

JADE Buddha



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Sensei Platt Seminar

Friday May 25th

Sensei Platt will be up for another fantastic seminar May 25 at 7pm. He will work his usual magic, this time covering Tai Chi and Karate and Ju jitsu. We'll have two sessions one Nei Chi internal power development and the other will be an outer expression of that internal work.

China Trip 2007

July 2007

You are a fortunate student if you are going on this trip. This is a life changing experience and absolutely worth every penny. Take a look at the photos on the dojo walls for a preview to your adventure. Make sure your passport is up to date July will sneak up fast.

Book 2 Available

A great tool for every student training in Goju and a great value at \$20 per issue. In this issue you will be introduced to Soto Chudan Mawashi Uke, Kake Uke, Gekesai Itch and Ni new self defences and a lot of Sensei wisdom.

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"Bad habits are easy to get but hard to live with, Good habits are hard to get but easy to live with."

SENSEI'S NOTE

Bad habits are easy to get but hard to live with! Good habits are hard to get but easy to live with. Be aware of your surroundings.

Bad habits can be broke, and the magic number seems to be 30 days. If you go without that one thing for 30 days you stand a solid chance of beating that bad habit that is ruining your cool facture.

Now what classifies a bad habit? Mostly things that are self defeating or distructing. Of course smoking, poor diet, and doing drugs are the at the top of the list, but think

about those irritating mannerisms that disrupt the whole class around you. When you cough cover your mouth, get out of your nose and into your Karate, and please don't talk when the instructor is explaining something, it's rude.

There are a lot worse things going on out there that I didn't want to mention because it turns my stomach a bit, but you get the point, so get a grip!

TRAINING TIP

Chamber Hands! I was sitting wondering what write about for the training tip when Sensei DeQuetteville arrived so I asked "if you had a choice what the training tip be on?" He said "Chamber Hands" and shook his head in dismay.

Right then good point - in CMAC GOJU BUDO the core Goju kata have a high chamber hand (*fist is even with the pec*). The foreign kata that we practice have a low chamber hand (*on the hip*)

Try Reading!

The other day a youth come into my office and said "where do you get all these sayings that you put on the white board?" I asked "Why" the responce was " I just love those sayings" Well I just happened to be reading a book on Martial Arts at the time. So I looked up and said "Try Reading!"

Reading is to the mind what exercise is to the body.

Write things down and read them again then reflect on the concept.

Start a note book, you are studying Martial Arts. The physical part is only a fraction of the over all picture. If you understand the philosophy that goes behind the training it will help your life go a little smoother.

GRADING RESULTS

April 21 2007

Kids Yellow Belt

Alexander Alsace
Regan Gillies
Patrick Cooper

Orange Belt

Ana Pierce
Andrew Chan
Matthew Reykha
Shannon Smith
Noah Thomas

Red Belt

Owen Sulter
Logan Rogers
Clark Vandenhoven
Maija Eisen
Evan Neff

Adult Yellow

Rob Sopher

Adult Green

Scott Logan

Mudan

Sue Warren
Shanta Nathwani
Geoffery Busbridge
Peter Jones

Mudans will be challenging for Sho Dan here at the Beach June 2 - make sure you come out and watch, then the CMAC Black Belt grading June 24 in Oakville.

NEXT GRADING

June 2

"Stay out of your own way, you're doing fine."

EVENTS CALENDAR

May 2007

- 19-21 Dojo Closed
 25 Sensei Platt Seminar
 26 Dragon Boat Race
 for Charity-Kelso Lake

June 2007

- 2 Kyu Belt Grading
 24 Black Belt Grading
 Holiday Inn-Oakville



Feng Shui

part 2

The practice of Feng Shui always begins with basic principles that stress the importance of location. If the location of your home is auspicious, according to fundamental feng shui tenets, you and your family will be assured of a good life and excellent luck will accompany you in your endeavors. The natural environment is very powerful, so even if your home's interior suffers from feng shui mistakes, the effects will be overridden if the location of

your home enjoys good classical form school feng shui. Form school feng shui focuses on the physical surrounding of your home or if you live in an apartment, the building in which your apartment is situated, to determine if the location has good feng shui.

Feng shui is about living in harmony with the earth's environment and its energy, so that balance is achieved.

CMAC Family Day with Sensei Platt review

What a great day as well as a great idea, there were 300 kids in attendance for the event accompanied by parents and other family members. Sensei Platt started the event by welcoming everyone to the first CMAC Family Day and explained the rationale behind the concept of this event. People should work together apposed to competing against each other. Then he went on to mention that in this day and age there are many things happening with the planet, and we need to pull together to make a difference. Moving away from the tournament idea and doing more events like this one is a step in right direction.

After the introduction there was demonstration by the Kids of the Honbu who did a fantastic job, and that show motivated all the kids to train hard in the micro seminars that were presented by many of the CMAC directors. The energy was awesome and the kids seemed to really enjoy themselves. As

for the parents, the couragous ones went and participated in the Tai Chi and Karate seminars that were being held in other rooms.

There were tables of information available for people to learn about all kinds of things relating to health and wellness, not only for people but animals too.

To end things off there was a speaker who was very concerned for the treatment of Whales and Dolphins in marine parks around the world. It had a powerful message and I think many people were moved by it.

It was a very educational experience for all who took an interest, and I think it was an event that's time has come, no egos, no winners or losers, no casualties, just people working together in light of the greater good.

Thanks Sensei Platt for this experience you are truly an innovator.

"Everyone is worried about car emissions when they should be concerned about brain emissions."

Dragon Boat Races

May 26th

Another family event has been planned for May 26th. It is the Dragon boat races at Kelso Park in Milton. It's fun for the whole family, there will be Demos and training and of course dragon boat races, lots of races. CMAC has been in these races for the past two years and has always done very well. I think it has something to do with our Goju power. Check the events board for more info.

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Sensei will explain in great detail the benefits of the internal work while at the seem time blow your mind with all the applications of each technique he has shown you.

Internal energy, outer expression are all very interesting and valuable, but where he will really get you is what he says. He has travelled the world and trained in many places so he will share some of these adventures with us and most likely talk about what is to come in the very near CMAC future.

Fun Facts Did you know?...

- If the amount of water in your body is reduced by just 1%, you'll feel thirsty.
- Unless food is mixed with saliva you cannot taste it.
- On average, you speak almost 5,000 words a day - although almost 80% of speaking is self-talk (*talking to yourself.*)
- Our eyes are always the same size from birth.
- Not all our taste buds are on our tongue; about 10% are on the palette and the cheeks.

