

JADE Buddha



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Easter Parade Highlights



Year of the Rabbit



Mother's day Gift to Ma
Mother's train for free for
the month of May

Book 5 is now available

Finally book 5 in the CMAC GOJU BUDO series is done!

This book had been sitting in my pc for a couple years half written, and if it wasn't Mr. Busbridge it would still be there. Co-writer Geoffery Busbridge was the motivating force behind this one and he has big and exciting plans for a few more. I must admit I enjoyed working on this one with him. Thanks for all your hard work and dedication, for all those who got behind the project.



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Harper got rid of the GST Yay! Oh wait didn't he just change the name to HST and charge everyone. Sneaky Politician thought we wouldn't notice, Oh and how's your gas tank doing?

Beaches Newsletter

Sensei's Note

I would like to thank everyone for making the effort to come out to the Easter Parade, we had great numbers and it really showed well for the dojo. Your school spirit was really appreciated. You all had trained very hard for the event over the last 6 months and all your effort paid off.

I found that you, for the most part got a handle on all the information that has been shown over the last 6 months, keep it simple and lots of repetition. More can sometimes be less if nothing gets in.

Confidence will often determine involvement so by the showing, and your performance I can say that you looked great and felt great about your efforts.

Meditation

Youtube 2012 - a message of hope

World Meditation Day, first Sunday of every month 7pm.

In last months newsletter there was a write up on the Power of Meditation, it talks about just how powerful group meditation is and how beneficial it is for the whole. Not just for the group but for the whole planet.

We have the power and ability to change our outside world, it starts with you, it starts with our own thoughts and emotions.

Where ever you are take some time on the first Sunday of every month at 7pm to meditate for as long as you can. Send some positive energy to the world, Japan could use some positive chi right now. This is free all it requires is that you do it at the right time and do it from the heart.

Training Tip

The last 6 months have been focused on a lot of Chinese information (Shaolin Sequence, Holy Heaven, Postures of Awareness, and all the Shattering Palm) now I would like to focus on goju ryu and bring in more aikido and ju jitsu for a while.

The information will be a lot of repetition and drills, training, hard training! The repetition will make you stronger and fast. Don't be concerned how easy or difficult something is, deal with it and work through it, all training has value.

I remember watching seniors working kata and wishing I could be training like that, well it happened, but I had to pay the price of time in, and working hard for every little piece of information. I travelled the world to compete and do seminars in an effort to get the whole Martial Arts experience. Seminars, parades, gradings, outings with the dojo, are all part of the Martial arts experience, so get involved where you can, it is where your memories on the path come from.

Beaches

Grading Results

April 30 2011

Yellow Belt

Lucas Hunt
Alerander Brooks
Amelia Brooks
Reanne Swanson
Dave Walters
Morgan Thomas-Stubs

Orange Belt

Kofi Payton
Armond Bellon

Red Belt

Nicholas Hunt

Green Belt

Anne Vos
Kevin Hunt

Purple Belt

Karina Vandenhoven

Blue Belt

Noel Gynn

Brown Belt

Chris Clause
Chris May
Fuad Moussa

Next Grading

June 11 2011



"A pessimist sees the difficulty in every opportunity, an optimist sees the opportunity in every difficulty." W Churchill

BEACHES EVENTS

May

Mother's Special
8 Mother's Day
28,30 May 24 holiday Dojo
Closed

June

Father's Special
5 Meditation Seminar
11 Kyu Belt grading
19 Father's Day
18,19 CMAC Weekend and
Black 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!

Eleventh Tone - Spectral "11 represents the dynamic of dissonance accounting for randomness and non-stability." Key words: Dissolve - Release - Liberation

Tone 11 represents the power of creative dissolution and dissonant structure. What can appear as destruction or chaos may actually be the necessary forces of liberation evoking a release from rigid structure and format. As we release that which no longer serves, we make for new opportunities and understandings to emerge. Setting us free from expectations or definite notions. Spectral energy breaks us out of routine, releasing us into the spectrum of possibility! Like a prism refracting white light revealing its full spectrum of colours, Tone 11 provokes us to see aspects of our wholeness that may be yet undiscovered.

Guiding us to dissolve fixed concepts, fears, or habitual patterns that weigh us down, Spectral power declares: "I invite break-through; I dissolve identity; I un-solidify; I release old models for new models; I wield dissonance as a force of liberation; I redeem chaos as untamed order; I shed; I free limiting beliefs and constructs no box, no separation, no boundaries; uncontained; free form; receptive to the prismatic range of possibility.

Spectral advise: Let go; let yourself be absorbed by life itself. Be flexible in yielding to the formless flow. Allow your focus to cover a vast range. Dissolve feelings of constriction. Welcome spontaneity seeming disruptions, and unexpected detours. Allow energy to travel as it needs. Disperse into formless existence.

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Its quick, easy and you get a 10% discount everytime you order. www.dojobuy.ca and shop. The user id # 4166902885.

CMAC Guide to Goju 1, 2, 3, 4,5 and the CMAC manual are all excellent sources of training information. Get yours Today!



"I am a success today because I had a friend who believed in me and I didn't have the heart to let down." Ab Lincoln

Your Health Your Responsibility! Burn cures

"Once I was cooking some corn and stuck my fork in the boiling water to see if the corn was ready. I missed and my hand went into the boiling water....A friend of mine, who was a Vietnam vet, came into the house, just as I was screaming, and asked me if I had some plain old flour...I pulled out a bag and he stuck my hand in it. He said to keep my hand in the flour for 10 min. which I did. He said that in Vietnam, this guy was on fire and in their panic, they threw a bag of flour all over him to put the fire out...well, it not only put the fire out, but he never even had a blister!!!!

SOOOO, long story short, I put my hand in the bag of flour for 10 min, pulled it out and had not even a red mark or a blister and absolutely NO PAIN. Now, I keep a bag of flour in the fridge and every time I burn myself, I use the flour and never ONCE have I ever had a red spot, a burn or a blister! *cold flour feels even better than room temperature flour. Miracle, if you ask me. Keep a bag of white flour in your fridge and you will be happy you did. I even burnt my tongue and put the flour on it for about 10 min. and the pain was gone and no burn. Try it! BTW, don't run your burn area under Cold water first, just put it right into the flour for 10 min. and experience a miracle."

Story was pulled from an email, I personally have never tested it.

Circulation Problems

These tablets are truly fantastic for circulation. Are you noticing a numbness in your right big toe? You maybe experiencing circulation problems. Get these from the Herb Depot 366 Spadina.



Meditation Seminar

Meditation Seminar June 5th 7-9pm. It is world meditation time so there will be groups in meditation all over the world taking part.

This is a very worth while event and something that you should be apart of. We are trying to lift the vibration of the people of Earth and to bring some balance to the planet. If people are more at ease it has a positive effect on those around them, its contagious.

There will be some advanced ideas and forms presented, come out and be part of the consciousness.

Karma

Here's a great story of Karma: A fella is in line for a lotto ticket at one of the super lottery's in the States the prize is \$300 million. He bends over to pick a Snickers bar off the shelf and a guy buds in front of him. Well he's thinking "what should I do?" This guy is really rude?! He decides to take the high road and let it slide. So he waits his turn and buys the winning ticket, the ticket he wouldn't have got if he had of fought for his spot in line.

Things happen for a reason, so understand that - Life is 10% what you make it, and 90% how you take it. Now was he being cool or a door mat? How ever you decide to look at it he is \$300 million richer. So the next time you are forced to leave at a later time than you expected, or some one takes your spot, or cuts you off, or basically anytime you have a choice to be cool or a jerk, be cool and don't lose your mind over it. In the end we all get what we deserve good or bad.

"Govern a great nation as you would cook a small fish. Do not over do it." Lao - Tzu

CPR

Here is the latest information on CPR that could drastically improve a person chances for survival after a cardiac arrest. Continuous Chest Compression CPR - 100 compressions per minute.



Roll victim on their back.



Lock arms push with your body.



By pushing the chest it moves blood to the brain.

ZENN Car - Zero Emission No Noise

ZENN Car - Zero Emissions No Noise. This car is built in Canada, it is electric powered and will reduce toxic emission 6 tons per year per driver. They are sold in many countries around the world including the US, but not in Canada (they are illegal here). Neither the Minister of Environment or Transportation of Canada have been in one.

These little electric cars have zero emissions, make absolutely no sound, and all you need is an outlet and extension cord and you're charging, as far as pay load is concerned, these little babies will carry 12 24's and a box of Corn Flakes.

All the answers for our global needs are out there. What if by reducing all the toxic emission from vehicles our health improved and there was a noticeable decline in cancer, lung, liver and kidney disease, not to mention what it would do for the planet. Hang on a second these cars are illegal in Canada. Your government loves and cares for you.



"Congress is strange. A man gets up to speak and says nothing. Nobody listen-- and then everyone agrees."
Boris Marshalov

Wu Bu Quan

5 step fist or 5 step form (Shaolin)



start position



side palm heel



reverse punch



kick punch



high block upper cut



smack down



kneeling punch



crane stance



reach to foot



single whip

Teens

Here are the teens on a pre class warm up, this two story finger wrestling exercise is another Master Mind creation by Noel. It started out by using the postures of awareness in some kind of finger wrestling push pull balance exercise and who ever lost balance first lost, very cool, then it turned into this.



No teens were seriously injured during the course of this exercise.

*"Politics gives guys so much power that they tend to behave badly around women. And I hope I never get into that."
Bill Clinton*

CMAC Celebrates Earth Day in Irondale

Great Invocation "Uchu no Mugen no Chikara ga Kori Kotte, Makoto no Daiwa no Miyo ga, Nari Natta." (meaning: The eternal power of the Universe has gathered itself to create the world with true and grand harmony.)

This is the Kotodama – spiritual power of words – that Dr. Nobuo Shioya created for peace on earth. Dr. Shioya is said to be the reincarnation of Laozi, philosopher of ancient China.

It was a memorable Earth Day celebration in Irondale. It was also Easter Friday April 22nd, 2011. The theme this year was a fire ceremony in support of the people of Japan. They have endured earthquakes, tsunamis and nuclear crisis. The after shocks still continue. The people of Japan endure this with legendary dignity and patience. We gathered around two circles. One was a circle of rocks around a great fire that was tended by an Ojibwa medicine man named Black Bear Guardian. He was capably assisted by CMAC's own Spirit woman. Beside the circle of fire was a second circle of seven ancient samurai swords. These were provided for the event by Sensei Platt. Within the circle of samurai swords were branches holding messages of hope and support on slips of paper red and white. Within this circle was also placed a crystal that also served to prevent paper slips from blowing away in the wind.

Sensei reminded us of the connection of all peoples and in particular of the events in the Middle East and Japan. He later handed over to Bear and Spirit. Bear regaled us with many engaging stories. In particular there was a story of a mass migration two ice ages ago. One group moved to Japan, the other crossed the Bering Strait to the Americas. Aboriginal legend still refers to Japan as the Sea Dragon because of the shape of the island nation. We were all called upon to participate in the celebration. The climax of the event was the consumption of the message trees in the fire of consecration. To send them forward Sensei enjoined us to the great invocation.

Bear later demonstrated the versatility of his hand made flutes. He provided Celtic music that inspired one participant wanted to dance a jig. He followed this with jazz and pop as well as aboriginal music. We were also invited to participate in the music with a variety of percussion instruments that were passed around the circle. Bear then introduced us affectionately to Grandma. This is the name Bear used to refer to the drum that provided the next musical interlude. The last of the music was nicely presented by Spirit to round up a memorable gathering.

The rain mercifully held off until we were comfortably retired to our tents. For those of us who were in Sedona a few years back there were memories of another aboriginal healing man and another healing circle.

We look forward to the next. By Michael O'Neil

Pictures by Valerie Johnson



"The political lesson of Watergate is this: Never again must Americans allow an arrogant, elite guard of political adolescents to by-pass the regular party organization and dictate the terms of a national election." Gerald Ford

Easter Parade

It was a perfect day for it, the temperature was just right for all the kicking and punching that was going on, and the rain held off, the sky actually cleared up completely.

The kids were out in front right behind the CMAC banner and Senpai Tisdall was putting them through their paces. Sensei Titus was running the adult division and he had them working hard the whole way. Mr. Busbridge was running the Tai Chi group and Miss Nathwani was over seeing the Kobudo group while performing the Tai Chi fan. Sensei Bassels and myself trailed behind on our iron horses and cranked the engines every once and a while to please the crowd, or scare them, probably a bit of both. All the demonstration were very well received by all the spectators. Thank you for coming out and showing some real Martial Spirit.

