

JADE Buddha



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

www.cmacbeaches.com

CMAC Family Day Highlights

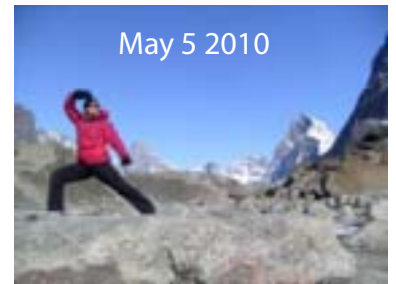
Great Times had by all

Year of the Tiger



Miss Waren training at Mt. Thor during a hike in Baffin Island

May 5 2010



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Wonder is at the root of all knowledge, not doubt.

Beaches Newsletter

Sensei's Note

I had an epiphany - saturation! I understand the frustration some of you have been experiencing. We are fortunate to have such a diverse curriculum, it is certainly a challenge to keep on top of everything that we do here. I have decided to focus on just a couple things a class and lots of review, that means training. New information takes time to process and while learning it you move at a slower pace trying to remember it, first repetition, then comes speed, then comes power. The more you repeat the action the more your subconscious mind gets it, once that happens you can relax and just let your body do what it has been trained to do. Speed and power are both a product of taking the time to work through it, be patient, be precise, repeat and the rest will take care of itself.

Just the other day in one of the kids classes, I was impressed with the level of skill all the kids were showing at this one drill we have been working for a couple years now. You may say "well its been a couple of years they should be good" and I will say "precisely my point."

People like to practice what they are good at or at least practice what they can remember and if nothing is getting in because they are getting too much, there is no momentum to drive their training. Small victories will build confidence and this confidence will fuel your practice and practice makes perfect, so be prepared to sweat a little more in class.

Training Tip

Another outdoor training camp has come up this time in Shelburne with Sensei Bassel and his students. Outdoor weekend camps are great and an excellent reason to get out of the city. Open fires, hiking in the nature, and lots of fresh air, what more do you need? So come and join in - its going to be awesome!



**BigWave
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

Beaches Grading Results

May 30 2010

Yellow Belt

Marcus Chafe
Ross Ivano
Rafael Pedro
Samantha West
Jake Jackson
Zoe Lawson
Sasha Decker
Helder Cabral
Valdy Dreimanis
Arne Vos
Martin Reilly

Orange Belt

Emily Withrow
Adele Swanson
Sava Drayton

Red Belt

Samuel Joo

Green Belt

Paul Swanson

Blue Belt

Fuad Moussa
Sean Newton

1 Probation

Next Grading

June 25 2010



Patience, tolerance and understanding - Bushi Matsumura.

BEACHES EVENTS

June

- 5 Breaches Spear Seminar 2:30pm
6 CMAC Black Belt Grading - Oakville
25 Kyu belt grading

July

West Camp BC
Emeral Lake



The goose that laid the golden egg

A man and his wife had the good fortune to possess a goose which laid a golden egg every day. Lucky though they were, they soon began to think they were not getting rich fast enough, and, imagining the bird must be made of gold inside, they decided to kill it. Then, they thought, they could obtain the whole store of precious metal at once; however, upon cutting the goose open, they found its innards to be like that of any other goose.

Moral of the story

Greed destroys the source of good.

Think before you act.

Those who want too much lose everything.



Family Class

Here are a couple pics of the families that come out for class on Sunday for the family class. We have a great time training together, then we will break up the class and let the kids work together and the adults can train on their grading requirements. It is a great way to introduce kids to the training if they are a little nervous about coming into the dojo. Even if that isn't the case its a great opportunity for family time, fun but at the same time everyone gets to work on what they need to move up to the next level. There is still a little room so if it sounds like something that might work for you come out and give Sunday (11:30 - 12:30) morning a try.



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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!



If you want to change your life, change your life patterns.

Guess Who?



Still don't know?



Not Dr. Who-it's Seamus!

Here he is with all his girl friends from school. Way to go Seamus! Another reason to stay in school kids.

Seamus is back from school for the summer and training very hard for his blue belt in Karate. He also does the Tai chi and Kobudo classes. Some nights he's here before me and I have to kick him out when it's time to go home. He likes to assist the little kids (it always reminds me of Kramer from Seinfeld) but all joking a side it's great to have him back on the floor again. Welcome back Seamus!

My Musical Upbringing

We have a new neighbour, Laura at "My Musical Upbringing". She has designed a program to provide a variety of experiences that support your child's language, social, emotional and physical development. Laura has an impressive musical background with more than 18 years of combined performance and teaching experience, she is a passionate and committed music educator, working with children and parents to instill a love for music and learning.



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.



Eternal vigilance is the price of success.

Microcosmic Orbit

The Microcosmic Orbit also known as the 'Self Winding Wheel of the Law' and the circulation of light is a Chi kung or Chi energy cultivation technique. It involves deep breathing exercises in conjunction with meditation and concentration techniques which develop the flow of Chi along certain pathways of energy in the human body which may be familiar to those who are studying Traditional Chinese Medicine, Chi Kung, T'ai Chi Ch'uan, and Neichi. The exercise can be performed usually at first in a sitting position, but it can also be practiced standing as in Zhan zhuang or with movements included as with T'ai Chi Ch'uan. The clear understanding of the microcosmic orbit technique is very important not only because of its historical context in the story of Chinese alchemy but because it is at the heart of many Martial Arts performed throughout the world by many millions of people today.

The history of the Microcosmic orbit dates back to prehistoric times in China, and the underlying principles can be found in the I Ching which was written by the Emperor Fu Xi approximately five thousand years ago or at least two centuries before the time of the Yellow Emperor Huang Ti. For example the Chinese character for the I ching hexagram number 5. Waiting depicts a person sitting in meditation and the commentary pertains to the flow of energy from one of the psychic energy channels to another during meditation.

The microcosmic circulation is a solid basic practice to begin to increase your chi kung skills and abilities.

1. The circulation is begun by first exhaling all of the air in your lungs.
2. Next seal the root lock and inhale, focusing on drawing energy up your spinal column.
3. As you reach the crown of your head press your tongue onto the roof of your mouth.
4. Allow the energy to sink through your palate and tongue as you exhale feeling the energy flow down the front of your torso.
5. Sense the energy connect at your root as it continues its circulation.
6. Keep the tongue pressed on the palate and the root lock sealed as you keep breathing.
7. Inhale as the energy rises, Exhale as the energy sinks.
8. Continue practice of this art until it becomes second nature.



Name that Kata

In the May edition there was a Bunkai of a Kata being performed by Mr. Jones and Max the Mudan, the challenge was to name that Kata. Well congratulations to Ms. Crawley for being the first and only one to get it. So pack your bags you're going to Disneyland..... Just kidding.



Battlefield Promotion

Anything can happen and often does on the way to enlightenment or even to the next belt. Here we have two loyal and dedicated girls who never talk or disrupt the class and always give 100%. See Maija and Michelle have been moved up the line, we call this a battlefield promotion, congratulations.

If you lost everything would you still be the same person?

Dragon Boat & Family Day



Nothing in life is meant to be feared, only understood.

Days of the Week

The names of the days of the week from the Roman period have been both named after the seven planets of classical astronomy and numbered, beginning with Sunday. In Slavic languages, a numbering system was adopted, but beginning with Monday. Either of these systems was adopted in many languages, with some exceptions due to a number of religious and secular reasons.

Between the 1st and 3rd centuries the Roman Empire gradually replaced the eight day Roman nundinal cycle with the seven-day week. The astrological order of the days was explained by Vettius Valens and Dio Cassius (and Chaucer gave the same explanation in his *Treatise on the Astrolabe*). According to these authors, it was a principle of astrology that the heavenly bodies presided, in succession, over the hours of the day. The Ptolemaic system asserts that the order of the heavenly bodies, from the farthest to the closest to the Earth, is: Saturn, Jupiter, Mars, Sun, Venus, Mercury, Moon. (This order was first established by the Greek Stoics.)

The earliest attestation of a seven day week associated with heavenly luminaries are from Vettius Valens, an astrologer writing 170 CE in his *Anthologiarum*. The order was Sun, Moon, Ares, Hermes, Zeus, Aphrodite, and Cronos; the similarity of Cronos with Chronos was remarked as early as Ptolemy. From Greece the planetary week names passed to the Romans, and from Latin to other languages of southern and western Europe, and to other languages later influenced by them.

The Germanic peoples adapted the system introduced by the Romans but glossed their indigenous gods over the Roman deities (with the exception of Saturday) in a process known as *Interpretatio germanica*:

Sunday: Old English *Sunnandæg*, meaning "Sun's Day". This is a translation of the Latin phrase *Dies Solis*. English, like most of the Germanic languages, preserves the original pagan/sun associations of the day. Many other European languages, including all of the Romance languages, have changed its name to the equivalent of "the Lord's day". In both West Germanic and North Germanic mythology the sun is personified as a goddess; *Sunna/Sól*.

Monday: Old English *Monandæg*, meaning "Moon's Day". In North Germanic mythology, the moon is personified as a god; *Máni*.

Tuesday: Old English *Tiwesdæg*, meaning "Tiw's day." *Tiw* (Norse *Týr*) was a one-handed god associated with single combat and pledges in Norse mythology and also attested prominently in wider Germanic paganism. The name of the day is based on Latin *Dies Martis*, "Day of Mars" (the Roman war god).

Wednesday: Old English *Wednesdæg*, meaning the day of the Germanic god *Wodan* (Odin). It is based on Latin *Dies Mercurii*, "Day of Mercury".

Thursday: Old English *Punresdæg*, meaning the *Punor's* day. *Punor* is commonly known in Modern English as *Thor*, the god of thunder in Germanic Paganism. It is based on the Latin *Dies Iovis*, "Day of Jupiter".

Friday: Old English *Frigedæg*, meaning the day of the Anglo-Saxon goddess *Fríge*. The Norse name for the planet Venus, "Day of Venus" Venus was the Roman goddess of beauty, love and sex.

Saturday: the only day of the week to retain its Roman origin in English, named after the Roman god Saturn associated with the Titan Cronus, father of Zeus and many Olympians. "Day of Saturn" from *Sabbata Dies* (Day of the Sabbath).

If you feel any fears you're stuck in the realm of the outside world.

Meanings of the Gregorian Calendar Months

The Origins of English naming used by the Gregorian calendar: January: Janus (Roman god of gates, doorways, beginnings and endings) February: Februus Etruscan god of death, Februarius Latin for "month of purification (rituals)" it is said to be a Sabine word, the last month of ancient pre-450 BC Roman calendar. March: Mars Roman god of war. April: "Modern scholars associate the name with an ancient root meaning 'other', i.e the second month of a year beginning in March." May: Maia Maiestas Roman goddess. June: Juno Roman goddess, wife of Jupiter. July: Julius Caesar - Roman dictator, month was formerly named Quintilis, the fifth month of the calendar of Romulus. August: Augustus - first Roman emperor, month was formerly named Sextilis, the sixth month of Romulus. September: septem Latin for seven, the seventh month of Romulus. October: octo Latin for eight, the eighth month of Romulus. November: novem Latin for nine, the ninth month of Romulus. December: decem Latin for ten, the tenth month of Romulus.

The Compass

A compass is a navigational instrument for determining direction relative to the Earth's magnetic poles. It consists of a magnetized pointer (usually marked on the North end) free to align itself with Earth's magnetic field. The compass greatly improved the safety and efficiency of travel, especially ocean travel. A compass can be used to calculate heading, used with a sextant to calculate latitude, and with a marine chronometer to calculate longitude. It thus provides a much improved navigational capability that has only been recently supplanted by modern devices such as the Global Positioning System (GPS). A compass is any magnetically sensitive device capable of indicating the direction of the magnetic north of a planet's magnetosphere. The face of the compass generally highlights the cardinal points of north, south, east and west. Often, compasses are built as a stand alone sealed instrument with a magnetized bar or needle turning freely upon a pivot, or moving in a fluid, thus able to point in a northerly and southerly direction. The compass was invented in ancient China sometime before the 2nd century, and was used for navigation by the 11th century. The dry compass was invented in medieval Europe around 1300. This was supplanted in the early 20th century by the liquid-filled magnetic compass.

Prior to the introduction of the compass, position, destination, and direction at sea was primarily determined by the sighting of landmarks, supplemented with the observation of the position of celestial bodies. Ancient mariners often kept within sight of land. The invention of the compass enabled the determination of heading when the sky was overcast or foggy. And, when the sun or other known celestial bodies could be observed, it enabled the calculation of latitude. This enabled mariners to navigate safely far from land, increasing sea trade, and contributing to the Age of Discovery.

The earliest Chinese compasses were probably not designed for navigation, but rather to order and harmonize their environments and buildings in accordance with the geomantic principles of feng shui. These early compasses were made using lodestone, a special form of the mineral magnetite that aligns itself with the Earth's magnetic field. The earliest Chinese literature reference to magnetism lies in the 4th century BC book Book of the Devil Valley Master: "The lodestone makes iron come or it attracts it." Its author also notes that in addition to its main geomantic purpose, the compass, or "south pointer" as the Chinese called it, could be carried with jade hunters to prevent them from getting lost during their journeys.

Here is how you can make your own compass. If a needle is rubbed on a lodestone, a piece of silk or a magnet, the needle becomes magnetized. When it is inserted in a cork, a float on a leaf or piece of wood, and placed in a bowl of water it becomes a compass. Such devices were universally used as compass until the invention of the box-like compass with a 'dry' pivoting needle sometime around 1300.