

THE JADE BUDDHA

1971 Queen St. E. 2nd floor, Toronto, ON

416-690-2885

www.cmac1.com



JET BOATING

September 21st, 2003

You are one trip to Niagra Falls and one signed waiver away from enjoying a frightfully thrilling experience down the Niagra River on a Jet Boat.

For all Students interested in participating in this day please see the pin board in the Dojo for sign-up information.

Black Belt Grading

September 28th
at the Holiday Inn in Oakville.

There will be a Tai Chi seminar at 10 a.m. before the grading. Watching or participating in a grading is always a learning experience.

Sushi, Sake and a Samurai!

September 17th at 9:00pm

Due to the huge success of the 1st movie night we've decided to do it again. It's another great opportunity to aquant yourselves with the students from other classes.

It has been decided that the movie selection remain a secret until closer to the date. But it is assured that this film will be revelent to our Art.

INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tips	2
Grading Results	2
Events Calendar	3
Tournament Review	3
Dome Demo	3
For Your Health	3
Yogi and the Zen Master	4
Labyrinth to Zen	4

"Learn the lesson and don't dwell on the past."

SENSEI'S NOTE

Learn the lesson and don't dwell on the past. Keep your eye on your goal, and stay focused and disciplined. Living in the past doesn't go anywhere, so whatever has happened to you is a source of wisdom, learn from it and move on. Accept 100% responsibility for your own action, this is the life of a Martial Artist. Don't make excuses, or put the blame on other people, if it was your mistake admit it. If the same thing keeps happening to you it might be the way you are thinking. Your life tends to reflect your predominant mental thought. If you don't want to keep making the same mistakes you should sit in meditation and figure out what the problem is, and fix it. Your life is the way it is because of the way you think, the outside world is a reflection of the inside world. This is your life you created it, so it's up to you if you want to live in happiness or misery.

TRAINING TIP

Keep your Martial Arts training about the training and not about who's doing what. If I think you need to know about a certain person, or situation, I will tell you, don't assume. In the dojo there are many individuals, each very unique, and because of that, each person is treated a certain way, with courtesy and respect. Sometimes students talk about other students, for one reason or another, not fully understanding what the situation is, this can be harmful, not only to those involved but to the school as well. Understand this well.

Here are Miyamoto Musashi's ways of strategy;

- #1 Do not think dishonestly.
- #2 The way is in the training.
- #3 Become familiar with every art.
- #4 Know the way of all professions.
- #5 Distinguish between gain and loss in worldly matters.
- #6 Develop intuitive judgment and understanding for everything.
- #7 Perceive those things which cannot be seen.
- #8 Pay attention even to trifles.
- #9 Do nothing which is of no use.

GRADING RESULTS

for July 2003

KARATE KYU Adults

Blue Belt

Rob Farmer, Phillip Burton

Green Belt

Joe Shoichet

Orange Belt

Adrian Whiteman

KOBUDO

Green Belt

Shanta Nathwani

Yellow Belt

Adrian Hillyer, Grant Tisdal, Jackie Kortright

8-Pass 0-Probations 0-Failure

Congratulations to all the new graduates!

Next Kyu Belt grading September 27th



"Excuses are the tool of the unsuccessful."

EVENTS CALENDAR

September, 2003

- 1 -Dojo Closed
- 21 -Jet Boating
- 28 -Black Belt Grading
Holiday Inn, Oakville

October, 2003

- 18 -Dusk to Dawn
- 24 -Dome Demo 7:30pm
- 25 -Kyu Belt Grading

November, 2003

- Sensei Platt Seminar
TBA

Gradings 2003

- September 27th
- October 25th
- November 29th



Waterloo Tournament

Well done for all those that made the trek to Waterloo for the tournament. Your efforts were recognized and noted. The Beaches Dojo came in 6th overall out of 7 Dojos. This was only a matter of numbers, our competitors were strong but our numbers were weak. Thanks to all that competed and for those that didn't SHAME ON YOU! The results are on the board.

Health Tip

Develop the mind, body, and spirit equally, and with balance. Start with a well balanced diet, to ensure healthy organs, drink plenty of reverse osmosis water (8 - 8 oz glasses per/day). The human body is largely composed of water so it only makes sense to put in the cleanest water you can find. If you think of your body as a machine i.e. your car, you put in the best oil (water for your body) to keep the moving parts from wearing down, and the best gas (food) for high performance. As for mental balance, read, meditate, think, exercise your brain, use your head for more than just a target. Remember what the mind suppresses the body expresses, so the disease is really a matter of dis-ease. You need a place to express yourself instead of holding on to negative harmful emotions and stress. This is where the dojo can help you, a good physical class will help get your mind off everyday problems, get your body moving, vibrating at a higher level to overcome the negative emotions. This raises your spirits. People that have a more positive out look on life live longer and more satisfying lives. Add years to your life and life to your life.

Dome Demo

This years Dome Demo will be October 24th at 7:30pm. Tickets are \$12.50 and there will be a practice at 3:15pm. If you are unable to make the practice time make sure you ask one of the Beaches Black Belts what is expected of you. In the meantime start working on your demo, have a nice kata ready and maybe some self defence with a partner. There will be a couple hundred of us on the field so you won't be all alone. After a few minutes of glory it's off to the stands to watch the game. Why do they call them stands when that's were everyone sits?

"Stop checking the spellen end get the message."

The Zen master and the Yogi

A Zen master is walking along the road and sees a Yogi that he knew from several years ago walking toward him, as they pass, the Yogi says "Hi." The Zen master says nothing, and thinks to himself, he still talks too much.

Labyrinth of Zen

Help the Samurai find his sword!

