

JADE Buddha



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Easter Parade

This year we are doing the Easter Parade so get involved. Make sure you are at the Water works at Vic. Park and Queen at 1:15pm April 24 for a quick briefing and the Parade starts at 2pm and goes till 4pm. Watch the weather and dress for it have a gi on with all the crest to show some school spirit.



Year of the Rabbit



Hair doo of the month award goes to Ms. Crawley totally awesome.

Congratulations to Miss Kortright and Mr. Busbridge on your satillite dojos



Check the cmacbeaches website for there locations and times.

Best of luck with your new dojos.



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Life is precious don't waste it.

Beaches Newsletter

Sensei's Note

If you think of the dojo as place to learn Martial Arts then that's what you will get out of the training. If you are there to feed your ego that's all you get out of it. Check you ego at the door.

The egotist knows everything, therefore learns nothing. To get you must first give. Sure in the beginning they had to have an open mind so that they could develop some skill and once they start to show some skill the ego magically appears.

Be teachable, you can learn from everyone. Get out of your own way and drop that ego, it tends to push more people away. If you say less and listen more, you just might learn something new.

Japan

As the world changes things are going to happen, Unbelievable things! The whole country of Japan moved 3 ° the damage was horrific. Give where you can and during your meditation send love and compassion to the Japanese as the power of our hearts and minds can do the most amazing things.

We as a collective consciousness have the most incredible power, or hearts and minds coming together can cause earthquakes and other natural disasters believe it or not we have a very strong connection to the earth. Look at all the negative things going on all around the world, something is going break somewhere.

What can you do? Do what you can. The world starts with you. Be the changes you want to see in the world. If you want peace and love in the world you have to give it first.

Training Tip

The other day one of the students was asking if I had ever thought about putting the postures of awareness on paper so I laughed and showed him an issue of the Jade Buddha from 2 months ago. I like it when people are like minded.

Book 5 is almost done, it's full of great stuff, most of Sensei Platt's junior forms, shi ho waza, the shaolin sequence, futari no kata, bunkai, and some interesting articles. I have always made note books for myself, it helps me keep things straight. When you have such a large curriculum like we do in CMAC its almost impossible to keep on top of everything if you don't have some kind of system. So I write notes and take video and really train the stuff I like.

Lately I've been trying to put in the newsletter some of the training we have been working on like the shi ho waza, and the postures, etc. so you guys have a reference, soon all that stuff will be in a book for you.

Beaches Grading Results

March 5 2011

Yellow Belt

Peter Vucicevich

Orange Belt

Diego Zumer

Glenn Barna

Green Belt

Helder Cabral

Matt Tobin

Sava Drayton Kobudo

Dave Walters

Blue Belt

Sava Drayton Karate

Michael O'Neil

Valerie Johnson

Cosima Pohanka

Next Grading

April 30 2011



The outside world is a reflection of the inside world. In this life we get what we think about.

BEACHES EVENTS

April

- 1 Meet Chuck Norris
- 22-23 Irondale Fire Training
- 24 Easter Parade
- 22-25 Easter Long Weekend
Dojo Closed
- 30 Kyu Belt Grading

May

- 28 Kyu Belt grading

June

- 25 Kyu Belt grading



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.

Each Tone are inspired by the codes, and merely reflect various insights one can derive from their contemplation. As a language of energies, the codes offer precise portals into the mathematical nature of fourth dimensional Time!

Tenth Tone

Tone 10 Solar - Planetary "10 represents the principle allowing manifestation to occur, based on the coherence of the preceding nine number." Key words: Perect- Produce- Manifestation

After mobilizing and pushing our intention in tone 9, this energy becomes actualized in Tone 10. Here, essence and the physical meet as one. The heavens touch the earth; spirit and matter unite. The actualization of creative potential is at the heart of our nature, bringing the depth, richness, and importance to our lives. The entire manifest world is imagination brought to life!

Planetary cues us to consider what we are producing in our lives, and by what means. How are we manifesting our dreams? Are we incarnating our ideas? All that we bring to this world - our thoughts, words, and deeds contribute to the Planetary equation.

Planetary directs: Without judgement there is only perfection! To achieve maximum productivity: strive whole heartedly to perfect all that you endeavour, yet also accept that there ia an already existing, inherent perfection in all manifest, as it is, simply because it is manifest. Attempting to be overly perfectionist is actually counter productive. Rather, allow perfection to be a continual process of aspiration. Let us delight in all that we have to bring to this planet, and enjoy all that this planet brings to us!

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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!**



Your true honour is to be in reality what you appear to be.

Your Health Your Responsibility! don't use these



Reading by a light caused this, after only 30 min.

If you are getting dizzy, arthritic, rashes, feeling off, you might want to get rid of your curly light bulbs.

Health Canada will say that nothing is wrong.

The incandescent light bulbs will be off the shelves in 2012 (that's the old style of bulbs).

Your government cares and looks out for us don't be afraid, code.



Run for the Cure?

Run for the cure, play road hockey for the cure, walk for the cure, this for the cure that for the cure.....Where is the damn cure already. Could it be that there is a cure but there is so much money in not finding a cure that there never will be a cure as long as people believe that they are really looking for a cure!? That sounds very unlikely.

Here's something that might scare you, well we all have cancer! That's right everyone of us, but it is at such a small level that the immune system keeps it under control. So prevention is one way to keep cancer from getting out control. Keep your body healthy with a proper diet, stay away from table salt, aspartame, red meat, junk food, and all the other things we know are bad for us.

Stress weakens our immune system, so find a way to de stress, like walking, or running, or playing street hockey, oh wait a minute isn't that what the cancer society has been trying to get us to do for a cure? They just gave you the cure and it didn't cost you a buck! Martial Arts is also good for de stressing, the diabetes people used to do Karate Fights Diabetes, where Steve "Nasty" Anderson would fight people for about 4 or 5 hours, to raise money for Diabetes and that was 20 years ago. Where's that cure? How much money is in these things anyway? Millions upon millions I bet. Where are the results? Who's accountable? How much is the government getting? Boy, What a sweet set up they have where they can just keep milking people for all their worth, talking advantage of their fears and good intentions, and not being accountable.

There is a government regulation on just how much money has to go toward R&D and that is what for it7%. 7% on billions is a chunk for sure but who's getting all the money? Not all the casualties!

I realize that this a touchy subject, who hasn't been touched by cancer, we all have and I guess that's why I'm tired of the misdirection, deceit, corruption, greed that is almost everywhere these days. Where there is money there's some kind of deviances. Greed is the driving force and people just aren't strong enough to rise above it. Just be aware and try not to be surprised when your eyes are opened.

Gas prices got you down, vote with your dollar, try driving less and walking more.

Dragon Fruit

Dragon fruit nutritious, is a low-calorie, high fiber fruits, the prevention of constipation and promote eye health, increase bone density, helping to form cell membranes, prevent anaemia and anti-neuritis, lower cholesterol, but also with the lifting of heavy metal poisoning, anti-free radical, anti-old lesions, slimming, anti-colon cancer effects. Dragon fruit in addition to the supply of energy with carbohydrates and protein, Also contains high concentrations of vitamins A, B1, B2, B3, C and calcium, phosphorus. Iron and other minerals, is the best natural vitamin sources.

Dragon fruit like watermelon, peel off red skin. Bite, feeling a touch of sweet, A little light in the fragrance, is worth a "melon." There is a watermelon eating dragon fruit intimacy, no wonder some people also called "tree melon."

Have just one by itself in the morning and you're good for 2 hours. Have one before bed and you sleep like a baby. It takes seconds to prepare and you're on the move, just cut into quarters and peel, its my new favorite thing you should try it.



Gas Gouge 2011 \$1.25 a Letre



Taikyoku Mawashi Kake Uke Sho

Welcome to the evolution of Goju Ryu Karate, like all great Karate Masters they have left their mark, Sensei Platt will be no exception to the rule. His series of Taikyoku kata are nothing short of genius as each move displays years of experience and true mastery. If you are learning these Kata you are part of History in the making. Keep training and one day you may leave your own mark.



Master the Mystery through repetition.

Taikyoku Mawashi Kake Uke Sho



Bunkai for Taikyoku Mawashi Kake Uke Sho



Put more spiritually into your faith and know that we are all in this together.

Ever wonder why Easter dates change every year?

Why does the date for Easter change every year? Have you ever wondered why Easter Sunday can fall anywhere between March 22 and April 25? And why do Eastern Orthodox churches celebrate Easter on a different day than Western churches? These are all good questions with answers that require a bit of explanation. In fact, there are as many misunderstandings about the calculation of Easter dates, as there are reasons for the confusion. What follows is an attempt to clear up at least some of the confusion.

At the heart of the matter lies a very simple explanation. The early church fathers wished to keep the observance of Easter in correlation to the Jewish Passover. Because the death, burial, and resurrection of Jesus Christ happened after the Passover, they wanted Easter to always be celebrated subsequent to the Passover. And, since the Jewish holiday calendar is based on solar and lunar cycles, each feast day is moveable, with dates shifting from year to year. Now, from here the explanation grows more complicated.

Today in Western Christianity, Easter is always celebrated on the Sunday immediately following the Paschal Full Moon date of the year. I had previously, and somewhat erroneously stated, "Easter is always celebrated on the Sunday immediately following the first full moon after the vernal (spring) equinox." This statement was true prior to 325 A.D.; however, over the course of history (beginning in 325 A.D. with the Council of Nicea), the Western Church decided to establish a more standardized system for determining the date of Easter.

In actuality, the date of the Paschal Full Moon is determined from historical tables, and has no correspondence to lunar events.

As astronomers were able to approximate the dates of all the full moons in future years, the Western Christian Church used these calculations to establish a table of Ecclesiastical Full Moon dates. These dates would determine the Holy Days on the Ecclesiastical calendar.

Though modified slightly from its original form, by 1583 A.D. the table for determining the Ecclesiastical Full Moon dates was permanently established and has been used ever since to determine the date of Easter. Thus, according to the Ecclesiastical tables, the Paschal Full Moon is the first Ecclesiastical Full Moon date after March 20 (which happened to be the vernal equinox date in 325 A.D.). So, in Western Christianity, Easter is always celebrated on the Sunday immediately following the Paschal Full Moon.

The Paschal Full Moon can vary as much as two days from the date of the actual full moon, with dates ranging from March 21 to April 18. As a result, Easter dates can range from March 22 through April 25 in Western Christianity. Historically, western churches used the Gregorian Calendar to calculate the date of Easter and Eastern Orthodox churches used the Julian Calendar. This was partly why the dates were seldom the same. Easter and its related holidays do not fall on a fixed date in either the Gregorian or Julian calendars, making them movable holidays. The dates, instead, are based on a lunar calendar very similar to the Hebrew Calendar.

While some Eastern Orthodox Churches not only maintain the date of Easter based on the Julian Calendar which was in use during the First Ecumenical Council of Nicea in 325 A.D., they also use the actual, astronomical full moon and the actual vernal equinox as observed along the meridian of Jerusalem. This complicates the matter, due to the inaccuracy of the Julian calendar, and the 13 days that have accrued since A.D. 325. This means, in order to stay in line with the originally established (325 A.D.) vernal equinox, Orthodox Easter cannot be celebrated before April 3 (present day Gregorian calendar), which was March 21 in A.D. 325.

To be free we must find peace within ourselves.

Additionally, in keeping with the rule established by the First Ecumenical Council of Nicea, the Eastern Orthodox Church adhered to the tradition that Easter must always fall after the Jewish Passover, since the resurrection of Christ happened after the celebration of Passover. Eventually the Orthodox Church came up with an alternative to calculating Easter based on the Gregorian calendar and Passover, and developed a 19-year cycle, as opposed to the Western Church 84-year cycle.

Since the days of early church history, determining the precise date of Easter has been a matter for continued argument. For one, the followers of Christ neglected to record the exact date of Jesus' resurrection. From then on the matter grew increasingly complex.

The Power of Meditation

Youtube 2012 - a message of hope

Every thought of the mind sends out electro magnetic waves from the base of the heart that has a measurable effect upon the world in which we live. The human heart is now documented as the strongest generators of both electrical and magnetical fields in the body. It was always believed that it was the brain that was where the power was but it has been proven that the heart is 100 times stronger electrically and 5000 times magnetically. The reason this is so important, is that the physical world around us is made up of these two fields of energy.

Our own physics books tell us that if we can change either the magnetic or the electric field of an atom we change that atom, we change the stuff that our bodies in this world are made of. It appears now that the human heart is able to do both, it can change both the electric and magnetic fields by the power of our emotions, the connection between the heart and the mind.

All matter is simply vibrating sound waves, sound creates form. Each thought sends out a powerful wave of information which helps shape the world around us. Each different thought sends out a different frequency.

In 1993 a study of the effects of mass meditation on the reduction of violent crime produced such amazing results, it drew the attention of scientists from all around the world. 4000 meditators of all different backgrounds were brought to Washington, and as soon as they started to meditate, the reduction of crime was incredible! In the span of 6 weeks the violent crime went from 25% to 3%. Since then the study has been replicated hundreds of times, with increasingly astonishing results.

If you want peace you have to create peace, there is a science of peace, the field of consciousness is a field of unity, a field of bliss. This collective consciousness is powerful, a thousand times more powerful than a nuclear bomb. It has the power to cause natural disaster, shifts in the tectonic plates, and turbulence, because of the natural connection between man and the mother earth, we are co existing, co related. We may think we are separate from nature but we are not.

The many crises we may face may be much lessened by the awesome power of our unified hearts. All you need to do is meditate everyday, its so simple.

When the person is feeling compassion or love or even when appreciating a sun set the heart beats in a different way sending out a different vibration, this has been seen using machines that read electro-magnetic waves. These waves will effect those around you.

A Veil has been pulled over your eyes many thousands of years ago our ancestors lived as one but do to their complacency almost an entire civilization was destroyed in the blink of an eye. youtube 2012 - A message of Hope.
