

JADE Buddha



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

647-258-7469

www.cmacbeaches.com

After School Program

Starting January 3rd 2011

For Kids 7 to 12 years old

Year of the Tiger



Way to go Lucas!



Women's Self-defence Begins January 7th, 2011

This is a free community service for the month of January for local women to come and learn basic self defence every Friday night at 6 to 7pm.



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The way to cope with life is through faith, hope, patience and discipline.

Beaches Newsletter

Sensei's Note

This is absolutely the best thing that has happened this month! We have a new kid in the little guys class - lets call him Rollen (change the names to protect the innocent) and he's almost 4 and the smallest kid in the class. One of the assistance we'll call him Mickey, thought it would be funny to pick on little Rollen by questioning his gender. Mickey - "Hey Rollen are you a boy or a girl?" Rollen - "You're A GIRL Mickey!" Brilliant! So I see little Rollen following Mickey saying something but there was a lot going on at the time so I had everyone sit down and Rollen was in the wrong spot so I grabbed him and threw him up on my shoulder and went on to tell the class about the next drill we were going to work on. As soon as there was a break in my sentence Rollen says "You're A GIRL Mickey!" I was like - What? "What's all this about?" So then after hearing what had happened I couldn't help but laugh, Mickey got schooled by a three year old. Awesome.

Things you should never do is pick on people especially if they are smaller than you, how does that make you look cool? Then when they stand up for themselves and catch you off guard you look even worse. There really is no winning so be cool and be nice to everyone. People remember when you're not cool and they hold onto it for a while, and you never know when it will come around and bit you in the butt.

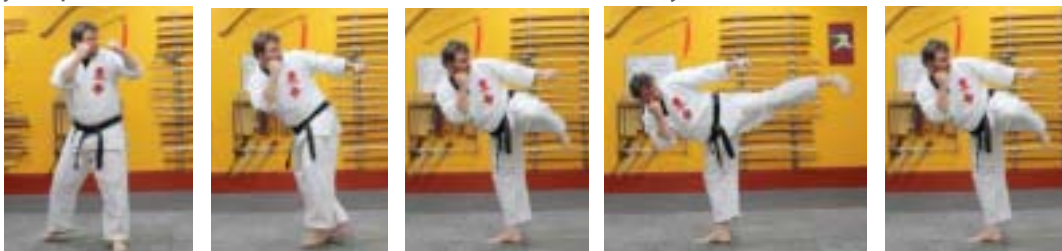
The best part of the whole thing was everybody got the lesson and Rollen came out it looking like a rock star.

Training Tip

Sidekick meltdown! Please figure out your sidekick its driving me kookoo bananas! I know you think I'm there already but come on the kick is so easy. Just point the heel of the support foot at the target and fire out your kick. Make sure to kick with the heel not the blade and line up the foot, hip and head all in a straight line, easy. It all comes down to the support foot, if that is off it effects everything else.

Now if it isn't easy it just means you haven't taken the time to study it. Here's what you do, before every class warm up on the railing outside with 50 sidekicks each leg. The rail will help you with your balance so you can make sure everything is all lined up.

If a strong side kick meant the difference between life and death how hard would you practice it? The sidekick is the business, so do yourself a favour, train it.



Beaches Grading Results

No grading in Nov. 2010

Next Grading

December 11 2010



If enlightenment is not where you're standing, where will you find it?

BEACHES EVENTS

December

11 Kyu Belt grading

23-31 Xmas Holidays

January

1&2 Dojo closed

3 Dojo open

3 After school program

7 Women's Self Defence



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.

Sixth Tone

Tone 6 - Rhythmic "Music is behind Life, and rules life; from music springs all life. The whole creation exists in rhythm, and in a general phrase, it may be said that there is one common source of human disease; and that is disorder in rhythm."- Hazrat Inayat Khan Key-words: Organize - Balance - Equality

All life on Earth including the rhythms of the body, are influenced by the rhythms of ever-changing combinations of celestial movements. Daytime, for example, offers high energy of the sun for outward exertion and communication. Nighttime, conversely welcomes the deepening of intuition, supporting expansive, internal processes. By noticing the fluctuations of nature we can receive the support of its cycles to enhance our endeavours. As we give attention to our personal rhythms, we can actualize deeper levels of organic balance, both physically and emotionally.

A sense of balance can be achieved by accepting that life is a process an on going motion requiring dynamic organization and re-organization a sacred juggling act! When we organize the elements of our life we invite efficiency and functionality into reality. Organization assists us to streamline and coordinate, producing greater ease and equilibrium. May we respect the various aspects of maintenance as the foundation which supports the art of our life! through the eyes of equality, all moments equally contribute the sacred balance of our lives. We are reminded that "this too shall pass" and "this too shall return."

May we see all beings in the light of equality - finding innovation ways to enact ever greater balance with the web of life.

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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!**



Everyone wants an easier life, so if you make yourself stronger and tougher life will naturally become easier.

Nothing is impossible



Liquid Mountaineering!?



Here is a new thing that has started up in Europe, its called Liquid Mountaineering. All you need is some water repellent running shoes, wet suit, a lake and some fast legs. It is so weird to see these guys do it, they are up to running 13 steps on WATER. First it was 2 then 3 then 4 steps, and now there are up to 13 steps through much trial and error. They would skip stones to study how the stone would skip across the water. They learned that if they run in on a bit of an angle they could get more and more distance. They claim that if they believe they can do it, they actually have a better chance, so they think hard before ever attempt, a sort of mind over matter. Jesus is a huge inspiration, what was his main thing? I think it was along the lines of - The power of God resides within us.

Karma - Has everyone forgot about Karma?

What has happened to us as a species? About 20 or 30 years ago you could kinda trust people, but that time has passed, I'm afraid!

It seems like everyone you don't know is out to get you, like its the new sport or something. Someone hacked me the other day and told my whole contact list I got mugged in Spain, then I lost all my contacts (GREAT!). It said I needed money to get out of the jam I was in. As far as I know everyone could tell it wasn't me by the writing style, but I did get a bunch of calls from people I haven't heard from for a while - so that was nice.

Here is another scam that is going around if you pay by debit or credit. The person taking your card will put a \$20 cash back on your card and not give you the money. If you say you are in a rush, even better, they know you won't have time to check your receipt, then they pocket the \$20 or \$40 or whatever they try and get you for. So Pay Attention!

Honour is out the window, but why should we be surprised when corruption is everywhere. Where will we be inspired to be honest when you can't even trust your phone company, insurance co. parking ticket guys, credit card companies, FDA, etc. the list overwhelming!

Karma. Has everyone forgot about Karma? Karma keeps books on everyone, it may seem like you got away with it this time, but sooner or later you'll pay. Religions will promise you hell after you die, but it is more like hell while you're here on earth.

Don't let the things you can't do effect the things you can do.

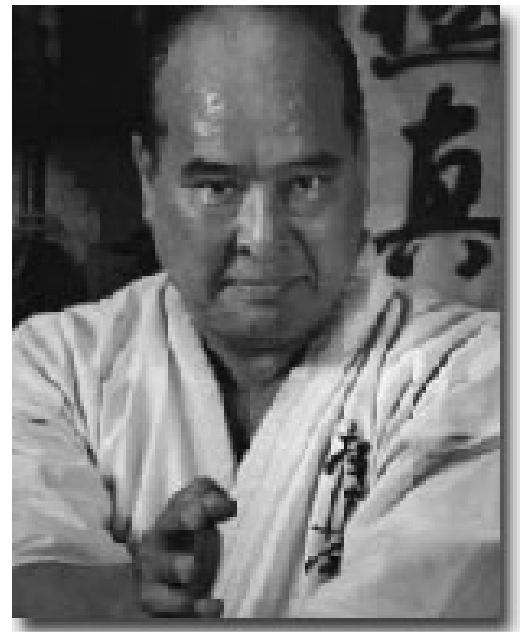
Mas Oyama

Masutatsu Oyama (July 27, 1923 – April 26, 1994), more commonly known as Mas Oyama, was a karate master who founded Kyokushinkai, arguably the first and most influential style of full contact karate. He was born Choi Yeong-eui (Korean). A Zainichi Korean, he spent most of his life living in Japan and chose to become a Japanese citizen in 1964.

In 1953 Oyama opened his own karate dojo, named Oyama Dojo, in Tokyo but continued to travel around Japan and the world giving martial arts demonstrations, including the fighting and killing of live bulls with his bare hands. In 1964 Oyama moved the dojo into the building that would from then on serve as the Kyokushin home dojo and world headquarters. In connection with this he also formally founded the 'International Karate Organization Kyokushin kaikan' (commonly abbreviated to IKO or IKOK) to organize the many schools that were by then teaching the kyokushin style. In the same year, his dojo received a challenge from Muay Thai (Thai Boxing). Oyama, believing that no other style was comparable to his, accepted the challenge and sent three students (Kenji Kurosaki, Tadashi Nakamura, Noborusawa) to Thailand who won 2 of the 3 fights, thus redeeming the reputation of his karate style.

Oyama tested himself in a kumite, a progression of fights, each lasting two minutes, and each after the featured participant wins. Oyama devised the 100-man kumite which he went on to complete 3 times in a row over the course of 3 days.

He was also known for fighting bulls bare-handed. In his lifetime, he battled 52 bulls, three of which were purportedly killed instantly with one strike, earning him the nickname of "Godhand".



Mas Oyama defeated 52 Bulls

Mas Oyama was one of Sensei Urbans Karate Teachers - who were the other two?

If you don't do the easy things they become hard and the hard things become impossible.

Scary Halloween Kids

Here's a pic of the Beach Metro cover page, Its Reagan and Callum as zombees on wedding day - Too Cool! Way to go guys you look totally awesome.



Body Maintenance

Achillies Tendon

In order to keep the Achillies Tendon healthy and safe from injury you must keep the surrounding muscles strong that's the Calves in back and the Anterior Tibialis, in front beside the shin bone (Tibia). If either of these muscles are weak your Achillies is stressed and could be torn.

Keep your training consistant to insure strong legs, and an overall conditioned body. This regular excersicing is "living life insurance" the investment of time and energy pays dividends in the long run. You will have health and strength into old age late 80's 90's

Try walking for a half hour every day. A daily walk is excellent for mind body and spirit. Try walking in a place that is peacefull like the Beach, you'll find you feel better and your energy will pick up the more you do it.



I'll knee it no problem



WHACKKK!!!



See no problem.



I'm four



Tesho



Coool

This was a fun day, Sensei DQ was here and saw the new rebreakable board so he decided to help the kids learn kime. So all the kids gathered around him all excited to see what was up, on the top row you see Nikko knees through it and makes it look easy, then little brother stepped up and gives it a serious tesho, well done. All the kids gave it a try and were surprised that you had to actually try to get through it, not everyone did on the first try but once they learned the idea behind focus - Kime, it was like butter.

It is the journey that will get you where you want to go.

Salutations

Southern Salutations for The Postures of Awareness or The 18 Hands of Lo Han



Begin



Gather chi in your hands



Express your will



Claim your destiny



End

Survival Tip

Its always interesting to watch what happens in a crisis situation, a sinking boat, a car out of control, an elevator that has stopped working, your clutch breaking in rush hour, your horse taking off at full gallop, parachute not opening, caught in a rip tide, chased by a herd of charging cows, stuck in a burning building, getting mugged while in Spain, etc. etc. We've all been there before. Try and stay calm, you will see things more clearly and not over re-act.

Fire Drill - Sure its one thing to know where the fire extinguishers are but do you know how to use one? Also what are the other options to putting out a fire?

First rule, if there is a pin on it - Pull it! Then point the hose at the fire and pull the handle. Shoot for the base of the fire, try not to over spray.

Water and fire don't mix we all know that, but if its a grease fire, water is not the best option it tends to spread the fire, and it creates a lot of hot steam and boiling oil popping every where. Smother it with a wet towel, or safety blanket, dirt, or sand.

Electrical fire, shut off the power supply first then smother it if you can contain it under the blanket, or fire extinguisher, use water only if the power is off.

Fire Drill



Life is a mission not an intermission.

Crime Doesn't Pay

Here's a good one, rescently a local car parts guy caught some theives stealing from him, he beat them up and got charged for doing it. Makes me laugh. Don't you no violence is only for the cops so if you want to beat people up -- join the force. You can't hurt people it is against the law!

The kids that were stealing were 17 years old (so they are protected by "The Young Offenders Act") and after the man caught them they tried to get away so he punched one in the face giving him 2 black eyes. He had a bat but didn't use it and was still charged for having a weapon (The Bat).

How does this affect you as a Martial Artist, well let me tell you. Don't fight! It's not worth it. It's easy to fight it's hard not to, but more times than not you will be happy you had the self control to not fight. I saw this one night, and it worked very well. Four bullies (men) were picking on this guy in a restaraunt because they liked his girlfriend. They were very rude and tried to get the guy to go outside to fight. He stood up and said if you want to fight go ahead punch me right here in front of all these witnesses and then I'm going to charge you with assault, they continued to insult him to try and get him to throw the first punch but he wouldn't. Then he started to get into their face with the worst set of insults I had ever heard in my life. He was practically begging the guys to do something. This was causing quite a scene and eventually the bouncers came over to throw someone out. They threw out the one guy that was with his girlfriend, (there was only one of him). On the way out he said "Now I'm going outside are you coming?" They didn't go.

Now you're asking yourself if I can't use it why train it? Well for starters the training helps to keep you balanced, and centered so that when a whacko comes at you, you'll have the compassion not do something you'll regret. You are allowed by law to defend yourself but not to use excessive force. Which basically means block first and counter with just the right amount of force to make them stop trying to kill you. Then get a good lawyer, and don't be cheap, a good lawyer can make all the difference.

Now if there is no witnesses that is another story, look for security cameras to get it on tape. No cameras it's down to the best lawyer. One way or another violence will cost you.

Cmac Hoodies

Get your Black our White CMAC hoodie before Xmas. Order today there are two styles Kangaroo pouch pullover \$44.95 +tx and zip up hoodies \$47.99+tx.

Cmac Toques

Winter is here time to gear up with hoodies and toques. These light weight toques are just what you need on your head after a good class to keep you from getting a cold. A bargain at only \$14.99.

Argo Cheerleaders

Leave it to Sensei Titus! The CMAC Northern Fist and Argo Cheerleaders plus Mr. Jones got together for a self defence seminar early in November. They trained very hard and thoroughly enjoyed Sensei Titus's charismatic approach to street awareness and self defence. 22 Cheerleaders came out to punch it up, the weird thing was most of them already knew Fritz and Pete.

