

# JADE Buddha



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## Tai Chi Flip Book

Look for the newest addition to the CMAC Martial Arts series presented by Jade Buddha Publishing

*Year of the Tiger*



**\*Attention\***

**March Break**

*The Dojo will be closed from March 13 to 21. Enjoy the Spring Break*



*2 on 1 Toe Pitch*

Inside the Jade Buddha see the two on one toe pitch never before attempted. Look and see the out come of this extremely dangerous maneuver. Does Max survive, and just how far can two guys half the size of Max throw Max?

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*The best part about Martial Arts as a life insurance is - you get the Benefits while you're still alive.*

## Beaches Newsletter

### Sensei's Note

Training and money. I always find it interesting how the training is so under valued. How much would you pay for the fountain of youth? How much is winning that first battle for your life worth? Preparing for battle and old age are the same, it takes strategy, you can't just hope for the best. Battle takes training, and old age comes quicker if you are not healthy.

Unfortunately I have had to use the training to defend myself more than once. The world is weird place, so it is better to have it and not need it, than to need it and not have it. Life insurance is for when you're dead, Martial Arts is for the living.

### Training Tip

The Kiai is a technique, just like your reverse punch or your front kick, but it is appreciated about as much as the chamber hand. I make that statement by my observation of the students training in the dojo. Everyone is focused on the end result of this move or that, and not the power and impact of the kiai. True, the kiai is a hard thing to practice in the city without your neighbours thinking you're a nut case. You can practice at the dojo, but we have neighbours too. I recommend doing it in your car, or at the lake, or somewhere that you won't scare anyone.

A strong kiai has the ability to shock the opponent for that split second, that's when you get your strike in. An ear piercing kiai will throw the attacker off balance and that will give you an opening. A tiger will use the kiai just as it pounces on its prey, the roar will scare the animal and cause it to freeze in fear. So the timing of your kiai is important, don't use it too early, it will give them a chance to get away and too late is a waste of breath.

Often the kids will ring the gong in the shrine with their powerful kiais. They love to kiai. Their parents (or anyone else for that matter) frown on screaming kids but we will encourage them to yell their lungs out, its all good here. The kiai is a great stress reliever, not to mention the benefits that are internal, the vibration from the kiai help to stimulate organs. It's like hard chi gung to the 9th power.

Now what do you say or scream as the case may be, well that is a personal thing, like how you laugh, or sneeze. Some of the more popular ones are KIAI, Dai, Doss and Haiaaa. As the kiai is as personal as your laugh it will also show your inner character. If you have a strong kiai, you may be confident, intense, focused, having a warrior's spirit. Having a weak kiai means you haven't brought the warrior spirit to the surface. Unleash the kiai and bring out your inner warrior. Don't hold back or be self conscious, just go for it!

In closing I would like to recap; The kiai is an important technique. It has the ability to paralyze the opponent. Kids love to kiai and its a healthy thing to do. It is a personal thing that reveals your true inner nature. Having a strong kiai means commitment, Don't hold back, let your inner warrior OUT!



*However good or bad a situation is, it will change.*

## BEACHES EVENTS

### March

- 13-21 March Break No  
Classes - Dojo closed  
17 St. Patrick's Day  
27 Kyu Belt grading

### April

- 2-5 Dojo Closed Easter  
24 Irondale Camp

### May

- 1 Kyu Belt Grading  
29 Dragon Boat Races

### July

- West Camp BC  
Emeral Lake

## Chamber Hand? YES, CHAMBER HAND!



Look at Mudan with his chamber hand all tucked up there. What's the big deal, why do we have to put the chamber hand there all the time?! All the other Karate styles don't put their chamber hand there.

Goju has a high chamber hand - Deal with it! If it helps you try thinking of the chamber hand as an elbow to someone behind you. Every time you throw a punch or strike you are doing an elbow.

Having a strong chamber hand actually gives you a stronger strike because of the rotational force. Practice and study this concept.



## TTC - What is everybody's problem?

Lately it seems everybody has a problem with the TTC, because of the picture of the sleepy ticket guy. People are following drivers to the washrooms with their camera phones and giving them a hard time for getting a coffee, sandwich etc. Try thinking of it from their side for a minute: all day long they have to stick to a route and schedule, picking up people who are rude, drunk, stinky, sick, vulgar, and unpleasant. They fight with each other or try to attack the driver, get on without paying, even try and steal their wallets. I think these guys deserve a medal.

At your job people aren't ready with their cameras to catch you napping or having a coffee. I blame the media once again, they put these thoughts in peoples heads and they took it hook, line and sinker. I heard a girl on the radio trying to get everyone going by sharing stories of TTC drama, her aunt works for the TTC and is a saint, but she didn't want to talk about the good people that work there, just the stuff that gets people upset and ready to punch out a driver. Many drivers have been punched, kicked, stabbed, and even shot, cops don't have it that rough. So cut them some slack!

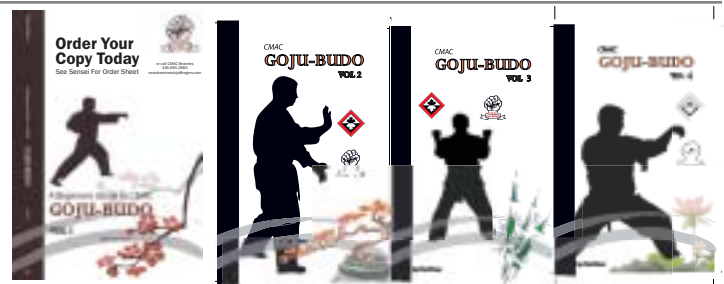
If you don't like the service get a car, bike, scooter, move closer to work, carpool, figure it out, a monthly pass is almost a car payment.



## Get your own merchendice online

Its quick, easy and you get a 10% discount everytime you order. [www.dojobuy.ca](http://www.dojobuy.ca) and shop. The user id # 4166902885.

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



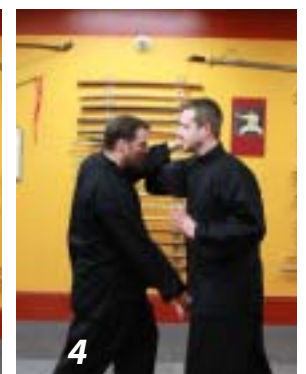
*Don't take yourself too seriously, no one else does.*

## T'ai Chi Ch'uan

The Grand Ultimate Fist! This simple, non-threatening series of moves is called Cloud Hands or Move Hands Like Clouds.



**Tai Chi Chuan** translates to **"The Grand Ultimate Fist"**, it is a very old and powerful form of Martial Art. Chi is the driving force, the source of power and mystery behind Tai Chi Chuan. Chi is your intrinsic energy that you get through proper breathing combined with body movement, and focus of the mind. The deception is that this seemingly passive form of exercise has no self defence value. How could this be effective in combat? Tai Chi helps to relax the mind and body, if the mind and body are relaxed, movements can happen very quickly, making self defence fast and effective. It is practised slow as a form of moving meditation and a way to develop chi, but if the moves are sped up they are serious blocks and strikes, then add chi and you have a devastating combination.



Here is a demonstration on how Cloud Hands is used in a defence against a reverse punch.

#1 Block the right punch by grabbing with your right hand as he punches.

#2 Step forward with the left foot and deflect the punch or step backward with the right foot and pull his punch, then shoulder the elbow.

#3 Clear the punching arm with the left.

#4 Circle downward with the right hand and hit.



*Growing old beats the alternative.....dying young.*

## **GMO - *FRANKENSTIEN FOODS***

Genetically Modified Organisms has had quite an impact in India lately, because they don't produce seeds like regular foods do, which means the farmers need to keep buying seeds from a GMO supplier. Indian cotton farmers now grow 80% of the entire Indian cotton industry with GMO seeds and guess what - the price of seed keeps going up, while the ability to grow and get new real seed gets harder and harder. At least you don't eat cotton, but you can see how they get you. Now the same deal is happening with eggplant (brinjal), corn, cauliflower, soy, etc. etc. so the farmers are losing their ability to make their own seeds and the GMO suppliers control the price of the seeds. The meat and dairy part is quite something as well, maybe we'll get into that another day.

GMO foods have been linked to side effects, such as allergies, cancer and many other diseases, but the truly disturbing problem with all this is, in Canada there is no labelling laws that force the food producers to tell us that there is GMO in the product. Apparently it would cause too much of a problem and people may not buy the food.

David Suzuki says "If a scientist or a politician says GMO foods are good for you they are LYING!" After doing some eye opening research I've decided to let you take your own initiative look into this issue further. Since the newsletter is on line I don't know who might read it. All I'll say is the powers that be would prefer you didn't know too much about it. Food for thought.

## **AsparTAME**

Among the many ironies of our modern world is that Gerald Ford awarded the Presidential Medal of Freedom -America's highest civilian honor- to Defense Secretary Donald Rumsfeld on January 19, 1977. Just a few weeks later on March 8, Rumsfeld became the CEO of G.D. Searle to take point on a mission to force the Food and Drug Administration to approve for human consumption a known carcinogen and neurotoxic poison.

Mission accomplished: Today some 9,000 commonly consumed products are laced with this weapon of mass misery and millions of people live with chronic illnesses linked to the artificial sweetener aspartame.

Today, Donald Rumsfeld is known throughout the world as the zealous U.S. Secretary of Defense who is waging a global "war on terror" in search of "terrorists" and "weapons of mass destruction." Most people, however, are not aware that Rumsfeld himself unleashed a chemical weapon of mass destruction upon the world in 1981-and it's still out there destroying people all over the world. That "WMD" is aspartame and it has been scientifically and anecdotally linked to millions of chronic illnesses and deaths.

The evidence shows that, with full knowledge of aspartame's neurotoxicity and carcinogenicity, Rumsfeld, as the CEO of G.D. Searle, Co., "called in his markers" to achieve U.S. Food and Drug Administration (FDA) approval for the artificial sweetener aspartame, better known by its trade name "NutraSweet."

Consumer advocate attorney Jim Turner, who was instrumental in the 1969 banning of cyclamate in the U.S. for its link to various forms of cancer, met with representatives of aspartame approval petitioner Searle in 1974. The main topic of discussion was neuroscientist Dr. John Olney's 1971 study which showed that aspartic acid caused lesions in the brains of infant mice. According to Turner, arguably the world's foremost authority on aspartame's dubious legal history, Rumsfeld was apparently hired by Searle for one specific purpose: To obtain FDA approval for aspartame.

*Envy is a waste of time, you already have everything you need.*

## The Hercules Knot

As a binding knot it was known to the ancient Greeks as the Hercules knot and is still used extensively in medicine. In his *Natural History*, Pliny relates the belief that wounds heal more quickly when bound with a “Hercules knot”.

It has also been used since ancient times to tie belts and sashes. A modern use in this manner includes tying the obi (or belt) of a martial arts keikogi.



Egyptian statue dating from 2350 BC depicting a reef knot securing a belt.



Alexander cuts the Gordian Knot, by Jean-Simon Berthélemy (1743–1811)



## The Gordian Knot

The Gordian Knot is a legend associated with Alexander the Great. It is often used as a metaphor for an intractable problem, solved by a bold stroke (“cutting the Gordian knot”).

At one time the Phrygians were without a legitimate king. An oracle at Telmissus (the ancient capital of Phrygia) decreed that the next man to enter the city driving an ox-cart should become their king. This man was a poor peasant, Gordias, who drove into town on his ox-cart. He was declared king by the priests. This had been predicted in a second way by a sign of the gods, when an eagle had landed on that ox-cart. In gratitude, his son Midas dedicated the ox-cart to the Phrygian god Sabazios (whom the Greeks identified with Zeus) and either tied it to a post or tied its shaft with an intricate knot of cornel (*Cornus mas*) bark. The ox-cart still stood in the palace of the former kings of Phrygia at Gordium in the fourth century BC when Alexander arrived, at which point Phrygia had been reduced to a satrapy, or province, of the Persian Empire.

In 333 BC, while wintering at Gordium, Alexander the Great attempted to untie the knot. When he could find no end to the knot, to unbind it, he sliced it in half with a stroke of his sword, producing the required ends (the so-called “Alexandrian solution”). That night there was a violent thunderstorm. The prophets took this as a sign that Zeus was pleased and would grant Alexander many victories. Once Alexander had sliced the knot with a sword-stroke, his biographers claimed in retrospect that an oracle further prophesied that the one to untie the knot would become the king of Asia.

Alexander was a figure of the most outstanding celebrity, and the episode of the Gordian Knot was known to every literate person—and doubtless to many as well who were not—from the third century BC to the end of Antiquity and beyond.

*Life isn't tied with a bow, but it is still a gift.*

## Aura

What is the Aura ?

Everything in the Universe seems to be just a vibration. Every atom, every part of an atom, every electron, every elementary "particle", even our thoughts and consciousness are just vibrations. Hence, we may define the Aura as a electro-photonic vibration response of an object to some external excitation (such as an ambient light for example). This definition is sufficient for the purpose of reading Auras, providing that we can train ourselves to see the Aura vibration.

Aura around living (conscious) objects (people, plants ...) changes with time, sometimes very quickly. Aura around non-living object (stones, crystals, water...) is essentially fixed, but can be changed by our conscious intent. Above facts have been observed by scientists in Russia, who have been using Kirlian effect to study Auras for the last 50 years.

The Aura around humans is partly composed from EM (electromagnetic) radiation, spanning from microwave, infrared (IR) to UV light. The low frequency microwave and infrared part of the spectrum (body heat) seems to be related to the low levels of the functioning of our body (DNA structure, metabolism, circulation etc.) whereas high frequency (UV part) is more related to our conscious activity such as thinking, creativity, intentions, sense of humor and emotions. Russian scientists, who seem to be about 3 decades ahead of everyone else in Aura research, make experiments suggesting that our DNA can be altered, by influencing its microwave Aura. The high frequency UV part is very important and most interesting but largely unexplored. And this part can be seen with naked eyes.

Colors and intensity of the aura, especially around and above the head have VERY special meanings. Watching someone's aura you can actually see the other person's thoughts before you hear them expressed verbally. If they do not agree with what this person is saying, you effectively see a lie every time. No one can lie in front of you undetected. We cannot fake the Aura. It shows our true nature and intentions for everyone to see.

Also, aura is our spiritual signature. When you see a person with a bright, clean aura, you can be SURE that such person is good and spiritually advanced, even if he/she is modest and not aware of it. When you see a person with a gray or dark aura, you may be almost SURE, that such person has unclear intentions, regardless how impressive, eloquent, educated, "good looking" or "well dressed" he/she seems to appear.

Everyone has an Aura. But most people on Earth have very weak and dull Auras. This seems to be a direct consequence of their life long materialistic attitude negating and suppressing the development of consciousness, cultivating fear, envy, jealousy and other similar emotions. Such attitude suppresses their true nature, and their Auras seem to become suppressed too.



Electro-photonic Kirlian glow around a human fingertip recorded using GDV camera. View from underneath, through a semi-transparent glass electrode that provided electrical field excitation.

*There is no substitute for training. One can have the best instruction in the world, but without practice all the words and theory are lost.*

## Two Person Toe Pitch

**Warning** - Do not attempt this at home!



Here we see Max, Ryan and Steve demonstrating the two on one toe pitch. #1 Steve and Ryan place their foot on Max's belt, Steve with the right and Ryan with the left (that part is important because if you set it up any differently you won't have an even throw). #2 The throwers grab on to Max and ease down to the floor on their support leg. #3 Throwers roll on their backs from hip to shoulders. #4 Launch Max by pushing with their toe pitching legs. #5 Max tucks his head in and rounds his back for a safe diving forward roll. This is a high risk move, don't try this without Black Belt supervision.

## Mt. Wudang

Mt. Wudang, a Martial Arts Gem deep in the heart of China. The Purple Cloud Palace renowned around the world for its mystic presence, and contribution to Martial Arts, it is considered to be the place of origin for Tai Chi Chuan. In the 13th Century Zhang San Fang (a graduate from the Shaolin Temple) travelled to the Purple Summit Temple and on his way he saw a fight between a snake and a crane. From that he shifted his focus from hard exterior body conditioning to be more internal, concentrating on breathing, moving meditation and slow fluent motion, that when sped up proved to be quite effective and powerful.

The top picture is the entrance to the Purple Cloud Palace, and the bottom is the temple at the bottom of the mountain. I chose these shots because the mist was so surreal, it was a magical day that I will never forget.

