

JADE Buddha



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2010 Year of the Tiger



What's this kid so happy about?



Funinar!

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Bring a Friend Month

January is bring a friend month. Here is a chance for you to bring out those friends, family, spouse, co-workers, Boss, that girl you have been wanting to get to know, (basically anyone who is cool) to the dojo for a class so they can see what Martial Arts is really like.

Peace through Superior fire power.

Beaches Newsletter

Sensei's Note

On December 10th the Prez was awarded the Nobel Peace Prize. I think the pay cheque for one of those is like \$1.4 mill. so that's nice for him. I find it curious that a President at war with two countries can get one of those. He also announced that he is sending 30,000 more troops to the middle east. I think he's going with the "Peace through superior firepower" plan, that has a hit and miss success rate. I always thought "the war for peace" idea a little, well confusing....But these are the times we live in. I'm just glad we don't have anything that they need, like fresh water, uranium, oil, gold, trees, etc.wait a minute.....It's ok we signed the free trade agreement so they don't have to take it by force. Thank God for that.

Training Tip

Class etiquette - when a senior is leading a group through a drill or kata the students shouldn't race ahead of the leader. This is bad form and disrespectful. As a junior learning, it can be next to impossible to learn the exercise with everyone going at different speeds. As for the leader it can be frustrating losing control of the group. The pace should be slow at first and as they start to get it you can pick up the speed, if you start to lose them again slow it down, it's not rocket science. Together in forward motion.

Training Tip #2

Grading preparation starts the second you get your new belt. Often times students will cram a few weeks before a grading and even a few days before-hand and expect to be invited to a grading. The best way to go about your training is just set up a schedule where you can make it in a few times a week and stick to it. 90% of success is just showing up.

That being said, the other key ingredient to your time here being worthwhile is enthusiasm. Sure, being here for all your classes is great but you need to put some energy into your Martial Arts. In your training, as in your life, you get what you give, but you have to give it first. Everyone wants the rewards from the training, and you can have them absolutely, you just need to get involved, focus your energy - practice like you mean it. If your life is important to you it makes sense to train for real life. If you always block, punch or kick half-heartedly, when it comes survival time how can you expect to be strong.

Some of you kids have been here for ages and have achieved a descent rank. Good for you. Always remember that complacency is the nemesis of the Martial Artist and if you aren't pulling your weight or behaving in a mannerr expected of a senior belt, you will find that position going to someone else. It is really for the benefit of the students that the senior student is setting a good example, training hard, focused, strong, compassionate, and not talking all the time. People tend to follow the guy at the head of the line. If he/she is off it has an affect on every one.

Beaches Grading Results

December 4

Karate

Yellow Belt

Sophia Dreimanis

Orange Belt

Adin Brown

Nicholas Hunt

Callum Gillies

Cozima Pohanka

Darrell Goodman

Devon Moussa

Sava Dayton

Red Belt

Wei Li

Andrew Waslen

Green Belt

Fuad Moussa

Purple Belt

Andrew Chan

Blue Belt

Chris Clouse

Nancy Huff

Milo Hanushchak-Ohenhen

Mudan

Jeff Ross

Kobudo

Yellow Belt

Sava Drayton

Michelle Redburn

Orange Belt

Riga Gyaltsen

Patrick Redburn

3 Probations

Next Grading

January 22 2010

Foster and polish the warrior spirit while serving in the world; illuminate the path according to your inner light.

BEACHES EVENTS

January

- 1-3 Xmas Break continues
22 Kyu Belt Grading

February

- 14 Valentine's Day
15 Family Day
21 Kyu Grading
27 CMAC Camp
28 CMAC Grading



The Dead Sea Scrolls



At the ROM

The Judean Desert, a region reputedly barren, defied preconceptions and yielded an unprecedented treasure. The young Ta'amireh shepherd was certainly unaware of destiny when his innocent search for a stray goat led to the fateful discovery of Hebrew scrolls in a long-untouched cave. One discovery led to another, and eleven scroll-yielding caves and a habitation site eventually were uncovered. Since 1947 the site of these discoveries—the Qumran region (the desert plain and the adjoining mountainous ridge) and the Qumran site have been subjected to countless probes; not a stone has remained unturned in the desert. The Qumran settlement has been exhaustively excavated.

The Dead Sea Scrolls have had the greatest Biblical impact. They have provided Old Testament manuscripts approximately 1,000 years older than our previous oldest manuscript. The Dead Sea Scrolls have demonstrated that the Old Testament was accurately transmitted during this interval. In addition, they provide a wealth of information on the times leading up to, and during, the life of Christ.



What do Lester B. Pearson, Mother Teresa, The Dalai Lama, Martin Luther King, Nelson Mandela, and Barack Obama all have in common? That's right they are all Nobel Peace Prize winners.

According to Nobel's will, the Peace Prize should be awarded to the person who: "during the preceding year [...] shall have done the most or the best work for fraternity between nations, for the abolition or reduction of standing armies and for the holding and promotion of peace congresses."

Alfred Nobel's will stated that the prize should be awarded by a committee of five people elected by the Norwegian Parliament. Nobel died in 1896 and did not leave an explanation for choosing peace as a prize category. The categories for chemistry and physics were obvious choices as he was a trained chemical engineer. The reason behind the peace prize is less clear. According to the Norwegian Nobel Committee, there's significant evidence his friendship with Bertha von Suttner, a peace activist and later winner of the prize, may have profoundly influenced his decision to include peace as a category. Scholars who studied Nobel have said it was Nobel's way to compensate for developing destructive forces (Nobel's inventions included dynamite and ballistite).

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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!



Practice the Art of Peace sincerely and evil thoughts and deeds will naturally disappear.

CINNAMON & HONEY Continues

IMMUNE SYSTEM: Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles to fight bacterial and viral diseases.

INDIGESTION: Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.

INFLUENZA: A scientist in Spain has proven that honey contains a natural 'Ingredient' which kills the influenza germs and saves the patient from flu..

LONGEVITY: Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four spoons of honey, one spoon of cinnamon powder, and three cups of water and boil to make like tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increase and even a 100 year old, starts performing the chores of a 20-year-old.

PIMPLES: Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.

SKIN INFECTIONS: Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ring-worm and all types of skin infections.

WEIGHT LOSS: Daily in the morning one half hour before breakfast on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

CANCER: Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month three times a day.

FATIGUE: Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3:00 P.M. when the vitality of the body starts to decrease, increases the vitality of the body within a week.

BAD BREATH: People of South America, first thing in the morning, gargle with one teaspoon of honey and cinnamon powder mixed in hot water, so their breath stays fresh throughout the day.

HEARING LOSS: Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing. Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it!

Can you believe that something that tastes so good can be that good for you?

Those who are enlightened never stop forging themselves.

Katori Shinto Ryu Kusanagi No Ken - The Grass Cutting Sword

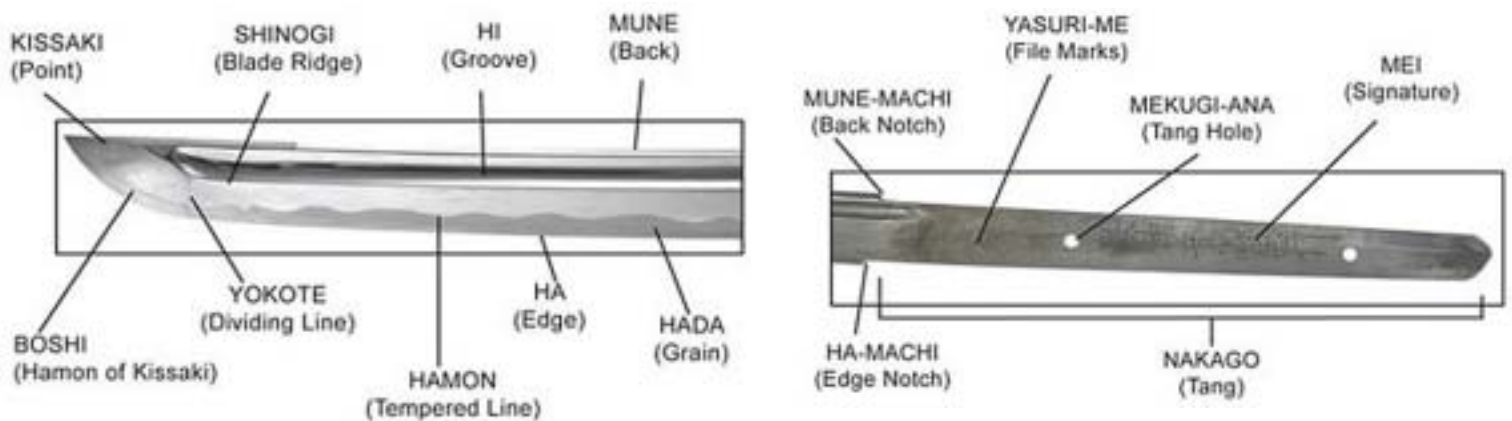
The Grass Cutting Sword, kusanagi no ken.

By Geoffery Busbridge

The wiki article calls it Kusanagi-no-Tsurugi instead of ken, but tsurugi was an older word for sword.

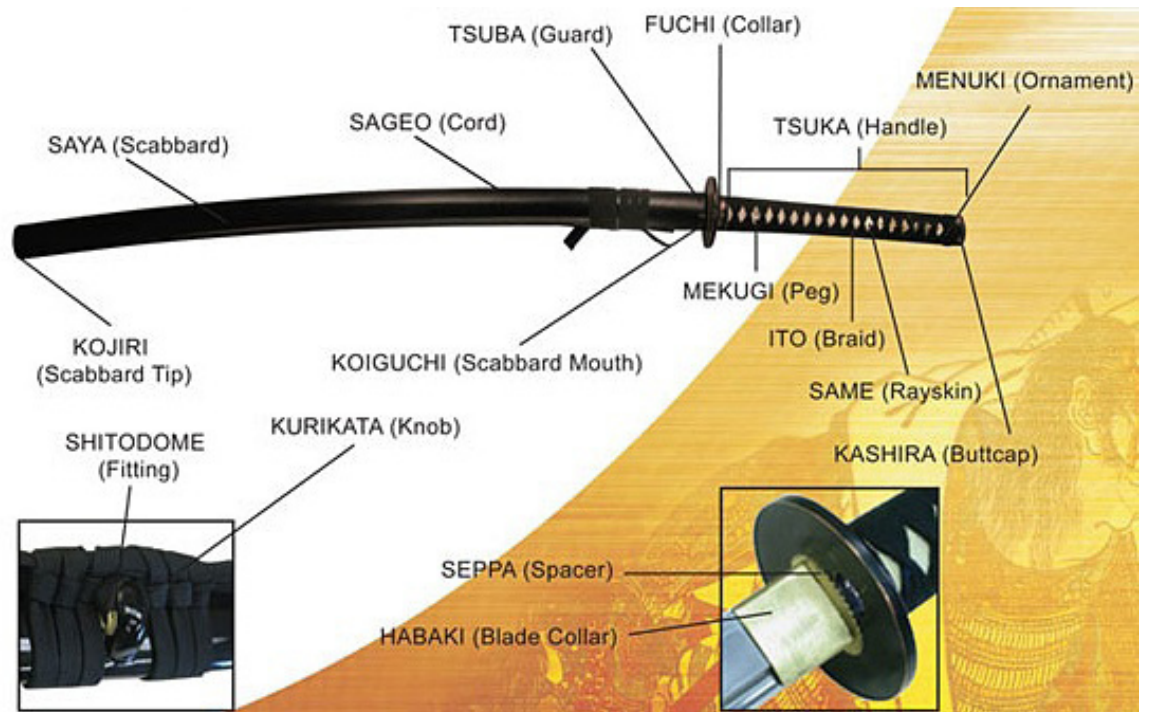
The story is long, but the bit with the grass cutting happens when someone is trying to assassinate the hero. They kill his horse and light the field of grass on fire, hoping to burn him, but the hero starts cutting down the grass to get rid of the fire's fuel. Later on he renamed the sword Kusanagi-no-Tsurugi, and is said to be held in Atsuta Shrine with a jewel and a mirror, and the three items are the Imperial Regalia of Japan, or the Sansho no jingi (the three sacred treasures).

Anatomy of the Samurai Heart



The Katana

The Japanese samurai sword is considered to be the heart of the samurai. The steel has been forged and polished, like their character and technique, the blade is razor sharp like the mind of a samurai. The word samurai is translated to serve and it was the life purpose of the samurai to "serve" their master, to the death if need be. Only the samurai class were allowed to openly carry the Katana, and to disrespect the samurai meant your head.



Day after day train your heart out, refine your technique: use the One to strike the many.

Year of the Tiger Feb. 14, 2010 Chinese New Years

The Chinese calendar is a calendar based on the moon phase and the season of the solar year incorporating elements of a lunar calendar with those of a solar calendar. In modern day China, the solar or Gregorian calendar is used for most day to day activities, but the Chinese calendar is still used for marking traditional Chinese holidays such as Chinese New Year, Duan Wu festival, and the Mid-Autumn Festival, and in Chinese Astrology, such as choosing the most auspicious date for the opening of a business or setting a wedding date.

The twelve animal signs of Chinese Astrology are determined based on the Chinese calendar. Unlike the solar calendar which is fixed at 365 days except for leap year, the lunar calendar is based on phases of the moon and is less than 365 days. To try and sync this up to the solar calendar, every few years there is one leap month in the lunar calendar. So, in Chinese Astrology the new year is never fixed according to the solar calendar. It usually falls between mid-January to late February on the solar calendar. According to Chinese Astrology, if you were born in January or February you must consult the Chinese calendar to see what date the Chinese New Year falls to see if your animal sign is the present year or the previous year in Chinese Astrology.

Tiger - (Yang, 3rd Trine, Fixed Element Wood): Unpredictable, rebellious, colorful, powerful, passionate, daring, impulsive, vigorous, stimulating, sincere, affectionate, humanitarian, generous. Can be restless, reckless, impatient, quick-tempered, obstinate, selfish, aggressive, unpredictable.

Tigers may not be the king of the jungle, but these striped cats are no softies! Magnetic and self-possessed, Tigers are born leaders. They have an air of authority that prompts others to fall in line, which is exactly how they like it. Although they are magnetically charming and fun to be around, Tigers like to go it alone sometimes too. A Tiger's main interest is in following its ambitions -- and maintaining control.

Tigers are courageous beyond compare and generally come out ahead in battle, be it in the boardroom or the bedroom. Seduction is one area where the Tiger is definitely king! Noble and warm-hearted, Tigers have a natural, raw appeal that's extremely attractive to other Signs. They're not just about attraction, though; ever on the side of right, Tigers will fight the good fight to the bitter end if the cause is worthy. Opponents are wise to fear this feline.

A bit of caution is a good thing around Tigers, since they can pounce without warning. They experience mood swings and often feel things more intensely than others, the latter quality being both good and bad. They can react poorly under stress and are prone to emotional outbursts. This Sign's bristling sensitivity can send friend and foe running for cover.

A lesson that Tigers would be well-served to learn is moderation in all things. Once these cats can find their center and direct their considerable energies toward worthwhile endeavors (as opposed to racing through life), they will accomplish much.



The Way of the Warrior cannot be encompassed by words or letters: Grasp the essence and move toward realization.

Got Bullies

Here are some interesting insights on the subject and how to deal with it.

Bullying is a big problem. It can make kids feel hurt, scared, sick, lonely, embarrassed and sad. Bullies might hit, kick, or push to hurt people, or use words to call names, threaten, tease, or scare them. A bully might say mean things about someone, grab a kid's stuff, make fun of someone, or leave a kid out of the group on purpose. Some bullies threaten people or try to make them do things they don't want to do.

Bullying Is a Big Deal

Bullying is a big problem that affects lots of kids. Three-quarters of all kids say they have been bullied or teased. Being bullied can make kids feel really bad. The stress of dealing with bullies can make kids feel sick.

Bullying can make kids not want to play outside or go to school. It's hard to keep your mind on schoolwork when you're worried about how you're going to deal with the bully near your locker. Bullying bothers everyone — and not just the kids who are getting picked on. Bullying can make school a place of fear and can lead to more violence and more stress for everyone.

Why Do Bullies Act That Way?

Some bullies are looking for attention. They might think bullying is a way to be popular or to get what they want. Most bullies are trying to make themselves feel more important. When they pick on someone else, it can make them feel big and powerful.

Some bullies come from families where everyone is angry and shouting all the time. They may think that being angry, calling names, and pushing people around is a normal way to act. Some bullies are copying what they've seen someone else do. Some have been bullied themselves.

Sometimes bullies know that what they are doing or saying hurts other people. But other bullies may not really know how hurtful their actions can be. Most bullies don't understand or care about the feelings of others.

Bullies often pick on someone they think they can have power over. They might pick on kids who get upset easily or who have trouble sticking up for themselves. Getting a big reaction out of someone can make bullies feel like they have the power they want. Sometimes bullies pick on someone who is smarter than they are or different from them in some way. Sometimes bullies just pick on a kid for no reason at all.

If The Bully Says or Does Something to You

Ignore the bully. If you can, try your best to ignore the bully's threats. Pretend you don't hear them and walk away quickly to a place of safety. Bullies want a big reaction to their teasing and meanness. Acting as if you don't notice and don't care is like giving no reaction at all, and this just might stop a bully's behavior.

Stand up for yourself. Pretend to feel really brave and confident. Tell the bully "No! Stop it!" in a loud voice. Then walk away, or run if you have to. Kids also can stand up for each other by telling a bully to stop teasing or scaring someone else, and then walk away together. If a bully wants you to do something that you don't want to do — say "no!" and walk away. If you do what a bully says to do, they will likely keep bullying you. Bullies tend to bully kids who don't stick up for themselves.

Tell an adult. If you are being bullied, it's very important to tell an adult. Find someone you trust and go and tell them what is happening to you. Teachers, principals, parents, and lunchroom helpers at school can all help to stop bullying. Sometimes bullies stop as soon as a teacher finds out because they're afraid that they will be punished by parents. This is not tattling on someone who has done something small — bullying is wrong and it helps if everyone who gets bullied or sees someone being bullied speaks up.

Your Martial Arts training will build the courage and confidence you need to keep bullies away, it is a form of natural bully repellent. Bullies tend to stay away from those who have a back bone.

*The purpose of the training is to tighten up the slack, toughen the body, and polish the spirit.
Some of the quotes are from the Art of Peace by Morihei Ueshiba - Tho founder of modern Day Aikido*

Last Funinar of 09 **We had so much Fun at the last Funinar and everyone did amazing, 3 hours of fun and excitement.**



Here are a few of the cool shots from the last Funinar, we had a great time all the kids trained very hard.... Ah, I mean, "played very hard". We even had a special drop in by my favorite South African Judo Champions (notice the 2 in jeans), Kevin and Tank were in town. These kind of events really bring the kids together as a extended family. It was almost as much fun for the adults as it was for the kids, these little guys are just too much fun, they really got into everything that was going on, and a lot of it was hard, strenuous work believe it or not, they were training all along, I just didn't let them know that, (hiding the vegetables). I'm proud of these kids, and you should be too.

CMAC Oakville - Sensei Jonathan Kenney

Sensei Platt was there on December 11th so Mr. Jones and myself made the trek out. It is a nice dojo with matted floor, Zen garden, beautiful art, and very functional space, and an excellent vibe, it felt good. Most of the drills that Sensei Platt had everyone work on were surprisingly close to the drills we had been working on the last few weeks in the Beach. That always happens and the funny thing is we never plan it that way, it just happens. It has something to do with being in tune, or on the same vibe, whatever it is, it's still very cool when it happens. Everyone had a great seminar, and congratulations to Sensei Kenney on his fine looking dojo and solid student body.

