

# JADE Buddha



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## China trip is happening now

Have a nice summer. Remember the dojo is open and running classes till August 19th. See you in the Fall.



Next grading July 14 for Kyus and Dans?



These are pictures of the Purple Cloud Palace on Mt. Wudang.

In 2004 we trained in Wushu, and practiced bagua and tai chi with the monks who inhabit the temple.

We will be there again this trip and look forward to working with monks once more.

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*To keep yourself on the path require a deep rooted faith and a strong will.*

## SENSEI'S NOTE

To keep yourself on the Path requires a deep rooted faith and a strong will.

Training is a preventative form of self protection against disease, and poor health. By training you are not letting illness in, (where there is health there can be no sickness).

Martial arts will focus on self defence as a way to exercise and develop internal energy which moves through the body and keeps cancer from entering the body. Not to mention, self defence will help deal with the low vibrating, dense resonating scumb that try to attack you or your family, for your money or some other selfish reason. What more reason do you need.

People will abuse and take for granted their health until they don't have it anymore. Protect their life style instead of their lives, and that's ok we live in a "Free" country, you can get as fat as you want, smoke as much as you want "Sexy" just don't start crying when your life isn't working out the way you wanted it to.

I use to know this girl who was into health and wellness and helping others. But she would get so upset when people would not follow the advice she gave or fall off the programs laid out. You can only help those who want to help them selves. She eventually stopped working with certain people because they wouldn't stop smoking or refused to exercise.

We have a nurse training here that was mentioning that there is equipment being instald into the hospital to accomodate people weighing between 500 to 800 pounds. What!?!? How does that happen? What quality of life do these people have? How can the heart deal with all that mass? Imagine how proud their parents must be!

You know how they have warning signs on a pack of smokes that says "Smoking will kill you" They should do the same thing with a Big Mac "Eat too many of these things and you'll fatt'en up and explode your heart." I thought suicide was illegal.

You can lead people to knowledge but you can't make them think. The info is out there - everyone knows it. Start making the right choices! To be healthy eat right, exercise, meditate and quit smoking and whatever happened to just say no to drugs. Well I'm not going to go on about Drugs, that's another whole peeve in itself.

Your body is your temple keep it clean.

## NEXT GRADING

*June 2 2007*

### Kids Yellow Belt

Annie Coombe  
Joe Huff

### Orange Belt

Jenna Ladd

### Green Belt

Natalie Heckhausen

### Weapons Yellow

Christopher Pollack

### Shodan

Sue Warren  
Shanta Nathwani  
Geoffery Busbridge  
Peter Jones

### Level 2 Tai Chi

Tom Edwards

Karate and Tai Chi challengers at the June 24th CMAC grading in Oakville made a vallient effort and represented the dojo. Outstanding!

*An opportunity missed is an opportunity lost.*

**EVENTS CALENDAR**

July  
 2 Kyu Belt grading  
 17 China

August  
 20-31 Dojo holidays

September  
 1-3 Dojo holidays  
 4 Dojo open  
 22 Kyu Grading  
 22 Beaches Black Belt Grading  
 29 CMAC Camp  
 30 CMAC BB Grading

October  
 25-29 Sedona AZ camp

**What's with the boxes & bricks**

Training! It's all about the training.

Some of you are wondering, "What's with the boxes and bricks in the dojo?" well if you have these things just laying around here is how you can use them to workout with. This way you don't need a gym membership to work certain body parts. Next month legs, chest and more about punching bricks.



Dips are fantastic for tricept development, go deep and stretch.



Deep push ups are tough but worth it, go as low as you can to stretch the chest.



Punches, chops, double chops, double haitos, on the bricks are all excellent ways to strengthen your hands.

*The sparrow never lands where the tigers roams.*

## Membership give away and earn free stuff

If you have friends that have been listening to you talk about how great Martial Arts is, and have been wanting to give it a try, here is a way that everyone wins.

First - get a card from Sensei or Shanta and put your name on the back.

Second - give this card to someone you like, and has an interest in training.

Third - make sure they bring the card into the dojo when they are going to take their first class.

Forth- get a stamp and receiver your reward.

(1) stamp = FIST crest (2) stamps = CMAC BOOK (3) stamps = 1 free month of training (4) stamps = T shirt

(5) stamps = 1 month (6) stamps = private class with Levi (7) Stamps = 1 month of free weapons class

(8) stamps = a gi "First one to 8 stamps wins dinner with Sensei."

Conditions; You can't bring the same person twice. Don't loose your card. Only invite people that you trust.

Don't abuse this opportunity. Training is a privilege. Choose wisely.

## The Belt

Here is some of the ideology behind the "Belt" and why we wear them.

It holds the uniform (gi) together, and when you first get it, it is tight and ridged like most people when they start training. After awhile they loosen up, representing flexibility of mind and body.

The belt circles around you and a circle has no beginning or ending "it never stops" Meaning a Martial Artist never gives up.

When you tie the knot it represents commitment and decisive action.

The colours all have meanings. White - novice, innocence, purity, beginner. Yellow - Sun, Solar plexis is the sun chakra of the body. Orange - Hara - ones center. Green - Heart - ones life and passion. Blue - truth, minds eye. Brown - is the colour of the earth and represents a Solid foundation. Black - commitment, loyalty, honour.

You start as a White belt, train to Black belt, and years later the belt fades from use and returns to white again.