

JADE Buddha



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Go West

Year of the Rabbit



Hair Doo of the month goes to Morgan, Wow!



CMAC WEST CAMP

If you are going anywhere this year go West to Waterton Alberta for the CMAC Camp July 29th - 31th. The training is fantastic and the scenery is breath taking.

Looking for some adventure this summer?

I'll be doing a weekend training camp for Sensei Thankachen in Waterton Alberta. It is a truly beautiful spot with glacier fed lakes, deer roam free (and will even come up to you), mountain roads that are just amazing on a bike, boat rides, camping, and training in the mountain air is just awesome!

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Just because you have a pain doesn't mean you have to be one.

Beaches Newsletter

Sensei's Note

There is still some room in the big wave camp near the end of the summer if you want your kids to have a really fun and memorable summer.

The camp has been going for the past 5 years and it is very well run with lots of fun and interesting things for the kids to do and learn.

It is a day camp in Albion Hills which is where we had CMAC Family Day so those who went know how cool it is there. It's a day camp so they are bused up and back after a full day of fun and adventure. So go to www.bigwavecamp.ca and get in before it too late.



Summer Training Times

Summer schedule will be in effect the first of July. Times will be posted on the site and I have handouts as well. Kids will still have two classes per week ages 4-9 on Tuesday and Thursday 5-6pm. Kids ages 10-17 will be Monday and Wednesday 5-6pm. No Saturday classes.

Adult Karate classes will be Monday to Thursday 7:30-8:30pm. No day classes or weekends.

Tai Chi and Kobudo will be at the same time through the week, but no Saturday.

Have a great summer!

Training Tip

There will be a camping and training event in Shelburne with the Yume Dappo Dojo in August, maybe on the 20th, but the date hasn't been nailed it down yet.

We will cover a pile of stuff; Sensei Bassels is really good with a stick and knife, and we will also be doing archery, spear, axe and knife throwing.

There will be a tonto carving seminar where you will carve your own tonto that you will use for the weekend and upon finishing the camp we will brand your tonto with a special brand to commemorate the weekend event.

Sensei Bassels is having the whole event catered so you don't have to worry about food, but bring whatever you want there will be open fire to burn something up if that's what you are into.

Beaches Grading Results

June 11 2011

Yellow Belt

Matt Tobin

Jonathan Dobrowolski

Sebastian Dobrowolski

Orange Belt

Madison Barna

Red Belt

Mackenzie Beatty

Adèle Swanson

Green Belt

Glenn Barna

Blue Belt

Michelle Redburn

Next Grading

To Be Announced



You may be one person in the world, but you may be the world to one person.

BEACHES EVENTS

July

- 1 Summer Schedule Begins.
- 1-2 Canada day Holiday
- 22-31 Summer Holiday
- 29-31 CMAC West Camp
- TBA Camping/Training

August

- 1 Dojo closed.
- TBA Kyu Belt Grading
- TBA Camping/Training
- 29-31 Last Summer Break Dojo Closed



Thirteenth Tone

Thirteen is the key to the Mayan galactic codes of fourth dimensional time and to the annual lunation cycles by which Earth is guided in her solar path.

Key-words: Endure - Transcend - Presence

Where 12 represents the coherent formation of the sacred circle, 13 signifies the expansive spirit of the ascending spiral. Without the transcendent quality of 13 the force of circulation itself 12 can leave us locked in infinitely complex details of form. Where 12 upholds the supreme coordination of 3rd dimensional physical order, 13 ushers in the supreme revelation of the 4th dimensional, spiritual Synchronic Order. The Cosmic Tone beckons us to transcend the limiting logic of linear time that we may expand into Radial time. We are called to sensitize to the spiritually synchronized symphony of the universal movement as it plays and unfolds the unique music of every moment. We are invited to consciously feel the inter-connectedness of all life; to be present to the Spirit which moves through all manifestations, guiding all arrangements of space and configurations of consciousness. We discover that we are always inherently "one-time" by knowing we are time!

As the climax of progression, Tone 13 can embody qualities of any of the previous Tones! 13 is the key to time itself; presence - simple patient awareness; receptivity to exactly what is occurring. Presence bestows depths of feeling intimate information and guidance held within the living intelligence of the moment. We commune with the vastness of self, the essence self which transcends all appearances of separation. Every moment, we are presented with opportunity to conditioned responses. By orienting in the present, as presence, we expand and feel our growth, we transform our suffering or striving into the beauty of human evolution, honouring life as an eternal journey of Being!

As the tone of endurance, 13 is the force of the continuum; ever onward life unfolds, integrating all that has gone before. Here we transcend through the Cosmic gate, taking "magic flight, magnetic return," led back to One for a new spiral flow!

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!

Your health is your true wealth, invest in yourself as you would a savings account.

Your Health Your Responsibility! Water ...

Water is a fundamental nutrient for human life. It is necessary to every system of our bodies. Not only does it play host to the millions of chemical reactions that happen in our bodies every second, but it serves to keep our joints moving, our nutrients flowing, our body temperature regulated, and acts as a solvent to remove waste products from the 70 trillion or so cells constantly working within us.

Roughly 70% of our body is water. In an adult this boils down to about 12 gallons, requiring consumption of about 10,600 gallons over a lifetime to maintain.

Rule of thumb for knowing how much you should consume each day is to divide your weight by two. This reflects the total number of ounces. Divide this by eight to get the number of glasses. The average North American is chronically dehydrated and doesn't even know it.

Toronto city water is pretty good, but I only drink it straight out of the tap if I'm dying. I always boil my drinking water then put it into a water cooler. You should always run the tap for a minute first if you must have it out of the tap. Never ingest warm water out of the tap because it comes from the water heater that is full of bacteria.

With the summer heat make sure you keep on top of your hydration. If you are feeling these symptoms you are dehydrated: dry mouth, eyes stop making tears, sweating may stop, confusion, weakness, muscle cramps, nausea and vomiting, heart palpitations and lightheadedness.

CMAC Black Belt Grading

Another Banner CMAC event! The weekend started off with Sensei Platt's seminars; Saturday night was stick and knife training with some hand speed drills that were a lot of fun. The open hand karate session was a bit of a blur, but equally awesome as the first seminar. We went through matsumura rohai, which is a form we haven't done for a good 7 or 8 years. It came right back like it was yesterday (love it when that happens).

The next morning was tai chi and we had a chance to review some hand drills from the previous day, which was excellent. Getting that chance to review is so great and always makes people feel better because it got in and they actually go home with something. The tai chi set was called the 24 cannon fist, which is a basic form, but very nice. Another form from a great seminar that was fascinating but went by too quick to retain. Oh well, next time.

After lunch break we got the Black Belt grading going, and to start things off Sensei Williams did a ba gwa form called swimming ba gwa AKA The Madness! He did an exceptional job and in classic Sensei Williams form. I performed a Chen set also known as the 24 form that has some great power and speed moves so that was fun to do before the grading. Sensei Platt said it really set the tone for the grading that was mostly nei chi and mostly the Beaches, so that was nice.

Our guys did a great job on the grading Miss Kortright and Mr. Jones for 3rd level in tai chi, Mr. O'Neil and Ms. Johnson for 2nd level tai chi, Rod Batthany, Bill MacLeod and Miss Merlini for first level tai chi, Ms. Crawley for Ni Dan Karate, and Mr. Busbridge for San Dan Kobudo. Everyone made it, Congratulations!!!

Some highlights were the second spear form by Mr. Busbridge, Jules fighting that girl from the Honbu, Miss Crawley climbing Sensei Bassels in the knife self defence, actually too many things to mention, so get out to the next one!

You gain knowledge from taking things apart, and you gain wisdom from putting things together.

Dog Cat Rat



What you see here is a cat and a rat on top of a dog. No it isn't photo shop, no they haven't been drugged, it is for real. These creatures are suppose to be natural born enemies! What has happened? Did the Earth shift on its axis, are we at the dawn of a new time? What could this possibly mean.....my whole world has been rocked - could this mean that we don't have to hate those that are different than us?! If these guys can get along maybe people can learn from this.

Summer Holidays

Dojo summer holidays are the last week of July (July 22 - August 1) and the week before the kids go back to school (August 29 - September 5).

At these times the Dojo will be closed so you can enjoy the summer. The last week of holidays will be for reno's so if any of you would be interested in cleaning up, painting, maybe - hopefully laying some matts, etc.

Matt Fund Raisers

After seeing the Kitchener dojo for their Grand Opening I realized that we as the Beaches dojo no longer have the best floor in the CMAC fleet. This simply will not do! We have a good floor but it could be great, and it has served us well but the truth of the matter is the matts are tired and old.

Lets get some money together and re-do the floor. I'd also like to give the dojo a face lift - after a visit to the Waterloo dojo I was impressed with how clean and awesome it looked. Get a committee together.

Beat the System

I thought of a new concept for the newsletter, its called "Beat the System". The idea is to pass along ways to beat the system!

Life is tough and we gotta watch out for each other. If you hear of a way that you can get out of a ticket, save a buck or two on taxes, whatever the case, you should share it and that way we all benefit. There are back doors to most situations, so when you think you are stuck and there is now way out, there usually is, so don't sweat it.

This is a little one, but you could save about \$50 on "AA" batteries. Fifty Bucks is Fifty Bucks!

I have one coming to help you beat paying big bucks for a speeding ticket.

So let me know how you beat the system and we can all put it to the man.



Buy a 6 volt battery for \$4.



Using a flat head screw driver pry off the top and using pliers cut the wires.



Pour out the 32 "AA" batteries hiding inside.



Line them all up and count how much money you just saved.

Prana not drama.

CMAC NOTE

With the immense flooding throughout Eastern and Western Canada as well as the US, along with the unprecedented tornado action, earthquakes, and the very recent eruption of the volcano in Iceland, I think it's safe to say mother nature is screaming for our attention and understanding. On the macro level, all the elements of air, fire, water, and earth are impacting millions of lives; on a micro level it's impacting billions. Mankind really needs to comprehend we come from the earth and are part of the earth as we are made up of the same elements. In the Martial Arts we use the elements as a reference point of consciousness (air), water (formulation of strategy), fire (action), earth (foundation). Regardless of the micro or macro level, the impact of elements brings focus to the moment. This is truly our moment on the planet to make the necessary changes to make things right but what one realizes in the training is that to change the big picture we need to change the little picture ie: ourselves. What you are seeing on the macro level already exists within on the micro level. A concept to really contemplate this summer.

Hanshi Platt

Teen Drama on Canada Day

Guns Guns Guns - run for your Life! It was my plan to get out of the city for the weekend, but I was forced to make a decision that ended me back in the Beach. I pulled into the Beach just as it was getting dark so I went to the fireworks. I was just entering the Beach down by the BBQ Pit and a whole herd of tourist came stampeding towards me with fear in their eyes. I put on a forward leaning stance and put my hands up, a few people got elbowed, sorry about that. So I headed toward the direction they were all running from to see what all the chaos was about. I saw nothing!

A little later I found a great spot to watch the fireworks, close to a pole in case it happened again I could shift behind the pole and they would bounce off the pole instead of me. Well half way through the show it happened again so I slid behind this pole and someone hit the pole, bounces off and hit someone else who wiped out, it was kinda funny. So I'm like what is going on?! People scared of fire crackers?

Well as it turns out some little gang banger was pulling out his gun and scaring all the teens. Which was pretty dangerous, there were little kids that could have been trampled by all these stampeding teens.

One guy with a gun and pile of people around, but no one with any kind of courage, sad really. If you don't think there is a need for the training you are mistaken. People are not getting any smarter, anger and violence are usually the first option. You should know how to deal with these situations living in the city.

Don't make it hard make it happen.

Matsumura

Matsumura was born in Yamagawa Village, Shuri, Okinawa. Matsumura began the study of karate under the guidance of Sakukawa Kanga. Sakukawa was an old man at the time and reluctant to teach the young Matsumura, who was regarded as something of a troublemaker. However, Sakukawa had promised Matsumura Sofuku, Matsumura's father, that he would teach the boy, and he did. Matsumura spent five years studying under Sakukawa. As a young man, Matsumura had already garnered a reputation as an expert in the martial arts.

Royal Service - Matsumura was recruited into the service of the Sho family, the royal family of the Ryukyu Kingdom in 1816 and received the title Shikudon (also Chikudun Pechin), a gentry rank. He began his career by serving the 17th King of Ryukyu's second Sho dynasty, King Sho Ko. In 1818 he married Yonamine Chiru, who was a martial arts expert as well. Matsumura eventually became the chief martial arts instructor and bodyguard for the Okinawan King Sho Ko. He subsequently served in this capacity for the last two Okinawan kings, Sho Iku and Sho Tai. Matsumura traveled on behalf of the royal government to Fuzhou and Satsuma. He studied Chuan Fa in China as well as other martial arts and brought what he learned back to Okinawa.

Jigen-ryu- He was the first to introduce the principles of Satsuma's swordsmanship school, Jigen-ryu, into Ryuku kobujutsu (Ryukyuan traditional martial arts) and he is credited with creating the foundation for the bojutsu of Tsuken. He passed on Jigen-ryu to some of his students, including Anko Asato and Itarashiki Chochu. The Tsuken Bo tradition was perfected by Tsuken Seisoku Ueekata of Shuri.

Kata - Matsumura is credited with passing on the Shorin-ryu Kempo-karate kata known as naihanchi I & II, passai, seisan, chinto, gojushiho, kusanku (the embodiment of Kusanku's teaching as passed on to Tode Sakugawa) and hakutsuru. The hakutsuru kata contains the elements of the Fujian White Crane system taught within the Shaolin system of Chinese

kempo. Another set of kata, known as chanan in Matsumura's time, is said to have been devised by Matsumura himself and was the basis for pinan I and II. Matsumura's style has endured to the present day and the above mentioned kata are the core of Shorin-ryu karate today.

Teachings of Bushi Matsumura - Matsumura was given the title "bushi" meaning "warrior" by the Okinawan king in recognition of his abilities and accomplishments in the martial arts. Described by Gichin Funakoshi as a sensei with a terrifying presence, Matsumura was never defeated in a duel, though he fought many. Tall, thin, and possessing a pair of unsettling eyes, Matsumura was described by his student Anko Itosu as blindingly fast and deceptively strong. His martial arts endeavors have been the progenitor of many contemporary karate styles: Shorin-ryu Shotokan, and Shitoryu, for example. Ultimately, all modern styles of karate that evolved from the Shuri-te lineage can be traced back to the teachings of Bushi Matsumura. Of note, his grandson was the modern Tode master, Tsuyoshi Chitose, who assisted Gichin Funakoshi in the early introduction and teaching of karate in Japan and who founded the Chito-ryu style.



If you don't stretch your limits you set them.

Itosu Rohai Shodan Bunkai - Wicked Scissor Take Down

This is a bunkai from the end of Itosu Rohai Shodan.



#1 Uke lunge punches, Shite shuto uke and grabs Uke's wrist.



#2 Shite heitos Uke in the neck.



#3 Shite grabs Uke by the head and pivots 180 degrees.



#4 By torquing the hip and pulling the wrist Uke is taken down.

This is the jump shuto at the end of the kata, timing, agility and total commitment are a must on this take down!



#1 Shite shutos Uke's lunge punch with the left and rushes in behind.



#2 Shite grabs Uke's collar and hops the left leg over Uke's left leg.



#3 Shite whips the right leg around Uke's middle and scissor locks.



#4 Shite pulls back on the collar and uses his power (weight & momentum) to take Uke down.

Itosu Rohai Shodan - Another short kata packed with great bunkai, this one alternates between low stances and high crane stances. The hand techniques present a versatile collection of evasions, counter grabs, simultaneous block-and-strike manoeuvres, and double strikes. This kata is great for learning how to fight in close quarters.

The original Rohai kata was created in Tomari Okinawa by Matsumora. Rohai means Vision of a Crane, which once again reflects the Fujian White Crane kung fu influence on karate. Whether Matsumora learned Rohai from one of his masters or created the kata as an expression of his own experience is not known.

Anko Itosu, one of Matsumora's students, took the original Rohai and broke it up into smaller kata to make them easier to learn, calling them Rohai Shodan, Rohai Nidan, etc.

In the Shotokan version of the kata, Gichin Funakoshi modified the different versions of Rohai, mixing them back together into a single kata. He called it Meikyo, which means Bright Mirror.

The one presented here is the Itosu version of Rohai Shodan, which is the junior version of Itosu's Rohai.