

JADE Buddha



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Highlights from the December grading inside



Year of the Rabbit



Women's Self-defence

Begins January 14th, 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.



After School Program

Starting January 10th 2011 for kids 7 to 12 years

Hardnose Characters

INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tip	2
Grading Results	2
Events Calendar	3
13 Tones of Creation	3
Seventh Tone	3
Black Belt	4
Cat VS Gator	4
Sensei Kim	5
Taikyoku Samsung	5
Year of the Rabbit	6
Grading Highlights	6
Chinese New Year	7
Survival Tip	7
ShiHoWaza	8
Crystal Skulls	8

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

Beaches Newsletter

Sensei's Note

Happy New Year and thank you all for the great gifts, very much appreciated.

I have a couple of new things starting up this year which should be a lot of fun. The first is an after school program for the kids ages 7 to 12 years old. This is open to student as well as the local kids, start time is 3:30 to 5pm week days. We will be working on Martial Arts skills as well as team building and social skills. Through these exercises the kids will learn how to get along with others and help them understand that life doesn't have to be hard. They will gain many benefits from the training such as, self defence, confidence, awareness, coordination, self control, increased concentration, personal development, stress management, energy cultivation, self esteem, self discipline, physical fitness, street proofing, and increased attention.

The second program is a women's self defence class every Friday night at 6 to 7pm. We will work physical fitness and self defence strategies for women. This class is absolutely free for females 16 and up, but there maybe exceptions. Girls can come out if they are with an adult. This class will be open to students as well as friends of students. No obligation, no donations, just free training, we will do it on a month to month basis, but it will only go until the weather is nice again.

So if you know anyone that you think might benefit for either of these programs have them come in and see me before hand.

Training Tip

Here's a tip on the CMAC books - you still need a Sensei. I was talking to Sensei Titus the other day and one of his students was saying that there is a pause near the end of Tensho where there is no pause. So I asked Sensei Titus if I had made a mistake in the book? And I grab the book to go over it. It is explained in the text how it goes, but if you are just following the pictures we could see how you would come to that conclusion.

I was talking to Sensei Platt the other day and he has a little fella there who loves the first book and has learned the first 3 Kata by following all the pictures. Sensei Platt also likes the series and has encourage me to write a few more.

These books are a guide, but you still need a Sensei to help you along. Home practice is important and will keep you sharp, but it is also very important to make it to class, your Sensei can help you work through the all the answers that you can't quite see in the books.

Beaches Grading Results

December 11 2010

Yellow Belt

Deigo Zumer
Connor Slade
Michael Cassidy
Jack Kirwan
Colin Henderson
James Simmons
Marin Pappin
Melissa Armstrong
Leela Dodsworth
Chloe Acton

Orange Belt

Arne Vos
Valdy Dreimanis
Marcus Chafe

Red Belt

Sasha Decker

Green Belt

Andrew Waslen

Blue Belt

Colin Goodman
Andrew Chan

Next Grading

January 29 2011



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

1-9 Dojo closed
10 Dojo open
10 After school program
14 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 Seventh

Tone 7 Resonant "7 has its unique symmetry relation to 1 and 13, the alpha and the omega of the Mayan number harmonic. At the center of the pattern, 7 represents the magic by which the whole holds together." The Mayan Factor

Humans are resonant beings- whatever energies we are exposed to, we have the ability to "resonate" with, or vibrate at like-frequency with. Notice, for example, how mood can be influenced by the channel on the radio and the emotion physiological or mental state which are evoked by the music's vibration. By accessing keen perception of energies and vibrations, we can be more selective of what we bring into our field of play. The discernment directs us to find our own state of right-alignment within any situation, as well as surround ourselves with what inspires us. Our mystic power is the strength of our personal attunement.

The power of 7 is demonstrated as the central mystical channel by the 7 energy centres, know as chakras, which resonate through the conduits of our human spine. From our base root-survival centre, to our highest crown-illumination center, each chakra is a sensitive receptor and transmitter. The cumulative vibration of the 7 chakras determines our being's frequency at each moment. As creative channels, we bring spirit into matter according to the frequencies we are attuned to.

When we encounter the 4th chamber of the 13 Tone cycle, Resonant imparts: Vibration creates resonant structure, which is felt and perceived on many levels. Acknowledge the frequencies you are surfing at any given moment. Exercise your ability to assist others vibrationally. Allow inspiration to move through the sacred corridor. Be directed. Follow the frequencies that serve you. Attune your vessel!

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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!



*If the only tool you have is a hammer you'll treat every problem like a nail. **

Black Belt

How many kids make it to black belt? Not many! The thing is most people don't make it to black belt.....and that's just the way it goes. Hey if it was easy everyone would be doing it. Really you are only a black belt if you keep training any ways. So many people that do make it to first Dan pooch out because they had it in they're mind that black belt was the goal and once they get it, that's a goal attained.

The training, I mean the gold comes after Black Belt, and the reason for that is, you just don't want to give all the secrets away, everyone has to pay the price. That is how you reward the faithful and weed out the rest.

Why do people keep training after they reach black belt? Many reasons, like they realize the training isn't about what belt you wear. There are so many benefits for the training and at different times of your life certain things will be more important than others. When you're young you want to be strong and tough, not to be messed with. When you're older you want to be young and strong again, fighting is not as important because you have grown up and realized that violence is no way to solve your problems. But you understand the value of the training and you notice that most people your age look and feel a lot worse then you do, provided that they are not training.

When you're young you are searching for something to believe in that will get you through the hard times, and the philosophy that goes along with the training will help get you through. When you're older you have that wisdom to pass along to those in need.

The Sensei hopes that the student will stay and be a life long student, but at the same time knows that students come and go and that's just the way it is. The Sensei has dedicated his life to training because of what the training has done for him/her and would like to pass it along.



Cat V.S. Gator

Check this out! It's a Cat standing up to an Alligator. As the gator came out of the water the cat moved toward it, they stopped and stared at each other for awhile then the cat rushed the gator and smacked him on the eye. The gator retreated back into the water and went for reinforcements, two gator came out of the water and another cat joined forces with the first cat. The gators did not advance up the beach any further once the second cat arrived. Crazy! The other crazy thing was no body seemed to care if the cat was going to get eaten, weird?



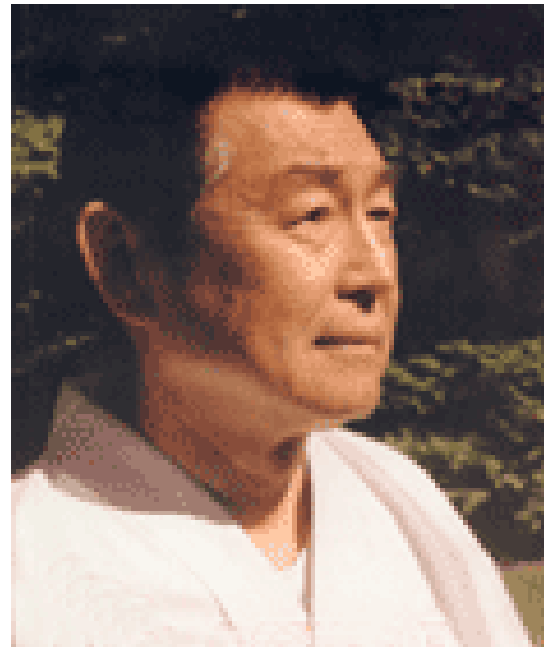
Don't let the things you can't do effect the things you can do.

Sensei Richard Kim

O'Sensei Kim was born on November 17, 1917, in Honolulu, Hawaii. He began his study of the martial arts with Judo at the age of five in the early 1920's under Kaneko Sensei. At about the same time he began a study of Karate. He studied under Arakaki Sensei (a disciple of Yabu Kentsu) and Tachibana Sensei. Before World War II he traveled to both China and Japan. In China he spent many years studying the internal arts under Chen Chen Yuan and Shorinjiryu under Choa Hsu Lai. At the Nobori Butai he continued his study under a number sensei. As a young man he gained entrance into the Dai Nippon Butoku-kai in Japan. It was then that he was taught the Budoju Happan, the eighteen arts. While in Japan O'Sensei studied Daito-Ryu under Yoshida Kotaro and actually lived with the master for seven years. He became proficient in Japanese weaponry including the sword, spear, tanto and bo as well as in Okinawan weaponry including the bo, jo, sai, tonfa, tecchu, and kama.

In 1959 O'Sensei Kim arrived in San Francisco and began to teach there on a permanent basis. Throughout the years that followed he taught in San Francisco and Sacramento. He traveled extensively throughout the United States, Canada and Europe teaching the martial arts. As well as teaching the physical aspects of the martial arts O'Sensei taught the philosophy, history, strategy and spiritual aspects of the arts. He was an excellent lecturer and a story teller second to none.

O'Sensei wrote a monthly column for "Karate Illustrated" magazine and wrote a number of books including: "The Weaponless Warriors." "The Classical Man." And a Kobudo series. He was named Karate Sensei of the Year and later inducted into the Black Belt Hall of Fame. He was the Director of the American Amateur Karate Federation and Vice President for the International Traditional Karate Federation. As a testament to O'Sensei's achievements, at his memorial service Master Hidetaka Nishiyama of the International Traditional Karate Federation presented O'Sensei Kim with the rank of Judan.



This is a new kata the weapons class has been working on "**Taikyoku SamSung**". As of January we will have a Palates group in every Monday and Thursday and it would be nice to have the floor clean for them. If the senior belt could delegate someone to do it that would be great. Look at Sava's strong stance and serious chamber hand, Nice.



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

Year of the Rabbit February 3 2011

Rabbits, like their animal counterparts, are quite calm people who do not exhibit aggressive behavior and will avoid confrontation at all costs. When angry about something, a Rabbit will approach it calmly and considerately, hardly ever raising his voice or becoming visibly annoyed. Because of their serenity, Rabbits seem to miss things, whether they are confrontational in nature or not. However, the Rabbit is quite keen and pays close attention to the situations developing around him. He is intelligent and quick and can talk himself in or out of most situations with no problem.

The Chinese Rabbit is one of the most stylish creatures of the Chinese Animal Signs and finds interest in different cultures. He is classy and sophisticated, and can be found adorning one of the latest fashion magazine cover looks. Rabbits also like artistic ventures, such as painting and music and are generally quite present in these worlds. They love to express themselves, which is evident when joining them at home for a function or a cup of coffee.

RABBIT FACTS:

People born in the Year of the Rabbit share certain characteristics. The Rabbit Sign is an abbreviated way of characterizing that individual's personality. Following are features associated with the Sign of the Rabbit.



Years of the Rabbit

2011, 1999, 1987, 1975, 1963, 1951, 1939



Grading Highlights for December 2010



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

Chinese New Year

Chinese calendar has been in continuous use for centuries. It predates the International Calendar (based on the Gregorian Calendar) in use at the present, which goes back only some 430 years. Basically, a calendar is a system we use to measure the passage of time, from short durations of minutes and hours, to intervals of time measured in days, months, years and centuries. These are fundamentally based on the astronomical observations of the movement of the Sun, Moon and stars.

Days are measured by the duration of time of one self rotation of the earth. Months are measured by the duration of time of rotation of the moon around the earth. Years are measured by the duration of time it takes for the earth to rotate around the Sun.

Chinese New Year starts with the New Moon on the first day of the new year and ends on the full moon 15 days later. The 15th day of the new year is called the Lantern Festival, which is celebrated at night with lantern displays and children carrying lanterns in a parade.

The Chinese calendar is based on a combination of lunar and solar movements. The lunar cycle is about 29.5 days. In order to "catch up" with the solar calendar the Chinese insert an extra month once every few years (seven years out of a 19 year cycle). This is the same as adding an extra day on leap year. This is why, according to the solar calendar, the Chinese New Year falls on a different date each year.

Survival Tip

How to survive a rip tide or an under tow.

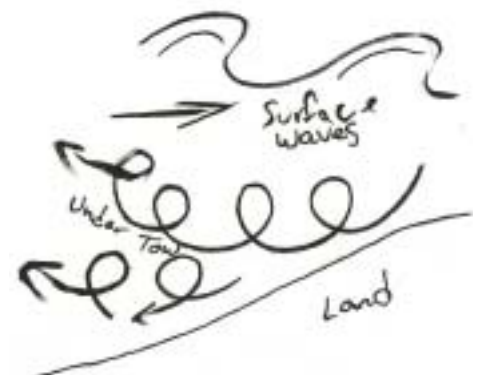
Surviving a rip tide is not that difficult so don't let the fact that you have been pulled out into the middle of the ocean freak you out. The trick is to get to the in going current asap. Basically how a rip tide works is there are two currents heading into the beach and right between them is an express current going out to sea and it can be quite fast so if you're caught in it you could be pulled out into deep water in no time, and that's where the sharks are. If you swim along the same line as the beach sooner or later you will get to the in going current and that will take you to the beach. Rip tides can be very strong but they aren't very wide. Bubbles going out to sea in one way to spot one.

Rip Tide



How to survive an under tow can be a little trickier, because the water rolls under the incoming waves and turns you upside down and spins you around so you don't know where the surface is and if you run out of air you are in big trouble. The best thing to do is tuck into a ball and ride it out until you know where the surface is then swim up to it. Tucking into a ball keeps your arms and legs in so they don't get strained or broke in the rough water.

Under Tow



Life is a mission not an intermission.

Shi Ho Waza # 2

#1 Shi Ho Waza starts with left leg moving to the front and right reverse punch.

#2 move the back leg straight across and turn 180 degrees and reverse punch with the left.



#3 Just pivot and adjust to the left at a 90 degree angle and right reverse punch.

#4 move the back leg straight across and turn 180 degrees and reverse punch with the left.



We often wonder where kata and drills come from, well after flipping through some old notes I saw that Sensei Urban came up with the eight point blocking system. Upon further investigation it turns out that Sensei Kim and Sensei Platt were the other two thirds of the recipe. But you can feel good as you were also apart of the evolution, Shi Ho Waza # 4 is from the Beach.

Here are some tips for shi ho waza: #1 after the first move always move the back leg first. #2 its 180 degrees then pivot 90 degrees as you make your way around to all 4 directions. #3 If the front is north - think north, south, east, west for the first 4 moves, then repeat the pattern for the last 4 moves, but it is now south, north, west, east.

There are kata in Goju ryu that have shi ho waza in them, which ones are they?

Crystal Skulls

One of archaeology's most compelling mysteries is that of the 13 Crystal Skulls. Skulls have been one of the most powerful objects of symbolism in human history, all over the world. Several "perfect" crystal Skulls have been found in parts of Mexico, Central and South America. Together, they form a mystery as enigmatic as the Nazca Lines, the Great Pyramids and Stonehenge.

These skulls are believed to be between 5000 and 35000 years old. During early expeditions, archaeologists were told by locals that the skulls possessed magical powers and healing properties. However, people were unsure as to where they came from, or even why they existed. Some like to believe that these were remains from the lost civilization of Atlantis. Others like to believe these are fakes. And yet another group of psychics believe that these skulls have the capability to enable us to look into the past, present and future.

Historians and social anthropologists decided to find out more about the strange skulls. Very soon, they

came across an ancient Indian legend saying that there had been thirteen crystal skulls of the Goddess of Death; they had been kept separately from each other under the strict control of pagan priests and special warriors.

Searches for more skulls started; some of them were found in museums and some in private collections not only in the USA, but in Mexico, Brazil, France, Mongolia, and in Tibet. There were more than 13 skulls found. However, not all of them were as perfect as Mitchell Hedges was. Very likely, those were just later attempts to create something similar to the original skulls that were believed to have been gifts by God to the people.

