

# JADE Buddha



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

## Postures Awareness Focus for November 2010

### Year of the Tiger



*Is this snake for real?*



## Remembrance Day 11.11.11am

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## Way of the Samuria

*Camp summary  
Horse back riding BBQ Bon Fire  
Spear Training Good Times*

*Hosted by Yume Dappo*

*If you are going to dream anyway, you might as well dream big.*

## Beaches Newsletter

### Sensei's Note

GET A MANUAL! And when you get it, you should read it once in a while. It is a valuable resource that will make your training in CMAC more rewarding and less confusing. You will understand ideas like "Your word is your Bond" and "You get what you give" also "Control your emotions or they will control you" plus - kata points, the Karate Creed, 5 stages of a self defence, testing requirements, grading exams, translations etc. etc.

You can get a manual from me so just ask.

You are on a journey and it's always good to have some direction on a long journey, this is a good map. I'm your guide and right now I'm telling you to read the map.

**The experiment**, We tried to accommodate some students and make the grading at a more convenient time (during their training time). Sure that works fine for those grading, but what about those who are not in the grading but were expected to be there anyway? Every class is a learning experience and if you treat each grading like a class it makes the grading less stressful.

Some students came, but when they found out it was a grading and they left. That's too bad, a couple of the kids might have graded if they only had of been here. A large part of success is just showing up, besides it would have been nice to show some school spirit and support for those that were putting their toes on the line.

For the kids who got pulled into the grading at the last minute - "Surprise!" Think of it as a test - everything is a test. Just making it to class is a test, and you passed that test, doesn't mean that you passed the grading but you learned a valuable lesson, if you show up there maybe an opportunity.

### Training Tip

Stances Balance Power! How many times do you have to hear it?! No balance no power, so you need to develop strong stances. How? Practice correctly, look listen, apply, then repeat - look, listen, apply, repeat X infinity.

Master the basics and put the basics into your Kata. All too often people will rush through a kata and forget about certain little details, like straightening the back leg on a lunge punch.

First you learn the technique, then you get the speed through repetition and after years of training you get the Power. That is the Magic, and the Mystery is revealed through repetition over time.

## Beaches Grading Results

October 28 & 30 2010

### Yellow Belt

Kennedy Clouse  
Jaya Vos

### Orange Belt

Carson Clouse  
Rafael Pedro  
Emma Russo  
Angelo Frangos  
Ross Ivano  
Tyler May  
Tetsu Stone  
Sasha Decker  
Jake Jackson  
Mackenzie Beatty  
Zoe Lawson  
Matt Tobin  
Anna Tisdall  
Colin Goodman  
Helder Cabral  
David Walters

### Red Belt

Devon Moussa  
Robbie Russo

### Green Belt

Owen Sulter

### Blue Belt

Clarke Vandenhoven

### Next Grading

December 11 2010



*The enlightened mind doesn't allow emotion to trample reason.*

## BEACHES EVENTS

### November

6 clock change back  
11 Remembrance Day

### December

11 Kyu Belt grading  
24-31 Xmas Holidays

### January

1&2 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.

## Fifth Tone

Tone 5 - Overtone “The principle of the centre governed by the number 5 allows the order of 4 to move, as the seasons move around a common solar centre.” – The Mayan Factor

Key-words: Empower - Command - Radiance

Tone 5 is the principle of centre which animates the world of form. Understanding the 13-tones as a sequence, the radiance of Tone 5 amplifies the form structured by Tone 4. Measured and defined, form is secure and ready to be radiantly shared with the empowered expression of Tone 5. All radiance emanates from a centre-point. Every individual has a personal centre – a place of strength and stillness in the care of one's being: a point of autonomy and authenticity: an inner sphere of fearless, ego-less Self-love. This centre connects us to the Earth's centre, and to the core of the Milky way, and to the spiritual heart of Creation! Living from a communion with this centre establishes a holistic connection between our inner and outer world, bringing an overtone of empowerment to all that we do.

Tone 5 provokes us to connect with our truth and radiate that knowing. When we are in command of our own knowing, that radiance expands into the environment, and empowers others to discover and shine their truths.

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**CMAC Guide to Goju 1, 2, 3, 4 and the CMAC manual  
are all excellent sources of training information.  
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*To suppress a moment of anger may prevent many days of sorrow.*

## New Sign



## Thanx Joel



*It was a great day to change the front sign although we were warned not to do it on a windy day, we chose to do it anyway. If you notice, the tai chi guy is missing. Well, he kinda blew away, he just went with the flow.*



Thanks again Joel you have been a huge help this year, with the newsletter and all the printing, that day we had to redo the hardwood in the changerooms and putting together all the books on a minutes notice. You Rock!

## Nature and Man

*Here's two fishermen that came across a friendly little deer. Please think about this if you ever plan on taking up hunting. They just want be friends.*



Here is a couple pics of a fella who was almost eaten by a shark but was saved by a pod of dolphins. This is not the first time a dolphin has saved a human in trouble out in the ocean. It is really quite amazing if you think about it, we pollute their water, eat all their fish, hunt and kill them and they come to our rescue when we are in trouble. If the tables were turned we would declare war and wipe them out.

*There are many wonderful things to be done, and only you can do them.*

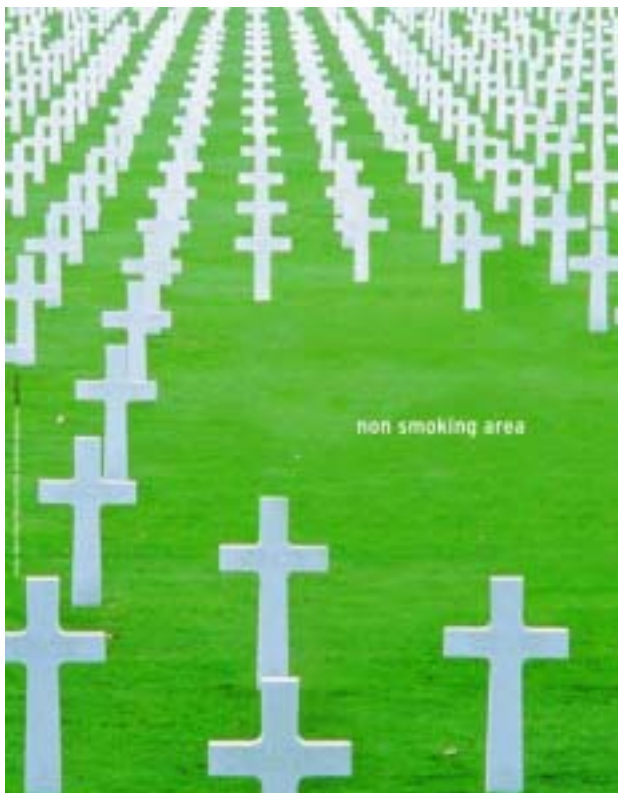
## Intuition

Intuition is a special knowing, a gut feeling that what you are thinking is absolutely right. How does that happen? Where does this knowledge come from? Everyone has a story of how they knew it was time to get off the highway just before the big traffic jam, or they knew exactly where the car keys were when they were lost for days or you think of someone just as they call you on the phone.

For me it happens so much that it doesn't surprise me any more which is kind of a bummer for the people I see because they expect a reaction, but I already knew they were going to show up. This is a useful thing when it comes to survival because you know that tonight there will be trouble or if it will be safe to venture out. We all have had this happen, "I knew something was going to happen tonight" but we choose not to listen and things happen. Here's a tip the next time you get that feeling, stay in. Its totally worth it. Better to stay out of trouble than to get out of it.

In the city we feel safe because it's home, and we know it, and nothing will ever happen to us because we are blessed with good fortune and God has smiled on us. Especially in the Beach! I looked at the cop section of the beach metro the other day and some Nutter was robbing and assualting people with a knife on October 5th between 12:30 and 4:30 am. this guy got 3 people in the Queen and Woodbine area. He was 37 years old and has no fixed address. He was in our neighbourhood. I have always said all the crazies come out after midnight. So the next time someone approaches you after pumpkin hour be ready.

**Notice the empty space is reserved for non smokers**



**This is a real 5 headed snake found in India? I just thought it was cool.**



*Do not reason away your vision.*

## Eating Fruit

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat. What is the correct way of eating fruits?

IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! \* FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities. FRUIT IS THE MOST IMPORTANT FOOD. Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so. In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil....

So please eat your fruits on an empty stomach or before your meals! You have heard people complaining "every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet, etc." actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

Graying hair, balding, nervous outburst, and dark circles under the eyes all these will NOT happen if you take fruits on an empty stomach. All fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

ORANGE : Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

*Do not give up on something you think about every day.*

## Eating Fruit continued

**WATERMELON:** Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

**GUAVA & PAPAYA:** Top awards for vitamin C. They are the clear winners for their high vitamin C content.. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

Drinking Cold water after a meal = Cancer! Can u believe this?? For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks

**HEART ATTACK PROCEDURE:** Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. Sixty percent of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

## Survival Tip

What are you to do if you have a heart attack while you are alone? The Johnson City Medical Center staff actually discovered this and did an in-depth study on it in our ICU. The two individuals that discovered this then did an article on it, had it published and have had it incorporated into ACLS and CPR classes. It is called cough CPR. A cardiologist says it's the truth, it could save your life!

Let's say it's 6:15 p.m. And you're driving home (alone of course), after an usually hard day on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far. What can you do? You've been trained in CPR but the guy that taught the course didn't tell you what to do if it happened to yourself. Since many people are alone when they suffer a heart attack, this article seemed to be in order. Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without letting up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating.

The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Tell as many other people as possible about this, it could save their lives!

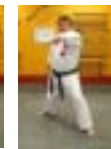
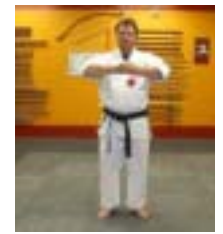
*Do you love your life enough to change it.*

## Remembrance Day 11.11.11am

Remembrance Day – also known as Poppy Day or Armistice Day (the event it commemorates) or Veterans Day – is a Commonwealth holiday to commemorate the sacrifices of members of the armed forces and of civilians in times of war, specifically since the First World War. It is observed on 11 November to recall the end of World War I on that date in 1918 (major hostilities of World War I were formally ended “at the 11th hour of the 11th day of the 11th month” of 1918 with the German signing of the Armistice). The day was specifically dedicated by King George V, on 7 November 1919, to the observance of members of the armed forces who were killed during war; this was possibly done upon the suggestion of Edward George Honey to Wellesley Tudor Pole, who established two ceremonial periods of remembrance based on events in 1917.



## 18 Postures of Awareness



## Way of the Samurai



The Way of the Samurai weekend event at Nick's place was really a great time. Sensei Bassel thought it would fun to get together and relax with fellow Martial Artists, have a big fire, lots of tasty food, guitars and have a few laughs. So that's what we did.

Here's how it went, the Beaches CMAC assault vehicle arrives on the scene to find a bunch of guys standing in the dark and rain trying to Macgiver a makeshift lean-to with a big blue tarp, some rope, a couple 2x4's and steel pipe. It was quite a spectacle! Anyways, The Beaches crew sprang into action and it came together after a while and no one was injured, but not for a lack of trying! As Sensei Bassel put it, "this is the stuff you remember", true enough, it's all apart of the experience. He kept his cool the whole time and was having a good time through the whole production.

After things settled down we had a great dinner and after some food and drink we sat at the bon fire and had some laughs while Nick entertained us with his guitar and Country songs of his Sensei, dojo, and friends, it was really great. Sensei Platt would have loved it.

The next day there was a tai chi session after breakfast, then we all went horse back riding. That pic is of Sensei Bassel of his enormous Clydedale. It was a fun time it only rained for half of the ride but the temperature was perfect so no one cared about the weather. Those that missed it - really missed out. This life only comes around once.