

# JADE Buddha



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

[www.cmacbeaches.com](http://www.cmacbeaches.com)

## Big Promo Senpai in the House



*Congratulations Senpai Tisdall*

## Year of the Tiger



*What the?*

*Look inside to see what the rest of the kick is like*

## West Camp



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*It is far nobbler to die on one's feet than to live on one's knees.*

## Beaches Newsletter

### Sensei's Note

Let it be. John Lennon once wrote a zen song called "Let it Be" Brilliant. Let it be - is to just relax and let things unfold as they should, don't force the square peg in the round whole. People are strange and interesting creatures and most of us are forced to live in this weird reality that is so disconnected from nature that we have lost touch with who and what we are. We are constantly being fed a line of garbage that is to consume and you will be happy. Your true happiness comes from within so you need to look inside once and a while.

I was sitting down at the beach the other day looking at the lake and thinking - just a 2 minute walk from the dojo sits this beautiful lake, you can see for miles and miles, a big calm body of water just sitting there with its waves rolling up on the shore. So relaxing and peaceful. I like to go as much as possible, because looking out there calms me down, not that I'm stressed, just that you have no choice but to relax when you see it. This makes me happy, content, and relaxed. It doesn't cost any money, it doesn't make me want to eat something, it doesn't make me want to buy a bigger TV, or a faster car, (but I do want a Boat), it just chills me out.

People from the Beach tend to be more relaxed than most other city dwellers because we have this huge body of water to keep us sane. You can always tell a tourist driving through, they speed and honk and yell at the locals for driving to slow or letting people turn on or off Queen. I no longer get excited when people cut me off or don't let me in or do something else that is very uncourteous, it is just the way it is - let it be, who cares, yelling at them isn't going to make them any smarter. Most times it only makes you look uncool. Now I just drive on or look over and smile then keep moving.

I really don't know how most people make it through a day, all the stress and without a good way to vent, sure there is going to be some problems at some point, be it mind, body, or spirit.

I was heading to the beach today and a mother and her little son were walking on the bike path (a no no in the Beach) so I said the bike path is for bikes and she was trying to say something to me, in the meantime cyclists are nearly missing her and the kid. I thought to myself what a stupid tourist, then went to the Beach. While she was trying to say whatever, they almost got hit, its a bike path, its for bikes get off the path, just let it be, and stop upsetting the cyclists.

### Training Tip

Ten minutes can make a world of difference when it comes to learning or cleaning up a combination or technique. Next time some move is giving you a hard time just spend ten minutes on it, only ten minutes that's all you need and you won't believe the difference it will make. No problem can withstand the power of concentrated thought.

## Beaches Grading Results

June 25 2010

### Green Belt

Cosima Pohanka

### Purple Belt

Anna Tisdall

## Next Grading

September 2010



*In many cases its easier to love humanity than it is to love your neighbour.*

## BEACHES EVENTS

### August

27-31 Dojo Closed

### September

1-6 Dojo Closed



## The 13 Tones of Creation

Each Tone presents qualitative and numeric meaning in itself, and in relationship to the other Tones. Where the 20 Solar Tribes provide measure, the 13 Tones portray the movement of creation, showing the progression of life in interconnected stages.

These universal energies govern the unfolding sequence of the recurring 13-day-cycle, as well as the 13 moons of the year, and also correspond to the 13 major articulations (joints) which allow our body movement ( 2 ankles, 2 knees, 2 hips, 2 wrists, 2 elbows, 2 shoulders and 1 neck/spine.)

Working with the Tones, we are invited to see life as a process, reflecting on these naturally occurring patterns of inner and outer growth. In addition to its name, each Tone has 3 specific code words – exact keys to unlock their power, action, and essence. As succinct clues, these code words are the ideal point of focus to understand the unique functions of the 13 Tones.

Each Tone is inspired by the codes, and merely reflect various insights one can derive from their contemplation. As a language of energies, the codes offer precise portals into the mathematical nature of fourth dimensional Time!

## Second Tone

Tone 2 - Lunar – “All antagonisms are complementary.”

Key-words: Polarize - Stabilize - Challenge

From one comes two. Opposing forces work together, counter-balancing each other in a field of stability. Black and white, night and day, good and evil, work and play. The yin and yang – the beauty of relationship, represents the essential dance of two. Everything defines, and is defined by its polar opposite. We are described and highlighted by what we are not. It is said, “If the valley filled up the mountains would disappear.” Tone 2 helps us to see that it is light which creates shadows. That winter and summer are but two products of one force experienced from contrasting positions. Night and day are faces of the one earth as it revolves!

Polarized states we encounter in daily life can serve as extremes which challenge us. The moon, keeper of lunar lunacy, reminds us that as we can only see one side of her at a time, so too might we be restricted to only one side of a perceptual equation. If we overlook the inherent unity that opposing forces are born of, polarity is experienced as duality. Duality, the destructive illusion of separation, denies that counter-balances exist to serve each other. Challenges that appear as hardship or struggle, when seen from another perspective, can bear the blessings of opportunity. Tone 2 encourages: Stabilize challenge by receiving opposition as a catalyst to generate holistic awareness. Embrace challenges as stimulating soul growth!

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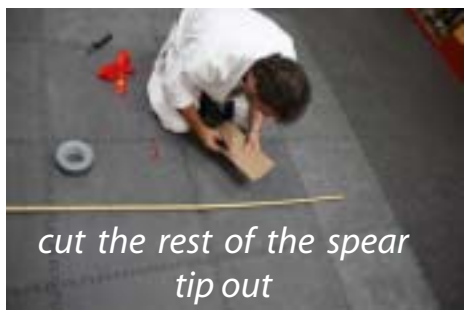
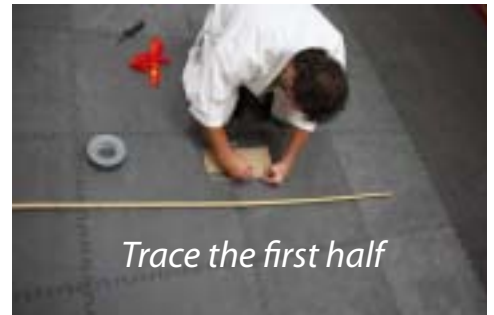
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**CMAC Guide to Goju 1, 2, 3, 4 and the CMAC manual are all excellent sources of training information. Get yours Today!**



*Greater understanding increases the capacity for tolerance.*

## Let's make a spear



Here is a 12 step process to make your own practice spear. Bamboo is light, straight, flexible and cheap so its perfect to learn with, plus the tip is made out of tape and cardboard so it is very rookie friendly. This spear took roughly 8.5 minutes to make.

*A little dispute shouldn't be allowed to injure a great friendship.*

## Aw Nuts

It's no secret that eating nuts is good for you. Researchers have been proving their cancer-fighting, brain-enhancing, weight-reducing and cholesterol-lowering capacity for years. As long as you avoid eating them with salt and enjoy them in moderation (about a quarter cup a day) as part of a healthy diet, you could also help reduce your risk for coronary heart disease. Nuts can help keep you satiated and cut down on sweet cravings, too, but are some nuts better than others? Here's what Naturopathic Doctor Via Bitidis of the North Toronto Naturopathic Clinic in Toronto and Community Health Nutritionist Carol Schnittjer of Dauphin, Manitoba recommend eating and why.

**Almonds** - Definitely a chart-topper, almonds have less fat than many nuts and are jam-packed with nutrients and disease-fighting antioxidants. With 94mg of calcium per quarter cup, they're a great bone-builder as well. Plus, eating almonds has been proven to lower cholesterol and reduce the risk of heart disease. They can also help decrease blood sugar levels, providing protection against diabetes. What's in them: 206 calories, 18g of fat, 1.3 g saturated fat, 4 g fiber and 7.5g of protein in one quarter cup.

**Hazelnuts** - Also known as filberts, hazelnuts are a good source of Vitamin E, providing 5 mg of this skin-enhancing antioxidant. They boast a healthy supply of B vitamins like B6, which can help combat the effects of autism, eczema and possibly hypertension. And hazelnuts contain tryptophan, an amino acid that helps treat insomnia and depression. What's in them: 212 calories, 20.5 g of fat, 1.5g saturated fat, 3g fiber and 5g of protein in one quarter cup.

**Walnuts** - Who knew walnuts were so good for you? They're one of the best plant sources of essential fatty acids such as Omega 3s, they can help reduce the effects of aging on your brain, improve your cardiovascular health, lower blood pressure and decrease LDL cholesterol. That's a lot for a little nut. What's in them: 164 calories, 16g fat, 1.5g saturated fat, 2g fiber and 4g protein in one quarter cup.

**Pecans** - In addition to providing essential vitamins and nutrients like folate and Vitamin A, these tasty treats are high in manganese, a mineral that helps promote healthy bones and regulates blood sugar levels. What's in them: 171 calories, 18g fat, 1.5 g saturated fat, 2g fiber and 2g protein in one quarter cup.

**Cashews** - Cashews are better for you than you might think. Most of their fat content comes from the healthy, unsaturated kind and most of this fat is from oleic acid, a heart-healthy monounsaturated fat. One 28g serving of cashews contains 10 percent of your daily requirement for iron and they're also high in magnesium, zinc and copper, which are important for strengthening bones and fighting disease. What's in them: 155 calories, 12g fat, 2g saturated fat, 1g fiber, 5g protein in 28 grams.

### Nuts to cut back on

While these nuts are by no means unhealthy, especially when eaten in moderation, they don't offer as many health benefits as the others mentioned above.

**Brazil nuts** - High in saturated fat (5g per ¼ cup serving), these are last on Schnittjer's list of healthy nuts. They are packed with nutrients like zinc, magnesium and selenium, but the fat content is so high (218g per ¼ cup) you should limit your portion to a few nuts at a time.

*When faced with the choice of two evils, postpone choice.*

## Aw Nuts Continued

Peanuts - Bitidis frowns upon this PB & J staple. Not only are they highly allergenic, but most commercial brands of peanut butter include unnecessary sugar, salt and fat, making them an unhealthy choice.

Chocolate-covered nuts - Candy-coated nuts of any kind should be a last resort says Schnittjer. The addition of chocolate and salt (which is often added by companies in the candying process) reduce the beneficial effects of the good fats and increase your levels of sodium.

\* The nutritional information provided is for raw, husked nuts.

Ways to add nuts to your diet: Brown them in a skillet over medium heat, stirring constantly for three to four minutes. Don't let them burn or you'll lose out on the nutritive benefits as well as the scrumptious flavour. Then, add them to a stir-fry, yogurt or salad. Roast them in an oven at 325 degrees for 15 to 20 minutes before adding them to granola, cereal or a casserole.

## Classical Martial Arts Centre



Our Dojo is called **Classical Martial Arts Centre** "The Beaches Dojo". We are affiliated with **Classical Martial Arts Canada** which is a group of like minded Martial Artist under the guiding supervision of Sensei Platt who is a Ten Degree and the head of CMAC. The fist represents our style Goju - which means hard and soft and Budo - means Martial Arts Way.

## Congratulations Senpai Tisdall



The Dojo has a new Senpai, recently promoted Grant Tisdall. Senpai Tisdall had his third degree grading back in June 2010 and with his promotion he has achieved a Senpai Hood, that means he's second in command, or the dojo's big brother. So from this day forward please refer to him as Senpai.



*Education is a gift that benefits all.*

## Cross step inside crescent kick



## Turning inside crescent kick



Some pointers for the inside crescent kick: Keep your hands up and lead with the arms and the hip follow, on the turn kick get your head around first and check the target, lift the knee in line with the opponents shoulder then snap the kick out (4&5) land in a strong stance.



## Jump turning inside crescent kick



Pointers for the jump spin inside crescent kick: When you jump turn - launch with both feet at the same time, make sure to lead with the arms and don't leave the reverse hand dangling behind you, pull the reverse hand into your chamber in front of the solar plexus and make sure to snap the leg, but not too early.



*Learn to know yourself before you presume to know another.*

## The West Trip



## The Power of Meditation

The historical Buddha, Siddhartha Gautama, was said to have achieved enlightenment while meditating under a Bodhi tree. The Buddha then returned to the world where he founded the monastic way of life and taught the dharma, or truth, in order to liberate all sentient beings. Monks live a life of poverty, chastity, prayer, and meditation. The daily routine of a monastery differs from place to place, as does the sort of meditation practiced there. There are literally hundreds of specific Buddhist meditative methods.

Buddhist meditation is fundamentally concerned with two themes: transforming the mind, and using it to explore itself and other phenomena. Many Buddhists practice meditation as part of The Noble Eightfold Path in order to reach enlightenment, which means liberation from the bonds of delusion and suffering. Meditation is also practiced for health benefits, which have been observed using the scientific method.

### Alpha State

When we flow in nature, in all its incarnations, we are on a high. Scientists call it the alpha state, that place where the mind is clearly calm and tension is all but nonexistent. This can even be observed and measured on an EEG, a medical device that can detect minute changes in our brainwaves patterns and display this value on an oscilloscope in hertz (Hz or pulses per second). When we are in an alpha state, our EEG shows a signal somewhere between 8Hz and 14Hz. The Schumann Resonance, the resonant frequency of the atmosphere, at the surface of the Earth is 7.83 Hz. As you move into the Earth's mantle, that layer from 2200 miles from the core to the surface 3900 miles, the resonant frequency is between 8Hz and 14Hz. Strangely enough this corresponds to the human alpha state of calm and clarity. When we are calm and centered we resonate with the mother Earth. What could be more natural.