
- 9-11 CMAC West Camp
- 9-12 Thanksgiving Dojo Closed
- 30 Kyu Belt Grading
- 31 Halloween

November

- 6 Funinar ages 6-10
- 5-8pm. 3hrs. pizza included

December

- 4 Kyu Belt Grading
- 12 Xmas Movie Party

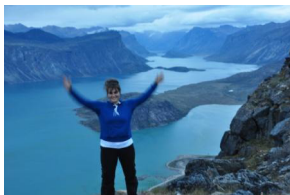


Drive Much?!

I was watching people the other day while waiting for my truck to be delivered to the parking lot (it was in the shop). Anyway this guy was dropping his girl off for work and happened to park in front of the lot's driveway. A lady wanting to pull into the lot starts barking orders at him so he decides not to move. Now she's losing it, then the guy behind her starts with the horn and yelling out the window. Then the parking warden shows up and starts to threaten everyone with tickets. Traffic was backing up and the guy in front of the lot still didn't want to move, everyone was yelling and honking, it was quite an episode. I just watched thinking to myself if the lady didn't yell at the guy blocking the driveway all this could have been avoided. She choose to be abrasive right off the start and he choose not to be brow beaten by her aggressive nature and because of that there was all kinds of people involved. It all could have been avoided if she had some patience and let him go without her 2 cents worth, he was getting ready to move just at the time she started in on him and the only reason he did what he did was because of her. Patience while driving is very important, yelling and screaming at people isn't going to help you, more often than not you end up looking foolish. Also not everyone is as prefect as you so when they do something stupid just get passed it and put it behind you as if nothing happened, it really isn't worth it they probably didn't even see you, and to chew them out only slows you down.

In The Baffin Islands

Our own Miss Warren has taken on a challenge and is doing a humanitarian mission in the extreme northern conditions of the Baffin Islands. She is a very skillful nurse which is how she was picked for the job. The landscape is breathtaking to be sure, but that far north the climate, lack of sunlight in the winter and never end daylight in summer is enough to drive people kookoo bananas, so she has her fair share of challenges ahead of her. Knowing her she'll be running the place in no time, teaching Martial Arts to the locals and learning whatever she can about the culture out there. This tour of duty will last a year (but will feel more like 3) because of the extreme conditions -70 in the winter and +5 in summer if you're lucky. Good for you Miss Warren Best of Luck.



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

Courier vs Politician?

Funny, I wrote the story above before the politician had his problems. You got to wonder how this whole thing is going to pan out? You would think that if someone jumps on your car and grabs the stirring wheel, that would be consider a hostile action and would jeopardizes the drivers ability to operate the vehicle. His death was his own doing. But this will be a big cash grab by the system, and will probably be in the courts for years and ruin this politician's life and career. Justice you got to love it.

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Time waits for no one, use it wisely.

History of the Calendar

Artifacts from the Palaeolithic suggest that the moon was used to calculate time as early as 12,000, and possibly even 30,000 years ago.

The Sumerian culture of approximately 2000 BC introduced sexagesimal system based on the number 60. 60 seconds in a minute, 60 minutes in an hour, and possibly a calendar with 360 (60 x 6) days in a year (the original yearly cycle of earth's orbit prior to 1495 BC). Twelve also features prominently, with roughly 12

hours of day and 12 hours of night, and 12 months in a year (with 12 being 1/5 of 60).

The reforms of Julius Caesar in 45 BC put the Roman world on a solar calendar. This Julian calendar was faulty in that its intercalation still allowed the astronomical solstices and equinoxes to advance against it by 11 minutes per year. Pope Gregory XIII introduced a correction in 1582; the Gregorian calendar was only slowly adopted by different nations over a period of centuries, but is today the one in most common use around the world.

Secrets of Stonehenge

Carbon dating has set the origin of Stonehenge to 3100 to 1600 BC. Over the years many people have speculated on who was responsible for the development of this truly amazing monument and just what its purpose was.

The latest research would suggest that it had many functions but primarily it was designed as a calendar that accurately monitored the sun, moon and the stars. Standing in certain places in the monument you can line up monoliths to calculate the summer and winter solstice and the spring and fall equinox. Wooden posts were also placed around the henge to tell days, weeks and months.

Durrington Walls Henge located 2 miles north east of Stonehenge was at least 500m in diameter making it the largest henge in Britain, and recent evidence

suggests that it was a complementary monument to Stonehenge. An avenue and a water way connected the two monuments. Great celebrations would be held at the Durrington henge and the people would walk the avenue to Stonehenge. Many grave sites and remains have been found in the vicinity of Stonehenge, suggesting a burial ground. At Durrington large deposits of animal bones were found, giving the impression of large feasts or celebrations for those who have passed then the funeral procession would walk to Stonehenge for the burial.

Solstice - Happens twice a year (winter & summer) when the tilt of the Earth's axis is most inclined away or toward the sun. Latin sol (sun) and sistere (to stand still).

Equinox - Also happens twice a year (spring & fall) at the time when the day and night are equal in time. Latin aequus (equal) and nox (night).



Miss Nathwani doing Kata Hakasura in front of Stonehenge. The picture was taken earlier this year on her travels through England.

First make yourself invincible and then wait for your enemy to expose his vulnerability.

Two Seasons Winter and Construction

The other day some of us were talking about some political maneuvers that are less than scrupulous and the Highway 407 came up. As it turns out Canadian tax payer's paid to build it, then it was sold to a company in Spain which collects and maintains the hwy. Then for us to use it we have to pay again. Personally I try and stay off that road because it cost so much, but the few times I have used it I never saw a construction crew working. This road has a concrete base and is one of the best built roads in the country. Why aren't the rest of the roads built to such a high standard? Because each municipality is granted a certain amount of money for road construction if the grant isn't used

up they get less next year. That's why you hear the joke there is only two seasons in Canada winter and construction. Anyway back to the 407 - How did that happen? How did we get convinced that, that hwy would be better if we had to pay for it? We are already paying crazy taxes for everything, I was going to say just gas, but it goes on and on, and soon the harmonized tax is coming (another article someday). Don't people have to vote on such things, isn't there people out there that we voted into office that are suppose to be looking out for us? (Sorry for all the sarcasm) One of the guys I was talking to was spending \$600 per month to go to work using that hwy. Bandits!

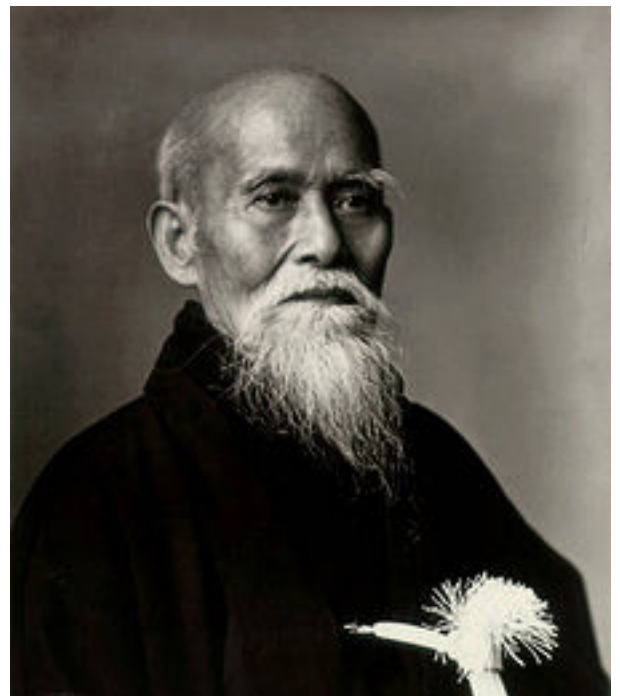
Aikido Seminar

This October 16th 7pm. there will be a Seminar at the Beaches dojo (other CMAC dojo's welcome) with the main focus being Aikido. We will also be working on Aikigamai and of course fighting strategies. Start time 7pm. and should go for about 3 hours and the cost is \$45 or \$50 for non CMAC members. A portion of the proceeds going to Sea Shepherd.



Morihei Ueshiba

Morihei Ueshiba (1883-1969) was one of history's great Martial Artists and founder of modern day Aikido. Even as an old man of eighty, Morihei could disarm any foe, down any number of attackers, and pin an opponent with a single finger. Although invincible as a warrior, Morihei was a man of peace who detested fighting, war, and any kind of violence. His way was Aikido, which can be translated as "The Art of Peace" or "Way of Harmony".



A superior man is modest in his speech, but exceeds in his actions.

Daylight Savings Time

Benjamin Franklin was responsible for the idea of Daylight savings time, it was not an easy sell and has caused a few inconvenient problems over the years. Such as forgetting to reset your clock and showing up an hour late or early for work, or that important meeting. Most of us can relate to that one, but there have been some beauties. A US draftee used it as a loophole to get out of the Vietnam war. Some terrorist on the West bank had the timing on the bombs mixed up and blew themselves up instead of the intended buses. Violent crimes are down because muggings usually happen under the cover of darkness. Antarctica has no daylight for winter months and 24hr sunlight in the summer but still observes daylight saving time to be synchronized with their supply stations in Chile and New Zealand. An Ohio university had a riot with police, approximately 1000 students and other

late night partiers chanted "Freedom" as they threw liquor bottles at police attempting to control the riot. All that was caused because the bars closed an hour earlier. It goes on and on.

In 1986 Daylight Savings Time moved from the last Sunday in April to the first Sunday in April. Adding the entire month of April to DST saved the USA an estimated 300,000 barrels of oil for that year.

The Daylight Savings plan was not adopted into US law until 1918 during World War I in an effort to conserve fuel that was needed to produce electrical power. Over the years many presidents have changed the start and finish times of daylight savings time and it has been quite an evolutionary process to get where it is now and the latest change took place in 2007. So as it is right now Daylight savings time begins at 2am. on the second Sunday of March and ends at 2am. on the first Sunday of November.

BizzyBee

Now you can drop off your little one or stay & play at BizzyBee. Just \$8 per hour (must be 18 mos or older) for Drop & Shop! \$5 Flat fee for DOJO clients to stay & play and have a coffee!



Highlights of the Tisdall Kobudo Grading

Here is Little A. Tisdall sparring dad, Sensei DQ, her doing knife defence against Miss Merlini. She was given the opportunity to sword and shield against the Black Belts, she was quite a little warrior winning 4 of the 6 bouts. Good for you and congratulations, as for you Black Belts, thank you for all the support at the grading.



~"Strive to be first: First to nod, First to smile, First to compliment, and First to forgive"~

Oku Damashi's Newsletter

CMAC West - Content from Sensei Thankachen

"SPOOKARATE" CLASS ~ Thursday October 29th, 2009.....each class is able to participate. Make sure you wear your halloween costumes and come prepared to have a spooky good time, for Dojo Olypmics, with a halloween twist!

EVENTS CALENDAR October

3 Grading
9-11 CMAC West Camp
29 Spookarate

November

7 Tournament

"WE SHALL ALWAYS BE QUICK TO SEIZE OPPROTUNITY"

This summer was exceptional, I was able to take a good 3 weeks off for holidays, and I am grateful to everyone who stayed back to take care of the dojo for me. Outstanding job guys! (Ron, Trevor, Ryan, Bryan, Alex, Erin, and Grace) My holiday highlight was doing some Volcano training at Mount St. Helens with Mr. Bugar, it was phenominal, my feet in the ashes just electrified me. When we trained at the base of the



CMAC WEST FALL CAMP/BLACK BELT GRADING with GRANDMASTER WALLACE PLATT ~ Friday October 9th - Sunday October 11th, 2009

It is very important to come on out and support your dojo and the Black Belt Candidates and what an AMAZ-ING opprotunity....to train with Sensei Platt! The experience is always outstanding, be sure not to miss it!

KICKS MARTIAL ARTS TOURNAMENT ~ Saturday November 7th, 2009

This tournament is open to all students, please see Sensei for more info, so come on out and have some fun! Spectators welcome



mountain, both Mr. Bugar and myself felt the energy right into our core. We started off slow, then by the time we had worked through all the katas, WOW what a feeling, we were on fire. With the Pacific Rim brewing like it is, we as Martial Artists will find ourselves drawn to those types of places. Thank you Mr. Bugar for making the trip out with me and training through some cold weather, it was definately worth every second, and the 5 hrs of training paid off, the weather cleared up, and we saw the peak of Mount St. Helens.....definately one for the books!

SOUL FOOD ~ Training Outdoors

Have you guys ever wondered why we train outdoors every chance we get? And it's not just to make you do chin ups on the soccer goals! For one, it's is an real cool way to get an energy boost, and a big bonus is that it will electrify your training and heighten all your senses. Second point is.....well seems like most people would prefer to be inside at all times, so what a great way to get clean, fresh oxygen, especially being so close to the mountains, so take advantage of the good weather, and the mountains! We have been extremely fortunate to be having record breaking tempuratures this month with the weather, and with that brings op-protunities to be training outside! So, make sure you bring appropriate footwear and sunscreen with you to every class!

