

JADE Buddha



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

www.cmacbeaches.com

Itosu Rohai Shodan

Kata and Bunkai

Year of the Tiger



What is Max doing Now



Spear Training on the Beach



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Way of the Samuria

October 23 & 24

Horse back riding BBQ Bon Fire

Spear Training Good Times

Hosted by Yume Dappo



When you feel anger rising, think of the consequences and count to ten.

Beaches Newsletter

Sensei's Note

Today one of the parents had a story to tell me about one of the students at the dojo being bullied by another kid at school. As things go kids will play around to test their surroundings. This particular day the kid choose one of the dojo kids to communicate with. He stole the kids treat so our guy asked for it back and the bully refused so after showing some patience and tolerance decided to punch the bully in the solar plexus, dropping the kid like a stone. Treat was returned.

How should we react to this behavior? Violence is not the solution to all your problems. But really who doesn't want to blast some jerk who is messing with you! Chances are, that kid won't do that again. Most of the time people only mess with you to make some kind of connection with you, they want some of your attention - your energy. How you react to someone making contact could be the difference between good or evil.

It is a delicate balance between over reacting and under reacting. Seeing the situation for what it is every time is a great skill to have. If you are a pushover all the time people will walk all over you. If you are too hard and guarded no one will come near you.

A quote from Chuck Merrimen is "Be as soft as life allows you to be and as hard as life forces you to be."

When someone does something you don't like, you don't need to go all hard right away. It takes intelligence not to fight, that's why there is so much peace and tranquillity in the world today, people have become smarter.

All kidding aside, remember, in the school yard have fun, don't allow yourself to be a victim, its OK to stand up for yourself. Violence is not the answer.

If the only tool you have is a hammer you will treat every problem like a nail.

Training Tip

In September we worked on just a few things; Shi Ho Waza, Shattering Palm, Itosu Rohai Shodan. During the passed 3 weeks many of you were able to really get with the program, so I see that as a victory.

A lot of times you only have a week to get the lesson plan, but by having 3 weeks to get it-you got it. So its my plan to do a few things during a class, but really work them for a whole month, then change it up for the next month. Write this stuff down and work it till you got it, then work it some more. The more you train the less you need to think about it and you just get better and faster and stronger.

Beaches Grading Results

Sept 24 2010

Brown Belt

Joel Gingras

Next Grading

October 30 2010



With money in your pocket you are wise, and handsome, and you sing well too.

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
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.

Forth Tone

Tone 4 - Self-Existing “It is only through the operation of measure as wholeness and order than any manifestation can occur as a coherent organism..... Measure – the form giving principle of energy – is represented by the number four.”

The Mayan Factor

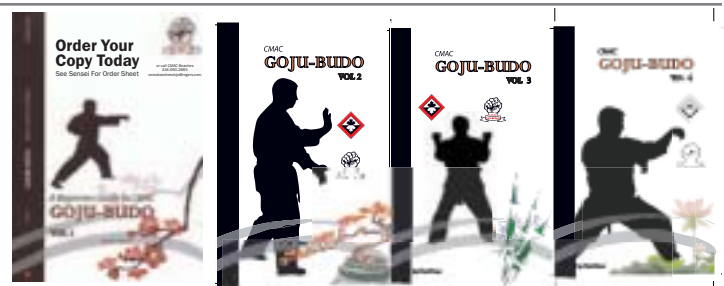
Key-words: Define - Measure - Form

Four directions, Four seasons. Four elements. Four limbs. Four chambers of the human heart. Four sides to the tetrahedron. Four delivers structure into the 3rd dimension. 4 offers double stability – it provides a uniform foundation which nature’s order builds upon. Tone 4 represents the essential role of definition in shaping our lives. When supported with accurate information, clarity is formed and direction revealed. Without verified facts, life may be clouded or disoriented. Plans are weakened when based in speculation or Unveil the designs. Determine the parameters. Measure possible scenarios. Scheme and dream the structure you seek! The wisdom of Tone 4 assist our development by observing that when recipes for creation are recorded, others can then replicate and build upon our evaluation, discernment, and formulation. Let us remember that our every-day definitions construct our every-day perceptions, which ultimately shapes our world. By functioning as an open system, we are capable of re-structuring our perspectives in order to transform our reality!

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When two quarrel, both are to blame.

Superman Punch



By Colin and Riga



Here's a couple shots of the guys doing the Superman Punch. It's always a favorite of the kids and these two make it look so easy. This deadly punch kick combination is a reverse punch and side kick combined and if the timing and distancing is good the end result is super wicked.

Astral Projection

Astral projection (or astral travel) is an interpretation of any form of out-of-body experience (OBE) that assumes the existence of an "astral body" separate from the physical body and capable of travelling outside it. Astral projection or travel denotes the astral body leaving the physical body to travel in the astral plane.

The idea of astral travel is rooted in common worldwide religious accounts of the afterlife in which the consciousness' or soul's journey or "ascent" is described in such terms as "an...out-of body experience, wherein the spiritual traveller leaves the physical body and travels in his/her subtle body (or dreambody or astral body) into 'higher' realms." It is therefore associated with near death experiences and is also frequently reported as spontaneously experienced in association with sleep and dreams, illness, surgical operations, drug experiences, sleep paralysis and forms of meditation.

It is also sometimes attempted for its own sake, or may be believed to be necessary to, or the result of, some forms of spiritual practice. It may involve "travel to higher realms" called astral planes but is commonly used to describe any sensation of being "out of the body" in the everyday world, even seeing one's body from outside or above. It may be reported in the form of an apparitional experience, a supposed encounter with a doppelgänger, some living person also seen somewhere else at the same time.



The Separation of the Spirit Body



Notice the doppelgänger

Make your own choices then you will only have yourself to blame if things go wrong.

Spear training at the Beach

August 19/2010



When you have no choice, mobilize the spirit of courage.

Itosu Rohai Shodan Bunkai



Itosu's Herring Kata

Itosu taught Gichin Funakoshi who became the founder of modern day Shotokan

First attack is a double grab to the neck or lapel.



Step out and double clear with 2 open hand middle area blocks.



Reach around the arm and grab his elbow Pop it.



Pull in nukite the ribs throat or groin.



Block the punch or grab the head for a headlock.



From a double lapel grab you can clear high with the left and clear low with the right while throwing a knee to the groin.



Step down back a hammer fist to the top of the nose.



Lunge in with right for a straight linear punch to the head.

Don't divert from your own purpose, if you were sure enough to start, be sure enough to finish.



6



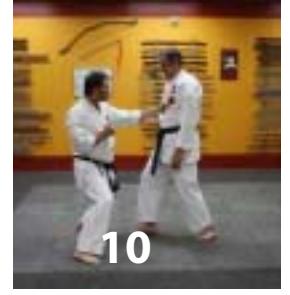
7



8



9



10



Pull him for a rib punch or if you have the head - ear nose or temple.



Double middle block clear with fist straight up and down.



Guns blazing rapid punches throat nose solar plexus.



The three punches are all done to the head level in the kata and in rapid succession with fist straight up and down starting with the left hand first.



16



17



18



19



Similar to move * this time high block knee and punch all at the same time, awesome!



Step down and crush the foot while popping him in the throat.



There are 3 of these double hits in this kata because it is a really excellent move and hard to defend against.



Shuto Uke - Shoto Kan guys love the shuto uke.

Cool Kata Practice it!

Where the river is deepest it makes the least noise.

Those Crazy Yoots and their Parkour!

Here is a quick look at the Yoots warm up when Noel gets his way, he often yells Parkour when jumping over something



What is Parkour?

Parkour (sometimes abbreviated to PK), or l'art du déplacement (English: the art of movement) is the physical discipline of training to overcome any obstacle within one's path by adapting one's movements to the environment.[1] It is a non-competitive, physical discipline of French origin in which participants run along a route, attempting to negotiate obstacles in the most efficient way possible, using only their bodies. Skills such as jumping, climbing, vaulting, rolling and swinging are employed. Parkour can be practiced anywhere, but areas dense with obstacles are preferable, and it is most commonly practiced in urban areas.

The term freerunning is sometimes used interchangeably with parkour. While parkour aims to enable the practitioner to be able to move quickly and efficiently past obstacles, freerunning has a greater emphasis on self-expression within the environment. Freerunning includes tricking moves such as aerial rotations and spins, while the purist definition of parkour founder David Belle would not consider these part of parkour because the moves are merely showy, not efficient, and do not help the participant to get from place to place. Although Sébastien Foucan co-founded parkour, his philosophy differed and so he is generally associated with freerunning (see below).

A practitioner of parkour is called a traceur if male, or traceuse if female (from the French for bullet).