

JADE Buddha



1971 Queen St. E. 2nd floor, Toronto, ON

416-690-2885

www.cmacbeaches.com



Bring a Friend Week

September 11-16th

Perhaps you know someone who is interested in training but would like to take it for a test drive. This is a great opportunity to introduce a friend to your Dojo. Besides what could be more fun than showing a friend what your training is all about?

Beaches Black Belt Grading

September 30th & Oct 1

This is the calm before the storm for the Mudanchas. This is your last chance to show Sensei you are gold! Make it out to all your classes. It's go time!

BLACK Belt Grading and Mini Camp

September 30th & Oct 1

If all goes well another group of Beach bodys will be challenging this grading. Mark it down on your calender because if this grading is anything like the last it is going to blow everyone away.

INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tips	2
Events Calendar	3
Kiai	3
Bell and Vajra	3
Manners	4
For Thought	4
Black Belt & Seminars	4

"An open mind isn't the same as an empty head."

SENSEI'S NOTE

Break Times over, time to get back at it. This summer holiday was quite a holiday for everyone, lots of people away to the cottage or travelling or just taking some time to chill out. Some of you however chose to stay regular with your schedule, I salute you.

We train in Goju Ryu Karate a style that is both hard and soft. Learn from that, when it's time to train hard train hard when it's time to ease back, ease back.

I had a fantastic summer, probably the best one I've had since I've come to the Beach. This year I chose to get to the Beach more and just enjoy this place and time we are in.

Now that fall is here and another Black Belt grading is rapidly approaching it is time to get serious about your training. Make it a healthy habit to be in class.

TRAINING TIP

Read some books! Reading is to the mind like exercise is to the body. Get a new manual they have been up dated and in there you will find many interesting things as well as which books to read. Don't think for a minute that you can get to Black Belt without reading an impressive list of Martial Arts related books.

Bun Bu Itchi, The pen and the sword are in accord. Not all readers are leaders but all leaders are readers. Blocking, punching and kicking, is only a small part of what Martial Arts really is, when you learn the philosophy and the psychology that the training will reveal over time, that is when the magic happens, but this is not just given away, you need to pay the price. That price is years of study, reading, training, doing the meditation, applying the knowledge, listening to the lessons, learning from your mistakes. This is not a quick and easy thing to do, but nothing worth while ever came without some kind of a challenge. The payoff for your years of hard work is that you'll have

a better understanding of human nature and yourself.

Know the enemy and know yourself, and in one hundred battles you will never be in peril. When you are ignorant of the enemy, but know yourself, your chances of winning or losing are good. If ignorant of both your enemy and of yourself, you are certain to be in peril in every battle. That is some classic stuff I got it from a book, "The Art of War" Written well over two thousand years ago by a mysterious Chinese warrior-philosopher named Sun Tzu. Reading is good.

We live on a planet with millions of people, by understanding them better it may make your stay here a little easier and fulfilling, at least that has been my experience.

Book 2 should be out before the next Black Belt grading so make sure you pick one up, and it doesn't matter if you already know the kata - get it anyway.

GRADING RESULTS

*No August Grading
Next Grading September 23rd*



"Do right and you need fear no man."

EVENTS CALENDAR

September 2006

- 1-4 -Dojo Closed
- 5 -Dojo Open
- 11-16 -Bring a friend week
- 23 -Beaches Black Belt Grading
- 30 -CMAC Mini Camp

October 2006

- 1 CMAC Black Belt Grading
- 7-9 Thanksgiving Dojo Closed



Kiai

Kiai literally means "breath unity" is a technique that has been used by soldiers since the dawn of time. This battle cry helps to warn other troops of attack, the loud yells will put fear into the enemy causing them to freeze or make mistakes, and it also has the ability to psych up your troops or psych out theirs. By unifying the mind body and spirit through the power of the breath and channelling it out through voice a powerful scream can be developed.



Now for the regular karate person who lives in a peaceful part of the world my not care about having a kiai that could stop a small army in their tracks, you may be interested to know that a good kiai is very healthy to do for stress relief it also helps work your abs and develop your lungs. Stress relief, because it's yelling, that's what you want to do when you're stressed right, you want to yell at the top of your lungs, but you can't because people will think you're crazy. Here we like it. Yet another excellent reason why parents should train.

Temple Bell and Vajra



The bell and accompanying Vajra are used by the Tibetan monks. The bell is used in meditation to set a vibration to help cleanse the area for prayer. The Vajra is a symbolic weapon and translates to thunderbolt, it has the ability to cut through all obstacles to enlightenment. The Vajra is representation of the Unconditioned, a union of opposite, the ultimate expression of wisdom and compassion. The Vajra bell rings out far and wide the melody of Transcendental Reality.

"In all respects, and with all people, treat others as you yourself wish to be treated."

Manners

Call them anything you want - courtesy, respect, politeness, kindness, consideration, etiquette, thoughtfulness, graciousness, etc. - our manners are who we are. We'll always be known by how we treat others. And the way we treat others will always be a key factor in determining how successful we become. Treat people as adults, as partners, with dignity and with respect, this is great advice for the business world and for everyday living. In the history of the world, no one ever went wrong by being polite.

This is to have succeeded

To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a better place; to know even one life has breathed easier because you have lived. This is to have succeeded.

CMAC Black Belt Grading & Seminars

Yes the Beaches is sending in another crew of warriors to represent the dojo at the fall CMAC Black Belt Grading. This time we have a strong weapons contingent (Carey Corrigan, Geoff Busbridge, Grant

Tisdall, Peter Jones) and one for tai chi (Shanta Nathwani), also Sensei DeQuetteville and Senpai Titus have been requested to perform for the opening ceremonies, so it will be, as always a fantastic event.

Sensei Platt will have the usual seminar format, Kobudo and Jujitsu Saturday September 30 at 3:30pm followed by Karate at 5:15pm, Tai Chi Sunday October 1 at 10am. Cost \$30 per session or \$50 for both, make sure to include 6% GST. So make sure you put your name on the list get out there. For those that are grading you get to go to the Tai Chi seminar Sunday morning for free, even if you don't do Tai Chi it would be good for you to go, it will relax you before you grade and it will guarantee that you are on time for the grading.

The location should be back at the Oakville Holiday Inn, we changed the venue last time because of the extra large number of Black Belt Challengers. Make sure to check in before that weekend for any last minute changes.

