

# JADE Buddha



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## CMAC Beaches Funinar

November 6th 2009 at 5pm to 8pm for ages 6 to 11 and November 20 for ages 10 and up.

Come and join all the craziness plus an added bonus some training!

All the usual madness of the old all niters without the morning after.

It's gonna be Goooood!



### INSIDE THE JADE BUDDHA

Sensei's Note	2
Funinar	2
Training Tip	2
Grading Results	2
Events Calendar	3
Musashi	3
Thanksgiving	3
Hip Toss	4
Carbs make you fat?	4
Balance	4
Haiku	5
Aikido Seminar	5
Pyramids	6
CMAC West Review	7
Northern Fist News	8

*Some warriors look fierce but are mild. Some seem timid but are vicious. Look beyond appearances, position yourself for the advantage*

## Beaches Newsletter

### Sensei's Note

The inside world is a reflection of the outside world. Life can certainly be a challenge, but it's not suppose to be a total battle. If you don't put any thought into your life it definitely will be full of trials and tribulations. Plan your days and make short term goals in sight of long term goals. Depression can come from having no purpose or plan. Depression can totally slow you down, it takes your energy and makes you feel even worse like it is picking up momentum. Think positive, if you can't think positive do something positive, if you can't do something positive create something. This will help get you back on track. As you think, do or create something positive you become empowered through small victories. Where there is good there can be no evil.

## Funinar's Nov. 6 & 20

Oooh It's gonna be good! We are going to cram in all the goodness of an all niter into 3 hours of crazy madness. We will even get in some training. Well its all training I'm just disguising the vegetable. You can't tell the kids it's going to be work or educational, they don't want to know it's going to be good for them.

This event is for kids between the ages of 6 to 11 and the time is from 5pm to 8pm November 6th. Only \$30 for an evening they will never forget.

There will be a short break for the kids to power up, so send them here with something to tide them over. No pop or chips please, that won't help them out. Fruit and veggies and water, maybe a power bar, keep it simple. Make sure you are here at 8pm sharp for pick up.

### Training Tip

Have you ever seen something going on in class and go "Wow! Is that ever cool!" Going through the ranks and even still today I have those thoughts. Sometimes when I look out into the class after demonstrating a move or a throw I will see some great expressions. Let the training inspire you instead of intimidate you. Sure most of the more advanced moves look deadly enough (and they are) but don't fear them, you know how to break fall and roll, plus your partner isn't out to break you so you'll be fine. As long as you go slow to start, and work through the move so everyone knows what to expect it's all good. Often I will see kids look at a move and get too scared even to try it, this always amazes me. When I was young and saw something as cool as Martial Arts all I wanted to do was learn how to do the block punch and kick no matter what the cost. The dojo is a safer environment than most of the sports out there and if you train your Martial Arts with conviction all your other sports will improve as well.

## Beaches Grading Results

October 23

### Karate

#### Yellow Belt

Alex Armstrong  
Emma Russo  
Kiron Tisdall

#### Orange Belt

Cassandra Moctezuma

#### Green Belt

Karena Vandenhoven

#### Purple Belt

Maija Eisen  
Owen Sulter  
Clark Vandenhoven  
Charlie Borenstein



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

*If you see someone who looks dangerous they may very well be.*

## BEACHES EVENTS

### November

- 6 Funinar ages 6-11  
5-8pm. 3hrs.  
20 Funinar #2 ages 10-45  
5-9pm. 4hrs.

### December

- 4 Kyu Belt Grading  
12 Xmas Movie Party  
At the Fox Featuring  
a Martial Arts Classic  
"The Karate Kid"  
24-31 Xmas Break

### January

- 1-3 Xmas Break continues

## Thanksgiving

Canada and the US both celebrate Thanksgiving, however they fall on different days (2nd Monday October Canada and 4th Thursday November US) and from different origins. The fairy tale version lands the origin of the American Thanksgiving on Plymouth Rock 1621.

The history of Thanksgiving in Canada goes back to an explorer, Martin Frobisher, who had been trying to find a northern passage to the Pacific Ocean. Frobisher's Thanksgiving was not for harvest but homecoming. He had safely returned from a search for the Northwest Passage, avoiding the later fate of Henry Hudson and Sir John Franklin. In the year 1578, he held a formal ceremony, in what is now the province of Newfoundland and Labrador, to give thanks for surviving the long journey. The feast was one of the first Thanksgiving celebrations by Europeans in North America. Frobisher was later knighted and had an inlet of the Atlantic Ocean in northern Canada named after him — Frobisher Bay.

## Musashi

Here is the classic story of Miyamoto Musashi's famous battle with Sasaki Kojiro on Funashima Beach. Basically what happened was Musashi had become so amazing with the sword that he didn't even need one anymore and would show up to duels and use whatever he could find at the last minute. For this duel he found a nice oar that he thought would do the trick. His opponent was so distracted that he didn't have the courtesy to bring a sword or even to show up on time. While he was busy being upset Musashi saw his opening and took him out.



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*Just because someone appears cute it doesn't mean they are not deadly.*

## Hip Toss

This form of hip toss is a classic and easy for the thrower (Shite) and the throwie (Uke). (1) Uke grabs Shite's left wrist with both hands, (2) Shite use's the right elbow to clear Uke's left wrist. (3) Shite grabs uke's left

wrist and sleeve at the tricept. (4) Shite cross steps in front. (5) **Now this is important** - Shite moves the left leg **MOVE IT!** (6) Shite keeps a tight grab on and transfers his weight from right to left forward stance. (7) As Uke starts to fall Shite drops the right hand, no muscle required. (8) Fire the reverse punch.



## Carbs Make You Fat!?

The real culprit is excess calories. Calories, the fuel derived from all three macronutrients carbohydrates, protein and dietary fat increase the body's ability to manufacture bodyfat. Carbs have gotten a bum rap because research shows that lower-carbohydrate diets are effective for obese individuals, who are extremely overweight and seldom exercise. For the individual trying to build metabolically active muscle tissue, carbs are a must-have. They fuel the body for exercise, help drive protein into muscles for growth and prevent the breakdown of hard-earned muscle mass. In addition, weight-training individuals store a disproportionate amount of their carbohydrate intake within muscles, called muscle glycogen. Only after glycogen stores are full will carbs seriously impact bodyfat stores. How many carbs you should eat depends on your metabolism and how hard you train.

## Balance is the Key

Of course we all want to look good, feel good and get along with all the people we come in contact with. The outside world is a reflection of the inside world. Which basically means it all starts with you. What you think about, is what will happen around you. If you are mad at the world you will find the world as a pretty miserable place to be. If you like your friends, family and people you meet or work with, you'll find them to be very cool for the most part. As far as looking and feeling good, I recommend proper nutrition and some kind of training, like maybe Martial Arts, or running or something, anything as long as you are moving, its good for you! Not only is it good for you, but it will make you feel better about yourself, you will be happier, the world won't appear so hard and because you are looking and feeling better people won't be as hard to deal with. Your food is so important, remember this "garbage in garbage out". If you're not putting in the right fuel the engine just won't perform the way you'd like. Nutrition is a huge topic try reading about it.

*Excuses are the tools of the unsuccessful.*

## Haiku

Haiku is a small poem of oriental origin that appeared in the XVI century and is very popular, mainly in Japan. It's been disseminated all around the world during this century. It has an old and long story that resembles the spiritualist philosophy and the Taoist symbolism of the oriental mystics and Zen-Buddhist masters who express much of their thoughts in form of myths, symbols, paradoxes and poetic images like the Haiku. It's done to transcend the limitation imposed by the usual language and the linear/scientific thinking that treat nature and the human being as a machine.

It's a contemplative poetry that involves nature, color, season, contrasts and surprises. Usually it has 3 lines and 17 syllables distributed in 5, 7 and 5. It must register or indicate a moment, sensation, impression or

drama of a specific moment in nature. It's almost like a photo of some specific moment of nature.

More than inspiration, it needs meditation, effort and perception to compose a real Haiku.

"The primary purpose of reading and writing haiku is sharing moments of our lives that have moved us, pieces of experience and perception that we offer or receive as gifts. At the deepest level, this is the one great purpose of all art, and especially of literature."

"I let go the autumn  
at the edge of the broad sky,  
among the fleeting clouds"

Fujiwara no Tameie (1198 - 1275)

## Aikido Seminar October 16th

We had a great time at the Aikido seminar, and everyone made it through with no problems. We didn't get through all the throws that were planned for the evening, but there was definite progress on what we did manage to cover. Here are some pics taken by Sensei Titus of the crew training and having a wonderful time, you can tell by all their smiling faces.





*We are what we repeatedly do. Excellence then, in not an act, but a habit.*

## The Great Pyramids

The Great Pyramids one of the Seven Wonders of the Ancient World. Sensei Platt will often talk about the pyramids at seminars, because they relate to the stars, time, measurement and numbers. Giza's Great Pyramids have 3 large pyramids (Khufu, Kafhre, and Menkaura) and 6 smaller pyramids, 2 sets of 3 positioned in such a way that they lay out on a galactic map and line up with Orion's Belt exactly. Also, an air shaft in the King's chamber points directly at Orion's belt. The accuracy of the pyramid's workmanship is such that the four sides of the base have a mean error of only 58 millimeter in length. The base is horizontal and flat to within 15 mm. The base is 392,040 feet long and to only be out 15mm - that's not even 3/4 of an inch **Come on how is that even possible!??** The sides of the square base are closely aligned to the four cardinal compass points (within 4 minutes of arc) based on true north, not magnetic north. The Great Pyramid was noted for being the world tallest structure from 2570 BC to 1300AC over 3800 years. Pyramid

measurements are based on the Hebrew cubit, which is 25.027 British inches in length. The length of each side of the base of the Pyramid is 365.2422 cubits. Our astronomical or tropical year has a mean length of 365.2422454 mean solar days. The mean distance from the earth to the sun is variously estimated as between 91 and 93 million miles. The vertical distance between the Pyramid's apex and the socket base level is 5813.0101 Pyramid inches. This distance converted to British miles is .091837578 miles. The Pyramid's height is the one-billionth part of the distance to the sun. The average height of land above sea level on the Earth (Miami being low and the Himalayas being high), as can be measured only by modern-day satellites and computers, happens to be 5,449 inches. That is the exact height of the pyramid. The pyramid does not have straight sides; it has concave sides..it can be measured with a laser...That bow is not arbitrary; it is exactly equal to the curvature of the Earth. The radius of this bow is equal to the radius of the Earth.

### Hieroglyphic alphabet

Throughout the pyramids Egyptian hieroglyphics can be seen that explain great secrets of how and who built them. The Roman Empire put an end to that language and after 100 years the language was no longer understood by commoners, except by elite scholars.

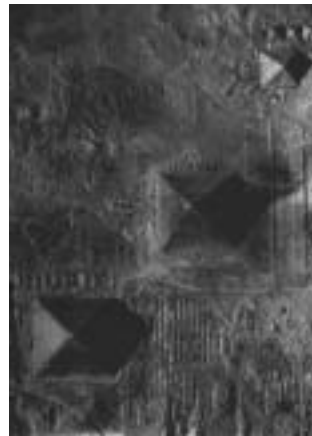
### Sphinx

Here are a few interesting facts about the Sphinx; the Paws are 50ft long, the Head 30ft long, 14ft wide, the entire Body 150ft long. At one time the face was painted to resemble that of a Pharaoh. The nose was shot off by the Turkish army during target practice. It points exactly east and lines up with the sun on both equinox.

Hieroglyphic alphabet



Aerial of Giza Pyramids



Orion's Belt



*Should you desire the great tranquility, prepare to sweat.*

# CMAC West Camp Review

Sensei Thankachen hosted another great CMAC West camp and grading experience in mid October. There were a few who made the trek west, namely Sensei Johnathan Kenney, Sensei Bassels, Sensei Michelina

Cusano, David Kenney, Tom Cousineau. Sensei Paul Sukys challenged for Forth Degree Karate and was really on his game as sources would report.



## Take Action Grizzly

The kids charity seminar raised \$450.00 to be donated to the Take Action Grizzly. They are creating awareness for the preservation of the Grizzly Bear. You can get involved simply by googling Take Action Grizzly.





*There are two rules for being successful in Martial Arts. Rule 1: Never tell others everything you know.*

# Northern Fist's Newsletter

*CMAC Newmarket - Content from Sensei Titus*

## Sensei Titus at the Worlds

While I was in Ommen, Holland, I had the opportunity to do some long overdue meditation. Surrounded by all the crisp fresh air, lush full green forest, removed from TV, phones and traffic, it was easy to do. I meditated on just trying to center myself and take in all of my surroundings. This timbit of my training I really missed, so what was the pay off? After the Worlds, we headed to Amsterdam for a day and a half of fun. Bright lights, big city, jumping clubs, the district and many elephants to hug. Mario needed to get some extra cash, so stopped at a local ATM in the centre of the city. One machine was busted (the set up), so we used the other. I noticed one guy trying to sneak a peak at Mario's pin #, so I blocked him, then the other did the same. With cash in hand we went around the corner, then about 20 seconds later went back to check. Now there were nine guys, all trying different pin # to get the cash out. So I told Mario that he should call his bank and cancel his card. The guys noticed us and sized us up, we did the same and were ready. They quickly stopped what they were doing, all of them walked between Bo, Mario and myself and did not make eye contact and quickly disappeared in the Districts alleyways. Mario thanked me for being AWARE.... I guess all that training away from the city and surrounded by nature made me more AWARE!

This is a few shots of Sensei Titus and his buddies from the World Tournament. Sensei Titus was the sole Canadian representative at this tournament



Here is a great shot of Sensei Titus knocking one of the competitors to the floor with a smoking fast rushing backfist roundkick combo.

Always making new friends and having fun, that is what competition is all about.