

JADE Buddha



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

416-690-2885

www.cmacbeaches.com

SENSEI'S NOTE

Here is a note for those that enjoy running a class.

It is important to keep things moving, get people working on something quickly and don't spend too much time talking about this detail or that idea, that's my job.

Keep it simple and work on things that we have done recently so they will be

fresh enough in your head, review is always good.

If you aren't sure of an answer, tell the student to ask me.

This one is crucial - It is nice to be important, but it is more important to be nice. Try not to scare anyone, that is also my job.

Just kidding....but not really.

TRAINING TIP

Meditation is the gate way to enlightenment.

Meditation begins with watching the breath. This often confuses people. What does watching our breath have to do with spiritual transformation?

We start with breathing because it is something that we all share as human being. Breathing is our common connection to life itself. Watch-

ing the breath is the most basic centering and grounding exercise, one that we can practice no matter where we are. Inhale. Exhale. It's calming. It's quieting. It helps us to concentrate, to focus. Putting effort into observing the breath causes us to slow down, to become more reflective, more contemplative.

Meditation is essentially a way of life.

Bodhidharma



Miss Kortright and Bodhidharma at Mt. Songshan, Honan Pro. China 07

According to legend Bodhidharma was born in the 6th century in India to a warrior class. He traveled from India to the Songshan Mountains, in Honan province of China, and founded the Shaolin Temple.

Bodhidharma created ch'uan fa (Martial Arts) to improve the monks physical condition and their ability to defend themselves against bandits and muggers.

He taught the 18 postures of awareness, 2 sutras, and sitting meditation. He modeled his Martial Arts after the Tiger, Monkey, Leopard, Crane, and Snake.

EVENTS CALENDAR

March 2008

- 10-14 March School Break
- 10-14 Dojo open 3-5pm for kids
- 29 Kyu Belt Grading

April

- 1 Everyone will learn Suparunpei
- 22 Earth Day



Standing in front of Bodhidharma's cave 2007

INSIDE THE JADE BUDDHA

Sensei's Note	1
Training Tips	1
Events Calendar	1
Bodhidharma	1
Grading Results	2
Protein	2
Note to Parents	2
Candles	2

To be a Martial Artist is to be in harmony with nature, others and himself/herself.

What is Protein

Take away the water and about 75% of your weight is protein. This chemical family is found throughout the body. It's in muscle, bone, skin, hair, and virtually every other body part or tissue. It makes up the enzymes that power many chemical reactions and the hemoglobin that carries oxygen in your blood. At least 10,000 different proteins make you what you are and keep you that way.

Twenty or so basic building blocks, called amino acids, provide the raw material for all proteins. Following genetic instructions, the body strings together amino acids. Some genes call for short chains and others are blue prints for long chains that fold, origami-like, into intricate, three dimensional structures.

Because the body doesn't store amino acids, as it does fats or carbohydrates, it needs a daily supply of amino acids to make new protein.

Many people don't get enough protein which leads to protein malnutrition, causing growth failure, loss of muscle mass, decrease immunity, weakening of the heart and respiratory system, and death.

Too much protein isn't good either, it causes the body to neutralize the acids with calcium and other buffering agents in the blood. Calcium is pulled from the bones to do this and weakens the bones after a period of time.

70 grams daily is plenty for the average adult.

Note to the parents

A message to all parents young and old who have their children training but are not themselves. I would highly recommend you try a program even if it is only for a short time to obviously gain the health and self defence benefits but also to gain insight and first hand experience of what your children are doing in class.

The understanding gained will assist you in helping your child's under-

standing of the process when you discuss the classes at home.

You may also find out what many of the parents who are training now have realized by participating and that is the Martial Arts are very stimulating on all levels. A great way to stay young and motivated while enhancing your health for the future.

Come and try a free class.

CMAC CAMP WEEKEND

CMAC Camp weekend was over the top. Everyone really enjoyed the 3 sword seminar, and all the open hand training. The Sunday morning session is always great. The whole thing is a Big Blur, information overload.

The grading on Sunday started with Sensei Platt demonstrating three forms. It was a treat for everyone to see him busting out these complex forms.

The grading was huge and went well.

GRADING Results

February 9 2008

Karate Yellow Belt

Mackenzie Beatty

Orange Belt

Taylor Dickenson
Karina Vandenhoven

Red Belt

Alex Badali
Marc Frame
Shannon Smith
Annie Coombe
Michael Peros
Joe Huff

Green Belt

Clarke Vandenhoven
Sasha Bambrick
Owen Salter
Charlie Borenstein

Purple Belt

Christopher Pollack
Xavier Kinderchuk
Patrick Redburn

Brown Belt

Max Jeffers

1st Dan Black Belt

Vito Clemente

Next Grading

March 29 2008