

JADE Buddha



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CMAC Beaches Movie Day at the Fox

December 12th 2009 4pm we will be showing "The Karate Kid" at the Fox Theatre with a side show of past adventures and special events. This will be a great opportunity for everyone to get together under one roof and have a laugh as well as finally get the whole "Wax on wax off" thing we are always saying. The movie is a classic and has good stuff in there for everyone to enjoy. **Show up early for the slide show.**



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Last Kids Funinar of the Year!

December 6th, 1-4pm. is the date and time for the last kids Funinar of the year! This one is for ages 4-7 the price is \$30. Send them down with a healthy snack and make sure to pick them up on time. Parents can use that 3 hours for whatever you want or if you train here and would like to stay for the fun that's good too. The idea of the funinar is training, but emphasis is on having **FUN!**



If you wait for all the lights to turn green before you leave your house you will never leave home.

Beaches Newsletter

Sensei's Note

The other day an older lady came in to inquire about Tai Chi. Then she asked what style do we practice? I was in one of those sarcastic moods that I often have early in the morning so my retort was "There's different styles?!!" Really, from there I couldn't save the interview. She didn't like my sense of humour, and I didn't like the fact that she didn't have a sense of humour.

An open mind and a sense of humour will serve you better than being confined to such limited thinking. What counts is how you apply what you have learned and your attitude. What I learned again is I just can't be sarcastic with people I don't know. But that is really the first test in belonging to the Beaches dojo, surviving the interview.

To get back to the moral of the story, it's about the training! Wudang, Chen, Yang, Wu, Taoist, sure there are subtle differences, but it's in the application that you find the benefits. I'm on a path and you have come to me, let's walk the path. When I was in China in 04 all the junior belts were saying "Everything is so Different!" and all the seniors belts were saying "Wow! Everything is so similar." Try not to get hung up on the little differences enjoy the moment.

Training Tip

The art of running a class. Recently three of the teaching times have been filled with eager Black Belts who have stepped up to take on the challenge. Miss Nathwani has Thursday at noon, Mr. Busbridge Friday evening and Mr. Delany has Tuesday at noon.

Running a class is an excellent form of training, you need to plan the class and keep it moving at a good pace that works for everyone, which can be difficult at times when there are all different ranks on the floor at the same time. You need to make it interesting for the seniors without discouraging the juniors.

When showing the juniors try not to get on them too much, mention a correction a couple of times tops, don't browbeat them to the point where they just feel uncomfortable about doing anything.

Demo a couple times then get them working, if they are lost in space, show it again, taking too long in the demo can take the momentum out of the class. If there is a question deal with it but don't answer more than one and don't get into a big time wasting discussions that robs the class of energy.

If a senior shows up give them the option to take the class, if they want to train then run your class. Keep your ego in check and always treat people how you would expect to be treated.

The General Guan Yu



What was his Weapon of choice and why?

The Jumping Back Kick



Here is an awesome picture of Steve doing a jumping back kick from the last week of classes in November 2009

Don't medicate! Meditate.....

BEACHES EVENTS

December

- 4 Kyu Belt Grading
 6 Funinar #3 ages 4-7
 1-4pm 3hrs.
 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
 22 Kyu Belt Grading



The Chysanthemums

Chrysanthemums are said to have first come from China although they are more often associated with Japan. According to an ancient Chinese legend, about 3,000 years ago an emperor was told that the Dragonfly Island in the Sunrise Sea (Japan) had a magic herb that would restore his youth. But since only youth could collect it, he sent a dozen young men and a dozen girls to the island.

They arrived at the islands after surviving perilous storms and attacks by sea serpents, and finding neither magic herb nor inhabitants on the island, they decided to stay.

The Dai Nippon Butokukai symbol takes its shape from the eight point chrysanthemum, a flower first introduced to Japan in 650 AD from China. The nectar extracted from this flower was at that time made into a wine that was thought to have ensured longevity. The flower became associated with the Emperor, and ultimately became the national flower of Japan, which is still remembered every year on September 9.

The bow and arrow on a golden chysanthemum is the crest of the Butokukai, a very old society of Japanese military arts. If you look closely at some of the old pictures around the dojo you will see this crest on our uniforms.



Sensei Richard Kim



Black Belt Magazine referred to O'Sensei Kim as "Karate's Guiding Light." Having trained with him many times in the 80's and 90's I can say first hand that O'Sensei Kim was a great martial arts instructor, but he was also an untiring student. He was constantly studying, practicing and learning throughout his entire life, right up until the time of his death. He taught the technical aspects of many traditional martial arts such as Karate, Kobudo (Okinawan and Japanese weaponry), Aiki-Jujutsu, T'ai Chi Chuan, P'a Kua and others. The depth and extent of this instruction was phenomenal. For example, it would not be unusual to find a veteran black belt who had been taught as many as sixty empty hand kata and forty or more weapons kata. It would be safe to say that a yondan in his headquarters region would have one-hundred-eight empty hand and weapons kata in his or her memory bank. Then along with the kata was the instruction in the application of the moves of the kata, the use of the weapons in combat, the body dynamics and self defense principles and techniques. The physical training was endless.

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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!**



Everyone has a plan until they've been hit.

CINNAMON & HONEY

Honey is the only food on the planet that will not spoil or rot. It will do what some call turning to sugar. In reality honey is always honey, however, when left in a cool dark place for a long time it will do what I rather call "crystallizing". When this happens I loosen the lid, boil some water, and sit the honey container in the hot water, turn off the heat and let it liquefy. It is then as good as it ever was. Never boil honey or put it in a microwave. To do so will kill the enzymes in the honey.

Cinnamon and Honey: Bet the drug companies won't like this one getting around. Facts on Honey and Cinnamon: It is found that a mixture of honey and Cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists of today also accept honey as a 'Ram Ban' (very effective) medicine for all kinds of diseases. Honey can be used without any side effects for any kind of disease. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients. Weekly World News, a magazine in Canada, in its issue dated 17 January, 1995 has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

HEART DISEASES: Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also, those who have already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

ARTHRITIS: Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

BLADDER INFECTIONS: Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

CHOLESTEROL: Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS: Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

UPSET STOMACH: Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

GAS: According to the studies done in India and Japan, it is revealed that if Honey is taken with cinnamon powder the stomach is relieved of gas.

To be continued next month.

He who hesitates, meditates in the horizontal position.

Butterfly Kick!! Crescent Kick, Dragontail, Butterfly Kick Combo

Here's a nice little combo we have been working on this month incase you missed it.

1. Start with an outside crescent kick.
2. Turn and dragon tail with the left leg.
3. Raise your arms out to help propel yourself through the air.
4. Launch off the left leg.
5. Jump and turn.
6. Spot the target under your left arm.
7. Kick with the left leg and step down with the right.
8. Land without killing yourself.

If done properly no can defend. Make sure to use the set up moves, look before you spin, kick with the same leg you launch with and try and think of it as a hook kick. Also make sure to use your arms properly to torque through the air.



Christmas Past

We've all heard the biblical account of Christmas, but truth be told people have been celebrating December 25th for hundreds of years before Jesus was born. Christmas is a combination of old and new traditions, think about it- what's with the Christmas tree, and all the lights and ornaments? Why is a big fat guy so happy to give away all his stuff? Why do we hang stockings over the fireplace?

An old Norse tradition (yuel) had fathers and sons cut down evergreens and bring them inside and hang apples on them at winter solstice as reminders of life. Ancient Romans celebrated the birth of Mythra (Goddess of the Sun) on December 25th and since there was no exact date for the birth of Jesus they used this pagan celebration to help convert people to Christianity. Saint Nicholas was a bishop who had thrown a gold piece through a window to help save a poor girl who was about to be sold to slavery (the gold piece landed in a stocking hanging over the fireplace. Saint Nick died on Dec. 6th and for a while this day was celebrated until they tied everything together.

Seek not to follow in the footsteps of old men; seek what they sought.

Highlights of the November 6th Funinar - It totally Rocked! Way to go you trained Hard!



Never interrupt your enemy when he is making a mistake.

First Control

Aiki Do 101

1. Here Uke attacks with a cross step shuto zuke to the head. 2. Shite catches the elbow with the left and his wrist with the right. 3. Shite pushes the elbow toward the head and circles the wrist downward. 4. Shite cross steps and straightens Uke's arm. 5. One more cross step taking Uke to his knees. 6. One final push, Shite uses his knee at the wrist. 7. Shite pushes the knees out and applies pressure to the tendon above the elbow.



The Prez

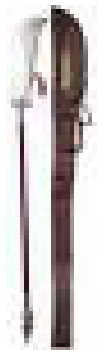
Oh My God! Look at this, the Prez is bowing to the Emperor of Japan. How Dare He! Red necks get your guns. (Sarcasm)

Only if it was that easy to get the US up in arms, wait a minute.....it is! The media had a field day with this - their President bowing to another world leader. Dick Cheney never bowed to anyone! I would like to say I couldn't believe they made such a big deal out of it, but not too much surprises me these days. They like getting everyone going. He's bowing, it's a sign of weakness! He's apologizing, it's a sign of weakness! I think he's trying to lead by example, but his enemies are trying to discredit him. A President that shows courtesy and respect - we can't have that!



General Guan Yu

According to legend, the guan dao was invented by the famous general Guan Yu during the early 3rd century AD, hence the name. Due to his large stature, he was able to wield such an imposing weapon and developed the guan dao into a versatile tool. Guan Yu's guan dao was called "Green Dragon Crescent Blade" which weighed 82 Chinese jin (estimated 18.263 kg, a Han Dynasty jin equals 222.72 grams in metric system).



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

Ajax's Sensei DeQuetteville

Sensei DeQuetteville's Note: The Pregnant Pause

The idea of pausing for affect has been used by comedians and story tellers for some time. They use it to accentuate a punch line or let an idea settle in on your thoughts.

The Japanese would use this technique in negotiations of all kinds. After making an offer they will take time to see what their counterpart had done with the information. They wanted to see what type of reaction they got from their counterpart. They could also, when presented with an option, step back from the negotiation. Again they were testing to see what reactions they got as well as look at the situation from other directions.

These pauses are such a part of Japanese society that they are hardly even noticed. If one watches for them they can see them as well as what they are being used for. Miyamoto Musashi was very observant of these pauses in the movements of his opponents. He would use these breaks to change his timing. This was to capitalize on his opponent's expectations and assumptions, thereby catching them off guard and giving him the advantage.

In Goju we have techniques which are hard and fast, hard and slow, soft and fast, as well as soft and slow. By changing how and when you use this combination of blocks and counters, you will be able to make it harder for your opponent to predict your movements, thus giving you the advantage in a situation you may find yourself in.

Here are some random shots of Sensei DeQuetteville running a class at the Beach



The kids enjoy Sensei DQ's charismatic approach to teaching, he will often say "You couldn't get away with that in Ajax!" and "Back in the Day we had it tough!" - He's Old School!

