

JADE Buddha



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Adult Seminar March 22

Sunday March 22 at 1 - 4pm

3 hours 3 Kata - Be Here!



Sensei Platt and Sensei Dixon after the 6th Degree presentation at the CMAC 2009 Winter Grading



**The Dojo will be Open for March Break
Regular Hours**

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Be quick to sieze oppotunity.

SENSEI'S NOTE

The other day I was talking to a parent about my recent Florida trip and I was trying to explain the Coral Castle to him. He thought I was a bit of a nut I guess and I don't blame him. So many of us live our lives in this country not knowing what else is out there, and when someone tries to explain something as strange as the Coral Castle of course that can lead to some interesting looks.

We as people tend to be sceptical of things we don't understand, open-mindedness is really not part of our

culture. I have always hoped that there was more going on than just what we can see with our logical mind. What I experienced at the castle was an interesting energy and a really positive vibration, and physically my eyes could see better. So I am still a believer in power spots and energy currents that have a positive and negative effect on us, because I have experienced it first hand.

There are ancient civilizations from thousands of years ago that did things that we today, with our incredible intelligence can only speculate on how they achieve these great accomplishments.

Training Tip

There will be an adult seminar Sunday March 22, at 1pm. The seminar will be 3 hours long and cover 3 new Kata.

Seminars are an excellent way to train. Getting out of the regular routine and immerse yourself into extended training session helps to break down bar-

riers so the information may get in on a subconscious level. As the subconscious mind is so much faster than the conscious mind it make sense to focus on training that mind.

Some of you that missed the last grading and want to be in this one should definitely be out to this seminar.

Toe Nails

What could be more disturbing than squaring off against toes like these? Fortunately this pic was taken off the internet and not from one of the students. Personal hygiene is also another form of self protection, being clean and neat helps to keep disease away, a nick from those bad boys could no doubt lead to gang green or worse.

Personal Hygiene is a form of discipline that every one can appreciate. Lack of it is usually noticed right away, whether it is a ripe gi, unkempt hair, body or nails.

The Martial Arts training is to help people understand that it is good policy not to offend people.

By Mr. Jones



Next Grading

March 28

Grading Results

February 21

Karate

Yellow Belt

Aimee Browne
Callum Gillies
Peter Albanese
Alejandra Richardson
Ryan K Maharaj
Jane MacRae
Guy Martens
Chris May
Chris Clouse
Jeff Burnham

Orange Belt

Chloe Teran

Red Belt

Ana Pearce
Zac Baun
Joshua Limpert

Green Belt

Michelle Redburn

Green Belt

Milo Hanushchak Ohenhen wasn't mentioned in last months Newsletter for some strange reason, sorry about that.

Get some crests on your gi and show some school spirit

Know when to forego an advantage.

EVENTS CALENDAR

March

- 1 CMAC Tai Chi Seminar
- 1 CMAC BB Grading
- 16-20 March Break Dojo is Open
- 22 Adult Seminar
- 28 Kyu Belt Belt grading

April

- 1 Black Belt Battle Royal

July

- 10-13 CMAC West Camp

Know When Forego the Advantage

Why would you want to forego an advantage?

They are practically giving away trips to Mexico for March Break, "But" there is bloody gang warfare happening down there. So passing on a great sounding trip, and staying alive, would fit this concept.

One of the Tenets of Goju Ryu is "Be quick to sieze opportunity."

It may be difficult at times to know the difference between opportunity and a possible disaster, so always do your research before taking one of those trips or some other opportunity that sounds too good to be true. If it sounds to good to be true it usually is.

"T" Stands for Target

Always remember "T" stands for Tourist, but "T" also stands for Target. As a tourist you usually carry money, cameras, passport, and jewelry, plus you may not be missed for for a few hours or even a few days, this makes you a good target. If you meet someone remember what your parents taught you, it can be dangerous talking to strangers.

I remember one night in South America, I was off the resort and in one of the local towns, and as things go it was late and I decided to head back. Someone got me a cab and I told the cabbie where to take me. I noddod off in the back off the cab for a second or two and when the cab stopped we were in the middle of nowhere by the ocean. I knew he was going to try and rob me so I snapped open my knife and smiled at him in the rearview mirror. He quickly pulled around and drove me to my hotel, I paid him and thanked him for the ride.



CMAC Guide to Goju 1, 2, 3 & 4 are an excellent source of training information.



Don't make it hard make it happen.

The CMAC Camp Weekend

As always Sensei Platt put on another amazing weekend of training. We covered a pile of stuff, Excellent!

Sensei always has many interesting things to say and talk about, and most of the stuff that is said there stays there, because you should really go to the seminar and hear it for yourself, plus it's just too mind blowing for me to do it any justice.

Sensei Platt will talk about the Sun and the Moon and the Universe and how it has an effect on us when there is a full moon or what comet is going by and how the planets are lining up and it is all very interesting, a little out there, but interesting. Then he will talk about how this number will relate to a creative energy or that number to a destructive energy and how when you take the date and add the numbers a certain way you come up with a number, once again a little out there, but it sounds good. Then he will talk

about the power of chi and how to develop it through breathing and action, once again a little out there, but this is something we get to try and feel for ourselves and we can really feel the energy and the chi being developed.

Chi is a pretty well except concept these days, but it wasn't always that way. Chi is an eastern idea and sometimes eastern ideas aren't as quickly excepted over here in the west, but people have excepted it.

The coral castle and the ancient pyramids had a lot to do with astronomy and numbers, and the Chinese idea of Feng Shui has a lot to do with numbers and energy flow. Why be so quick to dismiss these ideas, back in the olden days people didn't have the distractions of this modern world and were a lot more in touch with there surroundings.

The CMAC Winter Grading

Congratulations are in order for Miss Kortright, Miss Nathwani, Mr. Whiteman, Ms. Crawley and Mr. Shiffman. All preformed very well at the winter grading, Patricia Crawley was the talk of the grading showing great warrior spirit as she dominated her attackers and powered through her kata (hopefully that doesn't swell her head tooo much). Miss Nathwani demonstrated a really nice fan form she had picked up during her 5 month stay in Hong Kong. Miss Kortright showed some serious kime and self control, impressive. As for Mr. Whiteman and Mr. Shiffman they did very well, it was good to see Mr. Whiteman so relaxed and not wanting to tear someone apart, it was a new look for him.

Well done everyone.

6th Degee Promotion

CMAC has 5 new 6th degree Black Belts. Sensei Platt promoted his five senior students to sixth dan just before the Black Belt grading on March first 2009.

In order of promotion, Chet Dixon, Patrice Williams, Martin O'Connel, Gregg Skoryk, and Charles Buscarino.

Senpai Buscarino was given an honorary promotion due to certain factures relating to health and service.

