

JADE Buddha



1971 Queen St. E. #208, Toronto, ON

www.cmacbeaches.com

Medieval Times

April 10 7:30pm. Dojo outing to watch Mr. Delany do battle in the Arena of Champions



Year of the Tiger



Attention
Dragon Boat Races



*CMAC Family Day May 29
Kelso Park Milton*

CMAC Irondale Training The Sacred Fire

Experienced Hardcore Outdoorsy Types Only

Sensei Platt will be presenting a CMAC training weekend in Irondale for an outdoor roughing it Martial Arts experience. Camping, bonfires, archery, spears, swords as well as all the other great stuff.

INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tip	2
Big Wave Camp	2
Events Calendar	3
Medieval Times	3
Cartwheel Kick	3
Yin Yang	4
CMAC Victory for bears	4
UFO'S	5
CMAC Camp	5
CMAC West Camp	5
Single Whip	6
Cards	6
Canada's Name	7
Coat of Arms	7
Fruit	8

Faith - the trust or belief in an idea that is supported by logic.

Beaches Newsletter

Sensei's Note

Training is there for when you need it, have some faith. Once upon a time a young first degree had questioned whether his training would be there for him if he ever needed it in a real life battle. Sure he could hold his own in the dojo with all the rest of the first dans and even fought well against the second dans. But because fighting outside the club was strictly forbidden he always tried to stay away from trouble. One day he was forced to defend his girlfriend's honour against a fella who was out on a day pass from a detention centre for Xmas eve (I didn't know they gave day passes). Long story short and to spare you the graphic details I'll cut to the ending. The girl was defended, the bad guy looked terrible for Xmas photo's, and 'the question' of if the training really works was answered. Always know that it is easier to stay out of trouble, than it is to get out of it, but as long as you are training hard in class your training will be there, if you absolutely need it.

Training Tip

This April 23, 24, 25th in Irondale there will be a Martial Arts and camping experience for those that are ready to test themselves and rough it a little. CMAC Irondale is a property Northeast of Peterborough that is quite nice, lots of trees, a lake, and many great places to train and meditate.

If you plan on making the trek out there you'll need some things, a tent and all the usual camping equipment and enough food, water to be self sufficient for the weekend.

There is a one day price (\$100) and a two day price (\$150) if you don't want to sleep over. You must be a CMAC member to take part. No pets.



**Big Wave
CAMP**

Here's the plan for the Summer, send the kids to Big Wave Summer Camp July 5th - July 30th.

Big Wave Camp - Explore Play Discover

Mississauga Summer Day Camp for Children. At the Big Wave Camp their focus is on kids being kids. Activities are geared to motivate your child to use their imagination and creative side. There is something for everyone: martial arts - swimming - hiking - arts and crafts - sports - games - biking - drawing and art lessons - woods and environment training - fishing - canoeing - music - outdoors

www.BigWaveCamp.ca

It's A Boy! Congratulations Greoff & Kyra

*Thomas Christopher Shinzo
Busbridge was born March
22, at 11:22pm. 8 lbs 1 oz,
healthy and happy.*



When you come to the end of the road that is when find the path. You must open your mind to a new prospective.

BEACHES EVENTS

April

- 2-5 Dojo Closed Easter
- 10 Medieval Times
- 24,25 Irondale Camp

May

- 1 Kyu Belt Grading
- 29 Dragon Boat Races

July

- West Camp BC
- Emeral Lake



Medieval Times

Dojo outing to Medieval Times April 10 7:30pm. be early. As most of you know we have in our midst the Head Knight of the Medieval Times Dinner and Tournament Show. Mr. Sean Delaney has been with the company for 5 years and has worked his way up for the bottom and is now running the show. Having seen the show a few times I can tell you it is fun for the whole family, visually stunning, exciting, and a great value for your buck. The show has changed from previous years and Mr. Delaney is really excited about it. The horsemanship and weapons skill is quite good, the story and drama are a lot fun of too.



Why do we practice the Cartwheel? Beause that's the best defence against Ninjas!

Who can argue with that thanks Emma.



No ninjas were seriously hurt in this demonstration of the extremely leathal Cartwheel Kick, but Charlie maybe feeling it for a few days.



Colin and Charlie ham it up.

Get your own merchendice online

Its quick, easy and you get a 10% discount everytime you order. 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!



You can coax a horse to water but a pencil must be lead.

Yin Yang

An elemental perspective is a productive cycle of five elements. Creating this productive cycle of elements we see that:

Wood burns producing Fire.

Fire leaves behind Earth.

Earth is the source of Metal.

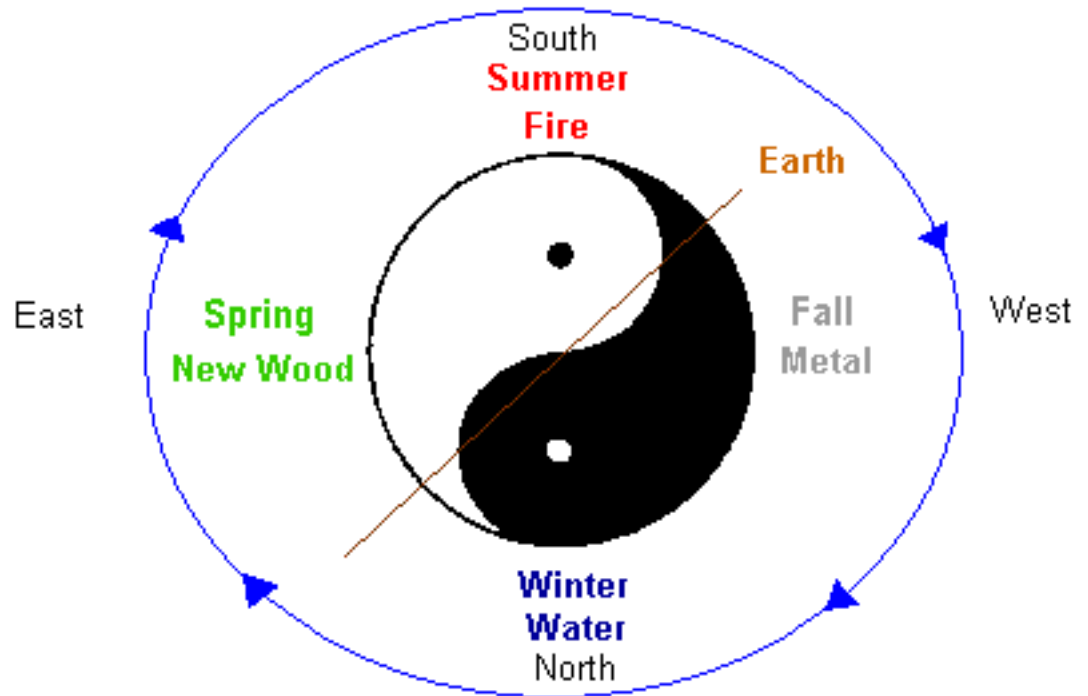
Metal liquefies into flowing liquid like Water (or another explanation is that Metal when cooled it creates condensation, such as a car left out on a cool night).

Water then becomes the nourishment for the Wood.



Here are two examples of an incorrect yin yang symbol. Heat rises and cold does not.

The original concept of yin and yang came from the observation of nature and the environment. "Yin" originally referred to the shady side of a slope while "yang" referred to the sunny side. Later, this thinking was used in understanding other occurrences, which occurred in pairs and had complementary and opposing characteristics in nature. Some examples include: sky and earth, day and night, water and fire, active and passive, male and female and so on. Working with these ideas, ancient people recognized nearly all things could have yin and yang properties.



The Sun rises in the East, reaches its peak overhead and sets in the West, then the symbology of the Tai-ji can be represented as right. Furthering that; Spring gives way to new wood, Summer brings fire and heat, Autumn cools like metal, and lastly snow (frozen water) brings the coldest time or Winter. It can also be seen that heat rises and coolness settles.

Save the Bears

A huge victory for CMAC and the bears.

Here's some good news in the battle on our western front, the CMAC west dojo headed by Tammy Thankachen has played a large part in stopping the bear hunt for this year. All their efforts and letters to government have paid off - someone actually listen and did the right thing for a change. They put a stop to the bear hunt, so the bears are safe for this year at least.



Mentally proactive instead of emotionally reactive.

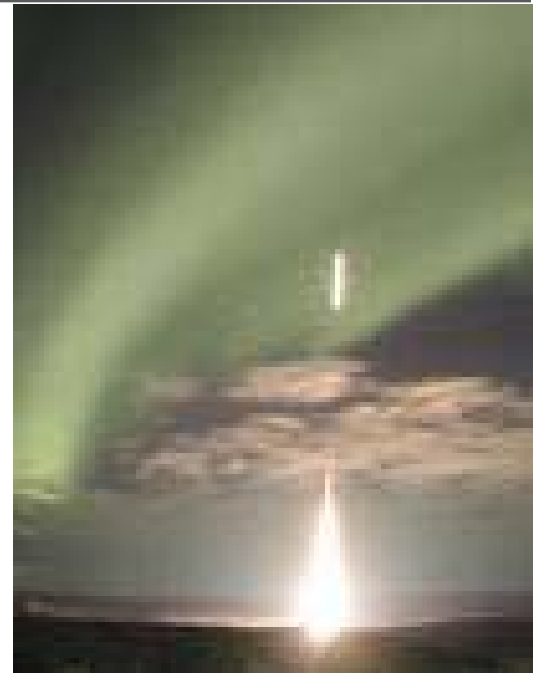
UFO's over NFLD

At the camp Sensei mentioned something about rockets off the coast. After looking into it, they were called UFO's by Defence Minister Peter MacKay who made jokes of the situation, saying they should build a landing strip for the UFO's. Later the RCMP declared that it was the French testing Balistic missiles in the Atlantic, but they were close enough to be photographed with a point and snap camera.

Here's a thought, if you're going to start throwing missiles around someone's backdoor shouldn't you let them know about it first?

Apparently the French don't need to inform anyone about such activities because of the Saint Pierre et Miquelon islands (two French island off the Canadian east coast that not too many people know about). These Islands are aprox. 60k off our east coast and those are considered French waters. After a few days the French said that they were conducting tests, but for some reason the times and dates didn't line up in there formal press release.

Something smells fishy in those French waters I can tell you.



This isn't the actual picture of the sighting, I just liked it.

CMAC CAMP Feb 27 & 28



Sensei Platt leading everyone through Jo Basics.



Beaches Crew with Sensei DQ out in front.

Here are a couple pics from the last CMAC Camp. We worked on a pile of stuff as usual, and lots of it was review, which was absolutely fantastic. There was also a new bo kata named Tsuken. The Karate section was fast and furious and we managed to get all the way through the 5th form in the Shi Bon series from Chen-zhao, Nice! Tai Chi Sunday morning is always a blurr. The chi gung was awesome and Sensei Platt showed a little more of the Wu set that he introduced last CMAC camp. Everyone in attendance had a great time like we always do, and the newbies were totally blown away, which is good because they remind those that always go just how amazing the thing really is.

CMAC West Camp



July 16 - 18, 2010 - CMAC West Emerald Lake with Hanshi Platt. Hosted by CMAC Oku Damashi. For more information contact Tammy Thankachen cmac.okudamashi@yahoo.ca. Emerald Lake Lodge in Yoho National Park, British Columbia. Yoho National Park is located in the Canadian Rocky Mountains along the western slope of the Continental Divide in southeastern British Columbia. This park was declared a UNESCO World Heritage Site in 1984 for the mountain landscapes containing mountain peaks, glaciers, lakes, waterfalls, canyons and limestone caves as well as fossils found here. More information on Yoho National Park can be found on the Parks Canada website.

Your level of excellence is your level of commitment to yourself.

The Single Whip



Block and grab the jab.



Pull with the right and chop the neck.



Heito the temple with the right.

The single whip is a classic Tai Chi move, although different styles will perform it slightly differently, the outcome is basically the same, block and counter, breathe in and breathe out. Now the question is - which is the right way? They all are, as long as you understand the principle and the application.

Cards

Did you ever wonder where the idea of cards came from? Cards have been around for centuries, originated in China 9th century Tang Dynasty. Of course they weren't what they are today, it's been centuries of evolution. In the Tang Dynasty time people wrote on scrolls, there were no pages or books, but there was Mahjong, then games were made with pieces of paper that closely resemble Mahjong tiles.

As trade began with the Europeans they took the idea back home with them. Once in Europe cards spread quickly and there are many documented records of cards showing up - 1371 Spain, 1377 Switzerland, 1380 Florence and Paris. There were card decks found in India as well dating to the 1400, these decks contained eight to twenty different suits, as not all decks were created equally.

It is likely that the precursor of modern cards arrived in Europe from the Mamelukes of Egypt in the late 1300s, by which time they had already assumed a form very close to that in use today. In particular, the Mameluke deck contained 52 cards comprising four "suits": polo sticks, coins, swords, and cups. Each suit contained ten "spot" cards (cards identified by the number of suit symbols or "pips" they show) and three "court" cards. The Mameluke court cards showed abstract designs not depicting persons (at least not in any surviving specimens) though they did bear the names of military officers. The four suits now used in most of the world — spades, hearts, diamonds, and clubs — originated in France in approximately 1480. In early games the kings were always the highest card in their suit. However, as early as the late 14th century special significance began to be placed on the nominally lowest card, now called the Ace, so that it sometimes became the highest card and the Two, or Deuce, the lowest. This concept may have been hastened in the late 18th century by the French Revolution, where games began being played "ace high" as a symbol of lower classes rising in power above the royalty.

The four suits represent the four seasons, there are 13 cards in a suit to represent the 13 periods of a year or moon cycles, 52 cards in a deck for the weeks in a year, and if you add up the all pips there is 365 the number of days in a year.

Life is like licking honey off a thorn, you have to be careful.

Canada's Name

The name Canada comes from a St. Lawrence Iroquoian word, *kanata*, meaning "village" or "settlement". In 1535, indigenous inhabitants of the present-day Quebec City region used the word to direct French explorer Jacques Cartier towards the village of Stadacona. Cartier later used the word Canada to refer not only to that particular village, but also the entire area subject to Donnacona (the chief at Stadacona); by 1545, European books and maps had begun referring to this region as Canada.

From the early 17th century onwards, that part of New France that lay along the Saint Lawrence River and the northern shores of the Great Lakes was named Canada. The area was later split into two British colonies, Upper Canada and Lower Canada. They were re-unified as the Province of Canada in 1841. Upon Confederation



in 1867, the name Canada was adopted as the legal name for the new country, and Dominion (a term from Psalm 72:8) was conferred as the country's title. Combined, the term Dominion of Canada was in common usage until the 1950s. As Canada asserted its political autonomy from the United Kingdom, the federal government increasingly used simply Canada on state documents and treaties, a change that was reflected in the renaming of the national holiday from Dominion Day to Canada Day in 1982.

Coat of Arms

A Mari Usque Ad Mare (English: From Sea to Sea; French: D'un océan à l'autre) is the Canadian national motto. The phrase comes from the Latin Psalm 72:8, which reads "Et dominabitur a mari usque ad mare, et a flumine usque ad terminos terrae" (King James Bible: "He shall have dominion also from sea to sea, and from the river unto the ends of the earth").

The first recorded use of the phrase to represent Canada was by George Monro Grant, who was Sanford Fleming's secretary and a Presbyterian minister who used the phrase in his sermons. His great-grandson Michael Ignatieff suggests that Grant used the phrase in a nation-building effort during the construction of the Canadian Pacific Railway. The use of the word "dominion" in the verse reflected the adoption of the name "Dominion of Canada" for the new country.

The motto was first officially used in 1906 on the head of the mace of the new Legislative Assembly of Saskatchewan. This phrase was suggested for a national motto by Joseph Pope, then-Under Secretary of State, when the Canadian coat of arms was redesigned in 1921. Pope was a member of the four-person committee appointed by the federal government to

redesign the coat of arms (the other members were Thomas Mulvey, A.G. Doughty and Major-General W.G. Gwatkin). No motto had been included in the original design. Major-General W.G. Gwatkin proposed "In memoriam in spem" ("In memory, in hope") as a motto, but Pope's proposal garnered more support. The draft design was approved by Order in Council on April 21, 1921 and by the Royal Proclamation of King George V on November 21, 1921.

As part of the Canadian coat of arms, the motto is used as a mark of authority by various government agencies and representatives. It is also present on all denominations of Canadian paper currency, and on the cover of Canadian passports. On its own, it appears on all federal government proclamations.



There is talk of changing the motto from "sea to sea" to "sea to sea to sea" because Canada has three coastal oceans, Pacific, Atlantic and Arctic.

All Great accomplishments come from small opportunities.

Fruit - When and Why

FRUIT SHOULD BE EATEN ON AN EMPTY STOMACH. Eating fruit like that plays a major role in detoxifying your system, supplying you with a great deal of energy for weight loss and other life activities..

FRUIT IS THE MOST IMPORTANT FOOD. Let's say you eat two slices of bread, then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it's prevented from doing so. In the meantime, the whole meal rots and ferments, and turns to acid. The minute the fruit comes into contact with the food in the stomach, and digestive juices, the entire mass of food begins to spoil. Eat your fruit on an empty stomach, or before your meal! You've heard people complain: Every time I eat watermelon I burp, when I eat durian my stomach bloats, when I eat a banana I feel like running to the toilet, etc. This will not happen if you eat the fruit on an empty stomach. Fruit mixes with the putrefying other food and produces gas. Hence, you bloat!

Graying hair, balding, nervous outburst, and dark circles under the eyes - all of these will NOT happen if you eat fruit on an empty stomach.

There's no such thing as some fruits, like orange and lemon are acidic, because all fruit becomes alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruit, you have the Secret of Beauty, Longevity, Health, Energy, Happiness and normal weight.

When you need to drink fruit juice drink only fresh fruit juice, NOT from the cans. Don't drink juice that has been heated. Don't eat cooked fruit; you don't get the nutrients at all. You get only the taste... Cooking destroys all of the vitamins. Eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit-fast to cleanse your body. Eat fruit and drink fruit juice for just 3 days, and you will be surprised when your friends say how radiant you look!

KIWI: Tiny but mighty, and a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange!

AN APPLE a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C, thereby helping to lower the risk of colon cancer, heart attack & stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

EATING 2 - 4 ORANGES oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones, and reduce the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. Also a key source of lycopene, the cancer-fighting oxidant. Also found in watermelon: Vitamin C & Potassium..

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene, good for your eyes..