

JADE Buddha



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Where is the China trip now?

There is an itinerary of the trip and map of china on the pin up board - see if you can follow where the CMAC tour group is day to day.

These are pics of the Big Buddha at Lantau island in Hong Kong. The CMAC tour group will be there . But when?



This is the world's tallest seated, outdoor bronze Buddha. It sits in a lotus flower upon 268 steps and at the base is surrounded by an army of deities. The center is hollow and has 2 floors with ancient paintings and other artifacts that hold hidden mystical secrets of the ancient ways.



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Develop the one to meet the many. Yamoto Damashi Etsu Metsuke.

SENSEI'S NOTE

Develop the one to meet the many.

This concept is more than just having a strong reverse punch so that you can defend yourself against countless opponents, it goes deeper than that. Develop a strong mind to solve the endless situation that occur in your day to day. Develop a strong spirit so that your willpower will keep you on the right path and out of harms way.

We live in a world that respects strength and power, we also live in a world that constantly temps us to give in to weakness. It takes a lot of discipline to resist the temptation of the things that form distructive habits, such as smoking, poor eating habits, alcohol abuse, and drugs. The temptation is usually from outside influences like, friends, family, advertising, T.V. and media exposure. Be aware of what you expose yourself to.

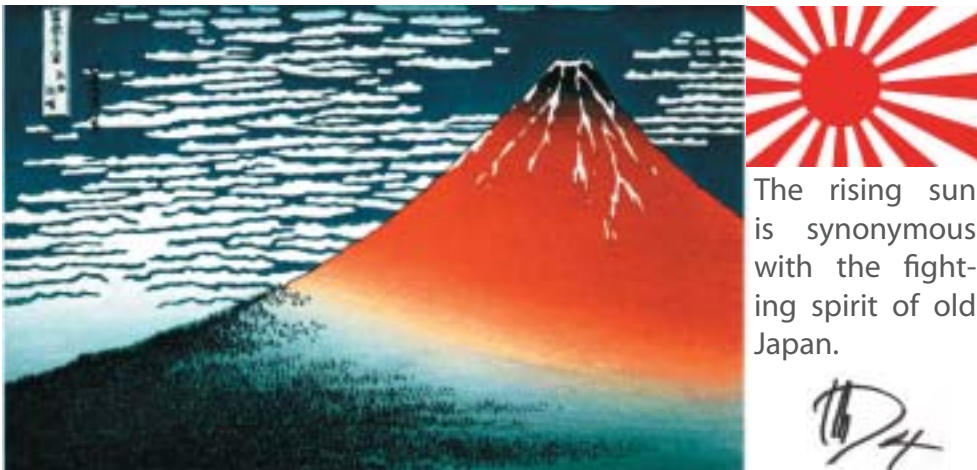
Yamoto Damashi is the fighting spirit of the samurai, never give up, kind of attitude. Develop an indomitable spirit.

Most of these bad habits people fall into are a form of escape from their reality, they are stressed so they got to have a smoke, they are upset so they need that comfort food, life is too much so they need something stronger like drugs or booze. This does not solve their problems and more often than not adds to them.

Etsu Metsuke is to see the mountian beyond the adversity, which means to power through no matter what obsticals lie in your path.

Of course life is hard, but self sabotage certainly doesn't make it any easier. Take on the challenges, they are only tests put to you to improve your character. Are you a warrior or a worrier.

By toughening up the mind body and spirit you actually make life easier. When stuff happens deal with it like a person of character.



The rising sun is synonymous with the fighting spirit of old Japan.

GRADING RESULTS

July 14th 2007

Yellow Belt

Nancy Huff
Nigel Thomas
Sean Newton

Orange Belt

Mike Kocluym
Vojka Miladinovic
Rob Sopher
Mike Peros

Green Belt

Alex Lofthouse

Purple Belt

Rebecca He
Ryan He
Julia Merlinie

Nidan candidates for CMAC Sept. 30

Grant Tisdall
Robert Farmer
Philip Burton
Jacqueline Kortright

Karate and Tai Chi challenges for the Sept. 30th CMAC Black Belt grading can be seen at the Oakville Holiday Inn at QEW & Trafalgar 1pm come and show your support.

NEXT GRADING

Sept 22 2007

The impossible is often the untried.

EVENTS CALENDAR

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 part 2

More on punching the bricks as promised.

It is a good idea to warm your hands up before going at it. Start with the makawari with the chain, it is hand made (Phil Maldinato showed me how to make these things in 93) I will put the directions on how to make your own makawari in another newsletter.



Now it is time for the bricks, notice the striking area of the hand and also notice there is no blood stain on the bricks. Some people will hit the bricks too long and tear their callus off, (not good) work the hand and knuckles but don't over do it.

After warming up with the bag hit the pad.



Bench press anyone.
Breath in going down.



Breath out as you push up.



Once all struggle is grasped, miracles are possible.

Movie Night

September 22 after the grading there will be a slide show of some of the sights from the china tours 04 and 007, and quite possibly during the intermission we will go through some secret shaolin monk training.

Congratulations

Congratulations goes out Sensei DeQuetteville of the Ajax Dojo, (15 year veteran student of Sensei Dixon) for being the first to receive a Forth Dan right across the board in Karate Tai Chi and Kobudo. He is the first one in CMAC to have achieved this high level of training outside of the Honbu students.

His dedication has inspired many over the years.

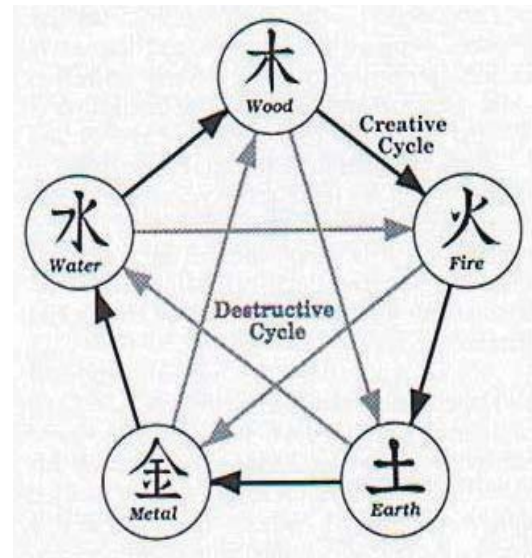
The Akashic Records

The Akashic records (Akashic is a Sanskrit meaning "sky," "space" or "aether") are collectively understood to be a collection of mystical knowledge that is encoded in the aether; i.e. on the non-physical plane existence. The Records are supposed to contain detailed descriptions of every event - from the most momentous (a star going supernova) to the most mundane (the location of your feet as you read this) The concept is prevalent in New Age discourse. The Akashic Records are understood to have various specialty libraries (e.g. medical law) there are said to exist various Akashic records (e.g. Human, animal, plant, mineral, etc.) encoding Universal lore. Most writings refers to the Akashic Records in the area of human experience but it is understood that all phenomenal experience as well as transcendental knowledge is encoded therein.

How are the records aquired?

Meditation!

Five Elements



The 5 phase (Wu Hsing) model and its associated creative and destructive cycles.

In the creative cycle - water creates wood, wood creates fire, fire creates earth, earth creates metal, metal creates water. This creative cycle depicts a never ending creative cycle. The destructive cycle depicts earth destroying water, water destroying fire, fire destroying metal, metal destroying wood, wood destroying earth.

Water

Water the mother of life. The ocean is where the first speck of life emerged, some 3.8 billion years ago. The speck evolved into algae capable of photosynthesis, resulting in the first supply of oxygen. This oxygen interacted with ultraviolet rays from the sun, encased the earth in a protective vale called the ozone layer.

Then some 420 million years ago, life took its first step out of the water, after some 400 years of evolution our humanoid parents came to be. If we consider the earth's 4.6 billion year history as constituting one "year", the human being was born at eight o'clock in the evening on the 365th day - all made possible by the formation of oxygen and the ozone layer.

So goes the story of evolution.