

# JADE Buddha



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

www.cmacbeaches.com

## The Past

### Katori Shinto Ryu



## The Present



Experience the way of Budo on horseback-- Uma ni Noru no Budo. The ancient way comes alive in Grey Highlands, Ontario.

September 25-26, 2010 (Sat-Sun) 4:00 pm - 11:30 am

Learn why empty hand training became vital to a samurai's survival. Bring or borrow a bokken (a wooden sword resembling a live katana), which was traditionally used for safe study and practice.

Don't miss out on this great opportunity to enjoy the spectacular scenery and to train outdoors. Take advantage of the fantastic rate offered. You will leave with an elevated understanding of budo as well as a re-energized spirit.

Arrive at 3-4pm to set up. Horseback ride begins at 5:00 pm. Enjoy a great cookout after the ride.

## Year of the Tiger



**CMAC CAMP OCT. 2&3  
OAKVILLE**

**CMAC TOQUES AND  
HOODIES are available  
NOW**

**GREY HIGHLAND CAMP  
SEPTEMBER 25-26**

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*Mankind must put an end to war or war will put an end to mankind.*

## Beaches Newsletter

### Sensei's Note

A woman in her 30's goes to see her mother and tells her that she is overwhelmed and that life is too hard. So mom gets out a carrot an egg and some coffee, three pots of water and starts to boil water on the stove. When the water has come to a boil the mother tells her to put each one in a different pot, so she does. After 15 minutes the mother takes out the carrot and the egg and tells the daughter to cut the carrot and tell her what she sees. "The carrot is soft" she says, now the egg, "the egg is hard." What about the coffee "the coffee is coffee." The daughter says "what does all this mean?" The mother proceeds to say that all the items were exposed to the same adversity and it had an effect, the carrot was hard but turned soft, the egg was soft but went hard, only the coffee changed the adversity into a different expression of its self. How will you react to adversity. You need to become one with the situation and change it so it does not change you.

### Training Tip

Have you ever seen those video games were the little kid can work the little man to do anything he wants, and then he goes to the next level and does even more amazing things. The kid seems to know all the secret moves and the all special features of the game. So amazing! How did he get so amazing at that game? Is it because he was born with an X Box in his hand? Well kind of, you see these little kids learned at an early age that you have to practice to get good at these games. Unfortunately they don't get that, it applies to everything else.

Imagine you have this great new computer and it has all these great features on it but you just like to use it for sending emails. What a waste of potential, your computer can do so much more than just email, it can suffer the web so that anything you ever wanted to know about is at your finger tips, it can do amazing things with photos, it can hold piles and piles of information, and the list goes on and on. You are kind of like this new computer, and you are only using like two or three programs, eat, work, sleep mode. Maybe a couple more programs than that hopefully but you get the idea.

Wouldn't it be cool if you could just hit the self defence button and saving your life was automatic? You hit the button and the program runs right away instantly doing exactly what it was programed to do. Guess what? You have that ability, but it comes at a price, most of which is too steep for people these days, it is called dedication and determination. Nothing worthwhile ever came without some kind of challenge.

I find it funny that something as precious as your life is not worth the effort of hard training. Hard training will not only give you self defence skills, but will keep you active and healthy. So it will help save life or maybe someone else and make you healthy, strong and even a little more interesting. All for just a few hours a week.

## Beaches Grading Results

June 25 2010

### Green Belt

Cosima Pohanka

### Purple Belt

Anna Tisdall

### Next Grading

September 24 2010



*You can only be one person so decide who it is that you want to be..*

## BEACHES EVENTS

### September

- 1-6 Dojo Closed  
20-25 Bring a Friend  
24 Kyu Belt Grading 7pm

### October

- 2-3 CMAC mini camp and  
Black Belt Grading weekend  
16 & 17 Art show at the  
Beach Mall  
9,10,11 Dojo closed for the  
longweekend  
11 Thanksgiving  
31 Halloween

## 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.

## Third Tone

Tone 3 - Electric      "Service is love made visible."      Key-words: Activate - Bond - Service

Tone 3 represents the sacred Trinity in all of its manifestations. The energy of 3 moves us beyond polarity, ushering in the electrifying current of activation! Instead of the give and take of two, we access the dynamic exchange which 3 makes possible. Energy is now capable of bonding, allowing for an expanded dimension of structure and creational possibilities to emerge. This new dimension awakens creative currents, inspiring circulation, variability, and fresh potential for alignments.

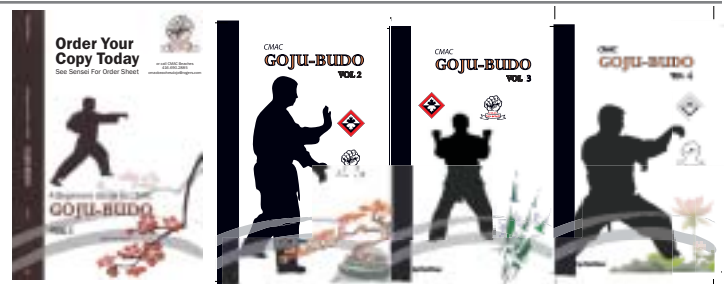
An activated being is alive with their sense of mission – setting their truths in motion! Accepting the opportunity to be of service, we bridge energetically with others beings in the light of collective goals. On a large or small scale, offering one's self in service – willingness to jump in when needed and assist the surrounding circumstances – is a simple, yet highly spiritual act. Acting on behalf of others, as well as the Biosphere and future generations, we access a virtue of selflessness.

The greatest acts of service are in recognition that those we help are in no way separate from ourselves – that in some way we are merely one aspect of creation assisting another aspect of creation. In active service to life, the path of dharma fills our days with meaningful work, which may or may not ever have rewards outside of the tasks themselves. May we rise to meet the blessing of participating in this great work – the endless work of love.

### Get your own merchandise 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!**



*To know and to act are one in the same.*

# What'd you Say!?

Huh? Can you speak up? Oh! You want to know if loud music can hurt your ears. Are you asking because you like to put on your headphones and crank up the volume of your favorite CD? Maybe your mom or dad has told you, "Turn that down before you go deaf!" Well, they have a point. Loud noise (from music or other sources such as machinery or jet engines) can cause both temporary and permanent hearing loss.

Hearing loss means someone can't hear as well as other people do. For some people, that means not being able to hear at all.

If the noise around you is so loud that you have to shout to be heard, there is a chance that the mechanism inside your ear can be injured. Temporary hearing loss can happen after you've been exposed to loud noise for any duration. If you have temporary hearing loss, you won't be able to hear as well as you normally do for a while.

You also could have tinnitus (say: tih-neye-tus), which is a medical term for ringing in the ears. Your ears can feel "full," too. Although your hearing frequently returns to normal, the dangerous part is that you can lose it permanently if you listen to loud noise or music over and over again.

If someone is exposed to loud noise over a long period of time, like every day, permanent hearing loss can occur. This means the person's hearing won't ever be as good as it once was. That's why construction workers and factory workers need to wear ear protection. Lawn mowers and power tools, like chainsaws, also can be loud enough to affect someone's ability to hear high-pitched noises. This kind of noise also can cause a person to have tinnitus all the time.

Listening to loud music a lot can cause the same kind of damage, especially if headphones are used. Some famous musicians have suffered hearing loss and developed tinnitus — a real problem for someone who needs to hear to make and enjoy music. That's why now you might notice that some of your favorite musicians wear hearing protection while they're playing.

You too can help keep your hearing in tip-top shape. Protect your ears by wearing ear protection when you're using machinery, like in metal shop at school. Also remember to turn down the volume, especially when you're wearing headphones or in the car. You also might want to give your ears a rest once in a while if you like wearing headphones.

And if you're going to a concert, consider wearing earplugs to protect your ears from the boom, boom, boom! In fact, special earplugs can be made for you if you're going to concerts a lot or if you're a musician yourself. Take these steps now and you won't be saying "What?" later on.



*Vision without action is a daydream, action without vision is a nightmare.*

## Do's for Taikyoku Mawashi Uke



# 1. Lead side elbow in a shikodachi, make sure to line up the forearms

#2. Back fist straight out from the shoulder, don't forget to chamber hand.



# 3. Start the horio-toshi by placing the blocking hand up the right side of the head and the chambering hand fist to the blocking arms elbow.



#4. Take the blocking hand right across your face and passed the elbow.

#5. As soon as the hand passes the elbow chamber the hand, and finish with the blocking fist right above the knee.



#6. Reverse Punch in a forward stance, straighten the back leg and make sure the punching shoulder is ahead of the chambering shoulder.



## Don'ts for Taikyoku Mawashi Uke



#1. Make sure that you don't do this, always line up your the fore-arms.



#2. A couple things about this one; keep the arm straight on the back fist, and do a proper chamber hand.



#3. Actually I should have screwed up the block more but years of training make it difficult to make mistakes, but notice the chamber-hand is open.



#4. You need to turn the hip over and straighten the back leg plus make sure to have the punching shoulder ahead of the chambering shoulder.

*We only know the worth of a thing when we have lost it.*

## Marineland Protest

Labour Day is the annual Marine land Protest and this year CMAC was there to take part. It really is sad to see this place. They have a deer park full of deer with open sores in an open area with no shade or grass, plus very little food water. Then there's the whale and dolphin tanks they are just jails for whales.

Anyway about sixty people were there to protest with signs and blow horns to chant slogans to wake up the masses of the atrocities, but people were pretty numb for the most part. That is until the bikes showed up - we were slowing traffic so the passing cars would have time to read a poster or two, the roar of the Harleys turned some heads and people seemed to wake up out of the functioning comas and take notice.

It is a worthwhile cause I think and part of a Martial Artist duty is defend those who can't defend themselves. These poor animals are slaves so someone can get filthy rich at the expense of their health, freedom and happiness.



## Animals Are People Too



## Way of the Samurai - Seminar

Experience the way of Budo on horseback-- Uma ni Noru no Budo.

The ancient way comes alive in Grey Highlands, Ontario.

September 25-26, 2010 (Sat-Sun) 4:00 pm - 11:30 am

Horseriding arts (Bajutsu) and mounted fighting techniques were a major component in the samurai's repertoire, especially elite ones. The Warrior's Way of Horseriding (Uma ni Noru no Budo) will help deepen your understanding of your training, and recognize the importance of harmony between the horse and rider, especially in battle. Delve into the ancient way of the sword through Koryu training. Learn sword cuts in Shinkage Ryu (our school's predominant style), which was practised by the emperor's elite guards, as well as application and disarming (kotejutsu--wrist arts). Learn why empty hand training became vital to a samurai's survival. Bring or borrow a bokken (a wooden sword resembling a live katana), which was traditionally used for safe study and practice.

**See Events board for all the details.**



*Education is a gift that benefits all.*

### Tenshin Shoden Katori Shinto-ryu

While I was in Japan I wanted to visit the Katori Shrine in the Chiba Prefecture. It is a Shinto shrine that stands as the head of a nationwide network of 400 Katori Shrines. The shrine is said to have been founded in 642 BC when the shrine's deity, Futsunushi, was enshrined there. Futsunushi is the deity of swords and lightning and is the general for Amaterasu, the sun goddess, in Japanese mythology.

I was interested in visiting the shrine because Katori is where one of our sword styles originated. Tenshin Shoden Katori Shinto-ryu is one of the oldest surviving martial arts in Japan. It was founded around 1447 by Iizasa Ienao who was a respected spearman and swordsman. It is said that he retired to the Shrine and took up Buddhism under the name of Chosai Ienao. At the temple he carried out his monastic life and rigorous training and one day Futsunushi appeared to him and handed down the secrets of martial strategy. Since the doctrines for his school were inspired by the gods, he preceded the name of the school with Tenshin Shoden, which can be translated as "truthful and faithful celestial tradition".

Many legends exist about the life of this exceptional master. It's said that when one would come to the temple to challenge him, he would invite the person to discuss the matter with him. His disciples then laid down a mat on small bamboos. Master Chosai would then sit on it without the bamboos folding under his weight. The challenger then realized that Chosai had reached a level much higher than his and backed away from the challenge. Chosai would then explain to him that instead of seeking the best way of killing others, a warrior must learn how to behave humanely to improve his spirit.

Tenshin Shoden Katori Shinto-ryu is a comprehensive martial system. Its study includes a broad range of martial and outdoor skills. Sword (kenjutsu and iaijutsu) is the central weapon but students will also learn short sword (kodachi), two swords (ryotojutsu), staff (bojutsu), glaive (naginatajutsu), spear (sojutsu), spike throwing techniques (shurikenjutsu), grappling and knife fighting (jujutsu), intelligence gathering and analysis (ninjutsu), field fortification (chikujōjutsu), strategy and tactics (gunbai-heiho), astronomy (tenmon chirigaku) and philosophy (in-yo kigaku). The shrine also included a large archery range for students to practice kyudo.

Article by Mr. Jones



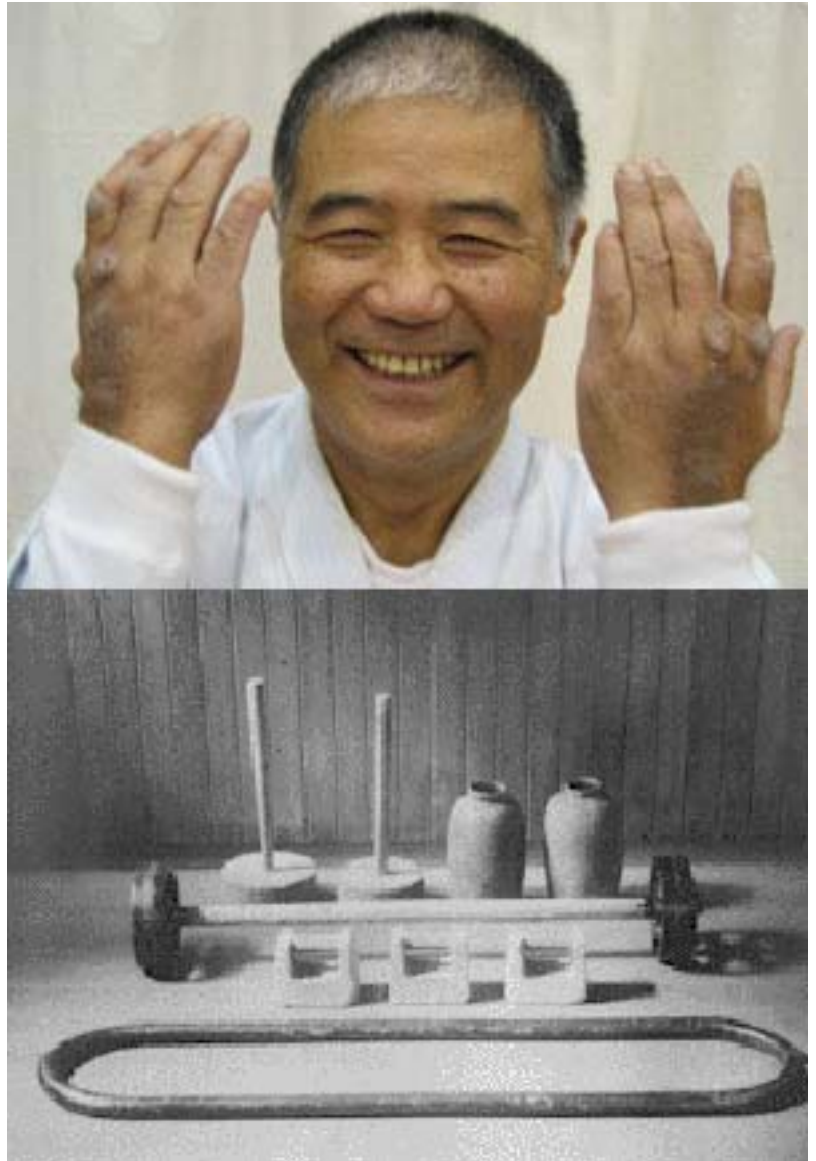
ARCHERY RANGE

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

### Okinawa - Higaonna Dojo - Hojo Undo

When I was in Naha, Okinawa I took the opportunity to visit the International Okinawan Goju-ryu Karate-do Federation (IOGKF) Honbu Dojo run by Morio Higaonna Sensei 10th Dan, Hanshi. Morio Higaonna was born on December 25, 1938, in Naha, Okinawa. He began to study Shorin-ryu karate at the age of 14 with his father. A friend recommended that Higaonna learn Goju-ryu karate at Chojun Miyagi's garden dojo. In the late 1950's, he began training under Ei'ichi Miyazato (the most senior student of Chojun Miyagi) and An'ichi Miyagi (reportedly an adopted son of Miyagi). After graduating university in Tokyo, he dedicated his life to karate, and became one of the most widely recognized and respected Goju-ryu instructors in the world. His Yoyogi Dojo in Tokyo attracted many famous students including martial artist and author, Donn F. Draeger. Higaonna has written five books and produced at least eighteen full length instructional DVDs on Goju-ryu karate. One thing that stood out at the Dojo was the collection of training devices for Hojo undo - supplementary exercises. These are simple tools made from wood and stone that are used for conditioning exercises. Chi shi are concrete weights that are attached to a wooden pole. The practitioner grips the chi shi and moves his or her wrists and arms in motions that are used in kata or against opponents. This helps strengthen the fingers, hands, arms, and chest. Ishi sashi are hand held weights in the shape of padlocks, traditionally made of stone.

They are tossed in the air and caught as they fall to strengthen fingers, hands and arms. Makiage kigu is a weight hanging by a rope from a wooden handle. The practitioner grasps the wooden handle with the weight in the middle and twists the handle to wrap the rope around it. This strengthens the wrists. Makiwara is a striking board that is used to practice striking a target that provides resistance. This is used for conditioning the hands and feet for striking and also helps correct poor technique. Nigiri game are ceramic jars filled with sand. The jars are gripped around the lipped rim while the practitioner moves in varying stances in order to strengthen the arms, shoulders, back and legs. Kongoken is a large, heavy oval metal object that is used to condition the arms, legs, and strengthen the wrists and core through a series of exercises that involves lifting it above your head as well as twisting it around with one end of the oval on the ground. No photography was allowed in the Dojo so I've included some pictures from the internet. Notice the conditioning on Higaonna's hands. He has trained his hands for many years by hitting them against a large stone... imagine being hit by one of those fists.



Article by Mr. Jones