CLASSICAL MARTIAL ARTS CENTRE

CMAC Toronto Central Region

Hasu, Sakura, Chi Rei Mi Game, Enzan Dojo
Congratulations!

You have taken the first step on a road towards a continuing process of self-improvement. Your training in the Ancient Martial Arts, (Budo) will enhance your life physically, mentally, and spiritually. This self-improvement is the greatest battle that the modern-day Martial Artist faces.

As your Sensei (one who has gone before) I want to make it clear that our true purpose is this way. This entails much more than just setting goals or targets; for us this has become a way of life. For those of us on this path our greatest gratification comes from giving people something that they need.

Budo is a collective term for the ancient oriental Martial Arts.

A Budo master is one who is liberated from fear.
A NEW DAY

This day is mine to do as I wish with it.

What I do with it is important because

I am exchanging it for a day of my life.

I want success not failure, love not hate, good not evil;
in order that I shall not regret the price that I have paid for it.

A FRESH START

An old man stooped by age and hard work was gathering sticks in the forest. As he hobbled painfully along, he began to feel sorry for himself. With a hopeless gesture, he threw his bundle of sticks upon the ground and groaned "Life is too hard, I cannot bear it any longer; if only death would come and take me." Even as the words were out of his mouth, death in the form of a skeleton in a black robe stood before him. "I heard you call me sir," he said, "What can I do for you?" "Please sir," replied the old man, "could you please help me put this bundle of sticks back on my shoulder again."

O'Sensei Richard Kim
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Classical Martial Arts Canada (CMAC)

CMAC is a generic Canadian Martial Arts organization created to assist affiliated professional and semi-professional Martial Arts Schools. As a governing body for grading black belts and ensuring the levels of knowledge and proficiency standards remain high, ongoing training and development of associated instructors and their students is its top priority.

CMAC will interface with other Martial Arts organizations both nationally and internationally to make available seminars, competitions and research trips to members.

The Martial Arts tradition evolved through China, Okinawa, Japan and the U.S.A., but as Canadian Martial Artists we must now complete our part as Canadians for future Canadian growth.

Any and all students from yellow belt involved in a full or part-time programme are required to be registered with CMAC in order to obtain any ranking certificate whether of kyu or dan level.

With your registration you will receive a crest and membership card. Please ensure you have a registration form and hand it back in at your yellow belt grading. If there are any questions please ask.

Martial Virtues

Respect  
for your seniors

Compassion  
for your juniors

Gratitude  
for your parents (who gave you life)
for your friends (because a good friend is hard to find)
for your teachers
for your country (that it is not at war) for your God (whoever it may be)
CMAC Crest

The colours in the CMAC crest represent:

**BLACK** - Black stands for the ideals that go with being a black belt in the Martial Arts

**RED** - Red stands for the highest level of proficiency, that of the master.

**WHITE** - White stands for the beginner in Karate-Do

The diamond shape of the CMAC crest represents:

◊ strength and power
◊ value and purity
◊ refinement and clarity
◊ flawlessness and perfection

The Aikite Symbol

The Aikite Symbol or Harmony Hands combines the flow of Yin and Yang and the hands of the Shaolin monks.
The Goju Ryu Crest and Its Meaning

Our fist has three colours.

**BLACK** - Black stands for the ideals that go with being a black belt in Goju Ryu.

**RED** - Red stands for the highest level of proficiency, that of the master.

**WHITE** - White stands for the beginner in Karate-Do.

The fist, you will notice, is half closed and half open, representing Goju Ryu which is neither totally hard nor totally soft. The fist is modeled after the right fist of Master Chojun Miyagi, who was the founder of Goju Ryu Karate-Do.

On some fists, the Kanji characters at the bottom of the palm simply say **GO / JU / RYU** Hard and Soft Style (Tradition). The second row of characters stands for **KARA / TE / DO** empty hand way.

All of our higher black belts have part of their fist strategically filled in with red to indicate different ranks. A 1st Dan has only the end parts of the banner at the bottom of the fist filled in. A 2nd Dan has the entire banner at the bottom of the fist filled in. A 3rd Dan has the banner and the wrist filled in (as high up as the characters), and the 4th Dan has the entire fist in red.

*Everything in life is breathing both hard and soft*
The Sensei

The relationship of a Sensei to the Dojo is very difficult to define, as it encompasses many varying aspects of life. The Sensei must flow through the student in many levels of communication and reach to the far corners of the student's life. A Sensei, though different, is the same as everyone else. He is human in a controlled way and deserves respect, for he has travelled long upon the way (Do).

A Sensei should be a good teacher by conveying at the correct time the appropriate knowledge in the best possible way to the student, and must be able to see the students and their problems as they never can - impartially. A Sensei shows no favour, indeed as progression is attained, he becomes harder on those that progress. He is kind but firm to the beginner on the path.

The Sensei advises, in an appropriate manner, in the inner spiritual aspects of the Art. He always has a friendly ear listening properly as they tend to categorize him into either a teacher or a friend. He is neither, but both and more. He sees a student in a free way, unmoved by external face or appearance and he helps in the best manner for the student, for the Sensei’s heart is forever with them.

Often a Sensei may test his students by taking views dramatically opposed to theirs and then studying their reaction. Silence is often the best form of praise that a Sensei will give to his students. He will note what affects the students in and out of the Dojo, how they act towards friends, family and work and will act upon the students accordingly.

The Sensei will put forth untruth to see if it is accepted, say nothing when he should speak volumes. He is king when there is not apparent reason. He may be tyrannous or compassionate, but through all these extremes, his heart is still for them. He listens when they speak but can see the inner reasons for their speech, he is unmoved but can move. The Sensei is forever active, even in a subdued way. He gives while others take and asks no rewards save proficiency of mind and body. He is sad, sometimes happy, let down and often abused, but forever holds to the Way, for that is his life.
Though outsiders may change, the Sensei does not, though he can adapt at will completely, the inward ideals and principles are always there. He persists when there is no apparent reason. That is why he is a Sensei. On the average it takes 5000 students to produce one worthwhile Sensei.

If you have one take care of him.

A Sensei

5000 begin

2500 train hard on a regular basis

1250 assist in classes whenever they can

625 go to every seminar they can

300 compete and demonstrate

100 become Black Belts

50 teach

25 become Ni Dans

Few will become a Sempai

1 will become a Sensei

Bob Dalgleish
Sensei Patrice Williams - 6th Dan Renshi

Sensei Patrice Williams, began his training in Western Pugilism in 1975 with the Judd Street Boxing Club and the Gowers Fencing Club in London, England. Through his studies in Ancient Philosophy at University he was introduced to Taoism, Zen, Buddhism, Sitting Meditation, and Moving Meditation through Martial Arts Studies.

He has been studying the Japanese, Chinese and Okinawan Martial Arts since 1986. He has participated in over 50 Seminars with Sensei Richard Kim 10th Dan Hanshi and has traveled throughout North America to train with such greats as Bill Wallace, Dan Inosanto, Joe Lewis, Sensei Merriman, Sensei Higaonna, Sensei Demura, Professor Jacob, Sensei Warrener, Sensei McColl, Sensei Copeland, Sensei Sichiyama, Sensei Peter Urban, the originator of all North American styles of GoJu Ryu and of course his Sensei, Sensei Wallace Platt 10th Dan Hanshi.

On his trips to Kyoto and Tokyo, he had the privilege of visiting Yamaguchi Sensei, the head master of Japanese GoJu Ryu, and to train with Haruna Sensei 8th Dan Iaido and All Japan Champion, and Oishta Sensei 8th Dan Iaido, Ishirt Sensei 8th Dan Iaido & Jodo, and was privileged to demonstrate both at Butokuden, Japan’s oldest training hall and at the Heian Shrine in Kyoto. He has also had the privilege of training with Kaminoda Sensei 8th Dan Jodo, Namitome Sensei 8th Dan Jodo, Hanshi, & Imai Sensei Soke, The Headmaster of Nitenich, Ryu Kenjitsu.

In 2004 he had the privilege of training in China - at the Shaolin temple in Fujian province, with a white crane grand master at the Fuzhou Wushu Association & with the Taoist Monks at the Purple Swallow temple on Wu Dang mountain.

Sensei Williams has taught at Brock University, Appleby College, Upper Canada College, Elementary schools, Secondary schools and YMCA’s and YWCA’s throughout Ontario. He has also taught in London, England, Oslo, Norway, Trinidad & Tobago, New York City, Winnipeg, Manitoba and Vancouver, B.C. as well as teaching locally for the Cities of York, North York, and Etobicoke, and Toronto City Hall.

He has demonstrated and competed across the globe in countries such as the USA, England, Argentina, Mexico and Japan - including a demonstration at the Skydome.
for the Toronto Blue Jays and 3 demonstrations for the Toronto Argonauts, the Chin Picnic, Molson Park and the CNE. He has also participated in the Masters of Self-Defense demonstration presented at Massey Hall, Toronto, and appeared on local and national radio and television shows and in two feature films.

Sensei Williams has won several Canadian Championships, a 4th and a 5th place at the 1994 WKO world Championships in Argentina and was one of the Team Canada Coaches in the 1996 World Championships. He won a 1st and a 3rd place at the 1997 Pan American Games, and two 1st places and a 2nd place in the 1998 Americas Cup and three 1st places, in 2000 Americas Cup in Mexico.

He is the head instructor of CMAC Toronto Central Region which includes Hasu, Sakura, Enzan and Chi Rei Me Gami.
Sensei Simonetta Mariani began her training in the Martial Arts in 1992. She is a 4th Dan black belt in Karate-Do & Jiu Jitsu, 5th Dan black belt in Ancient Weaponry, a 5th level instructor in Tai Chi Chuan, a 4th Dan black belt in Jodo, and a 3rd Dan in laido (the way of the sword).

She holds a degree in Psychology and is fluent in four languages. Her Martial Arts studies have taken her abroad to Japan, where she had the privilege of visiting and training at Yamaguchi Sensei's Dojo, the headmaster of Japanese Goju Ryu, visiting the Butokuden, Japan's oldest training hall and visiting the Yoshinkan Aikido Dojo. She has participated in well over 40 seminars domestically and abroad in Germany, Norway, United States, Mexico, Cuba and Banff with teachers such as Sensei Wallace Platt 10th Dan Hanshi Chief Instructor C.M.A.C., Sensei Morio Higaonna, Professor Jacob, Sensei Merriman, Sensei Maldonato, Sensei Copeland, Sensei McColl, Sensei Warrener, Sensei Sichiyama, Sensei Polland, Sensei Taylor, Sensei Mears, Haruna Sensei 8th Dan laido and All Japan Champion, Ede Sensei 8th Dan laido, Oishta Sensei 8th Dan laido, Kaminoda Sensei 8th Dan Jodo, Namitome Sensei 8th Dan Jodo.

She has demonstrated and competed across the globe including demonstrations at the Skydome for the Toronto Argonauts, the Chin Picnic, Molson Park and the CNE, and she has had several appearances on local and national television including Global TV's First Up, and CTV's Canada AM, and in one feature film. She has competed nationally and internationally at tournaments in Mexico, New York and has won several major competitions.

Sensei Mariani has taught for York, North York, Etobicoke and North Etobicoke schools and community centers and private institutions throughout the greater Toronto area.

In addition to her responsibilities as Sensei of the Sakura Dojo she is the Manager of the Hasu and Sakura Dojo and continues to train with her Sensei, Sensei Patrice Williams, 6th Dan Renshi and has the opportunity to train under his Sensei, Sensei Wallace Platt 10th Dan Hanshi, who continues his studies in the Far East.
Senpai Ann Phillips

Senpai Ann Phillips, PhD of Chi Re Me Gami Dojo, cares about the earth and has a passion for martial arts. She started her martial arts training over 20 years ago. She is a 2nd degree black belt in Goju Karate & Jujitsu, a 3rd degree black belt in Ancient Weaponry, a 3rd level instructor in Tai Chi Chuan, Chi Gung and Ba Gwa and 2nd degree black belt in Iaido [Way of the Sword].

Ann Phillips has a B.Sc. in Genetics from UWO, M.Sc. in Human and Medical Genetics from Queen's University and a PhD in Environmental Studies from York University. Ann has applied her scientific and environmental training to the service of the community and has consulted in the areas of gender, race, class, environment, health promotion, social justice and community mobilization for 20 year. She has worked and taught in communities and universities in Brazil, Mexico, China, Canada and the US, including Queen's University, York University, Trent University and U of T Scarborough. She is a Champion of Green Active Living and Green Change and has been involved in many community based women’s health, environmental health and environmental justice projects, including the Green Change Project in the Jane/Finch community.

Ann has had the honour of training at the Shaolin Temple in Fujian Province, China and with Taoist Monks at the Purple Swallow Temple on Wu Dang Mountain in 2004. She has participated in over 70 seminars with renown martial arts instructors. She has competed in local, national and international competitions, where she has won several medals. She has appeared on CTV’s Canada AM. She has taught martial arts at schools, dojos, community health centres, women’s centres, youth shelters and fitness clubs in Toronto.

In the last 12+ years, under the tutelage of Sensei Patrice Williams of Classical Martial Arts Centre she has focused on the fitness benefits, self-protection and physical, mental, emotional, spiritual and healing elements of the various martial arts she studies. Her training has allowed her to develop a deep experiential understanding of:

- **chi**, the vital energy that animates all things and is necessary for maintaining health and life;
- **breath**, which connects the internal and external energy/chi in the human body;
- **meditation/present-moment awareness**; and
- **power**, the ability to gather and mobilize our internal chi /vital energy.

Senpai Phillips has integrated her expertise and understanding of the self-protection and healing aspects of the martial arts with a practical knowledge of eco-friendly living and traditional healing. As well as teaching Tai Chi/Chi Gung, Goju Ryu Karate, Iaido, KarateFit, and Women’s Self Defense, Ann focuses on practices and exercises that facilitate individual well-being, and techniques that promote self-development and self-protection. She is a Kohai for Toronto Region of the Classical Martial Arts Centre.
Senpai David Brands

Senpai David Brands, 3rd Dan began his training in Greco-Roman wrestling for his high school team. Moving to Toronto to study at the University of Toronto, elements of Yoga were taught as a component of his Arts and Sciences Specialist Honours Degree. Not long after graduating, he began to train in Karate-Do under Sensei Williams, 6th Dan Renshi.

Senpai Brands is a 3rd Dan in Karate-Do, and a 3rd Level instructor in Tai Chi Chuan, Chi Qong, and Ba Gwa. He is a 2nd Dan in Jodo, Iaido, and in Okinawan Kobudo weapons systems.

In 2004 he had the privilege of training in China – at the Shaolin temple in Fujian province, with a White Crane grand master at the Fuzhou Wushu Association and with the Taoist Monks at the Purple Swallow Temple on Wudang Mountain.

He has participated in over 50 seminars domestically with teachers such as Sensei Wallace Platt 10th Dan Hanshi Chief Instructor at C.M.A.C., Professor Jacob, Sensei Sichiyama, Sensei Taylor, Oishta Sensei 8th Dan Iaido, Kaminoda Sensei 8th Dan Jodo, Namitome Sensei 8th Dan Jodo, and of course, his Sensei, Sensei Patrice Williams, 6th Dan Renshi.

He has demonstrated and competed across the globe including demonstrations at the Skydome for the Toronto Argonauts, the opening of Matrix: Reloaded, and Toronto’s Whole Life Expo. He even made an appearance in a Home Fitness DVD.

He has competed nationally and internationally at tournaments in New York and Toronto, and has won major competitions.

Senpai Brands has taught at the University of Toronto, and various community centers around the Toronto area.

In addition to his responsibilities as Senpai of the Enzan Dojo, he is also Kohai for the Toronto Region. Kohai Brands continues to train with his Sensei, Sensei Patrice Williams, 6th Dan Renshi and has the opportunity to train under his Sensei’s Sensei, Sensei Wallace Platt 10th Dan Hanshi, who continues his studies in the Far East.
Introduction

Since you are now a Budo (Martial Arts) student and have begun to acquire new discipline you should know some guidelines which will make it easier for you to study Budo in the traditional manner.

1. Please take your shoes off before entering and place them neatly in the shoe closet. You will note that there are areas where shoes are not allowed, such as the changing rooms, the warm up area, reception area, offices and Dojo.

2. Bow before entering and upon leaving the Dojo.

3. Once you are a student remember to address the head instructor as Sensei at all times. Nothing else is ever allowed, even outside of the Dojo. (Sensei means "one who has gone before.") All black belts are referred to as Mr., Mrs., or Ms. and their last name unless they hold the title "Senpai" or "Kohai".

4. When your Sensei enters the Dojo it is customary for the highest belt to call the entire class to attention.

5. Your gi and hakama should be kept neat and clean at all times. T-shirts may be worn under your gi top but they must be PLAIN WHITE. If your gi comes undone while you are in class, etiquette requires you to turn away from the front, kneel on one knee and repair it. Be sure to sew your crest on the left lapel over your heart.

6. If you don't feel well in class raise your hand, get the instructor's attention and you will be excused. Never leave the Dojo without permission. Also, do not talk to people who are looking in the class or walking by.

7. Keep in mind that you are one of many. Be neat. Have deep pride in your Dojo and show it by cleaning up after yourself.

8. Please remember that class starts on time. Never walk into a class that has already started; kneel at the door and wait to be admitted. This is the proper etiquette of the Art; late arrivals are disruptive to the class.

9. Training in class at least twice a week is compulsory. We encourage adults to come to as many classes as possible and everyone is encouraged to practice, exercise and stretch at home every day. The more you train, the better your progress - the happier we are.

10. Adults - the warm up area is available for your use. We ask that you do not disrupt any class that is going on while you are in the warm up area. When other classes are in progress remember to avoid any unnecessary noise. Do not make any noise during the opening and closing ceremonies of a class, or during a Tai Chi class.

11. All valuables should be left at home. If you do bring valuables to the Dojo please take them into the Dojo and place them in the designated area.

12. If you go on vacation, are sick, or need to continue your training at a later date, let us know. Talk to the office staff and if your membership is fully paid for we will put it on hold so that you do not have to lose any time and you can continue your training at a later date. See the office for details.

13. Another important part of keeping your word applies to paying your membership fees on time. We rely on you to do this so that the Dojo can meet its financial commitments.

14. Dojo "clean-ups" happen regularly. This means that we give our Dojo a thorough scrubbing and do general repair work with your help. Classes are cancelled on such days,
but we encourage all the students to come in and help. It is all a part of your training. Take pride in your Dojo and ensure that it is always neat and clean. Tidy up after yourself and if you see something that is out of place restore it.

15. Anything left in the changing rooms will be left there or in a lost and found box for you to pick up at your next class. At the end of the month these things will be given to charity.

16. Gradings or promotional examinations take place approximately every 5 - 7 weeks. Your Sensei will tell you when you are ready to take the examination. You will be informed of the grading costs, which includes your certificate and belt. You will be recommended for a grading in your regular class, at which time you will be given written notice. Remember each student progresses at an individual rate. Do not concern yourself with others - concentrate on your own progress.

17. Seminars are a very important part of your training. They are special classes taught by visiting instructors designed to give you an introduction to another Art or to help refine your skills in the particular instructors’ area of expertise. The fees vary from seminar to seminar. They are presented throughout the year at this Dojo and at other venues. - Not everyone can attend everything but everyone can attend something.

18. Training towards BLACK BELT involves instruction in how to teach the Martial Arts. A NIDAN, (2nd degree black belt), is a qualified instructor. To facilitate this learning, as you progress through the ranks you will be given the opportunity to assist in at least one class per week. Part of the tradition is that as one advances, one then helps others along the way.

The time need to advance from one Kyu Belt (coloured belt) to another is approximately 4 to 8 months (with the exception of our youngest members). Advancement from brown to black takes on average 18 months. The average time required to reach Sho Dan (1st degree black belt) is 4 years.

REMEMBER

Budo begins and ends with courtesy and respect for each other at all times, inside and outside of the Dojo.
Dojo Rules

1. Students will behave as ladies and gentlemen at all times, both inside and outside of the Dojo.
2. Higher belts will aid lower belts at all times and lower belts will follow the instructions of the higher belts.
3. Do not criticize other Martial Arts or other Martial Artists
4. No alcohol or drugs before class. No candy, gum or smoking while inside the Dojo.
5. Each student will bow upon entering and exiting the Dojo - each and every time.
6. No student will provoke violence or allow himself to be provoked into violence under the pain of possible expulsion for life from the Dojo.
7. No sparring without the express permission of the Sensei or a Black Belt.
8. No loud talking, laughter or profanity is permitted. Remember, the Dojo is a place of serious study.
9. Personal cleanliness is essential; nails must be clipped, feet and hands must be spotless and hair must not interfere with your training.
10. All jewellery must be removed before entering the Dojo. No jewellery whatsoever is allowed in class.
11. All Karate-Ka must wear a clean, pure white Karate gi that has no tears or rips anywhere. Ensure that the CMAC crest is sewn on the left lapel.
12. Under no circumstance will any form of Kobudo be taught by any member to any non-member. Also, no students should teach anything to any member without the Sensei's express permission.
13. All students should refer to the head instructor as Sensei (one who has gone before), which is an honourable way of saying "teacher" in Japanese.
14. All membership fees are to be paid on time. If for some reason they cannot be paid, make the necessary arrangements with the office before the payment is due.
15. At the discretion of the Sensei, any member of the club may be suspended from the Dojo, either temporarily or permanently, for not complying with any of the above rules.

IF YOU ARE NOT AT THE DOJO TO TRAIN EARNESTLY GO HOME!
Everyone works
All start at the bottom
Nothing is free
Sensei’s word is law
by consent of the governed.

Sensei Peter Urban
Questions and Answers

Read this section carefully. You will be expected to understand the reasons for Dojo etiquette and to practice it as long as you are a member.

Most new students have many questions regarding the procedures and proper behaviour required both inside and outside the Dojo. An outline of Dojo etiquette can be found in the following Introduction section of this manual. This section should also be read very carefully.

Who is Sensei?

Normally, the highest ranking black belt in the school is the only person called Sensei. However, if the Sensei recognizes a person with the school as Sensei or Senpai then you are expected to follow his or her example.

If you are in charge of a class and a higher belt comes onto the floor what should you do?

You should finish what you started and then bow to the higher belt and give them any instructions that you have received. The senior will proceed to instruct the class.

What is the importance of keeping your word?

In Martial Arts your word is your bond, your integrity is an important part of your martial arts training. If you register for a seminar, tournament, special event, or agree to assist in a class you are expected to keep your word and be there. Arrangements are made upon your word. - Don't Break your word
Points every student should know

- Budo is a collective term for the ancient oriental Martial Arts.
- The major styles of Budo that we study in this program are Kobudo, Escrima, Iai Jutsu, Jodo, and Iaido.
- The major weapons in Kobudo are the Bo, Tong Fa, Sai and Kama.
- Some other Martial Arts are Karate Do, Jiu Jitsu, Tai Chi Chuan, Ba Gwa Chang, Kung Fu, Judo, Kendo, Aikido, and Sumo.
- Basics are the most essential part of your physical training.
- Escrima is the Filipino art of the 28 inch stick(s).
- Kobudo is the Okinawan Farmers art.
- Iaido is the Japanese art of drawing the sword.
- Iai Jutsu or Ken Jutsu is the Japanese art of using the drawn sword in battle.
- Jodo is the Japanese art of the four foot staff.
- To obtain maximum benefit you must train earnestly.

SUCCESS IS 1% INSPIRATION and 99% PERSPIRATION
Programmes Available

We would like to make you aware of the programmes we have available.

- Karate-Do, Jiu Jitsu
- Kobudo, Escrima, la Jutsu, laido, Jodo
- Tai Chi Chuan, Ba Gwa Chang, Chi Gung

If you would like more information about registering in any of these programmes, please see the office.

For class schedules, please visit:

http://www.martialartstoronto.ca/student-resources/class-schedules

A Martial Artist is an Artist of Life
Origins of Karate-Do: The Roots of Goju Ryu

The founder of Goju Ryu Karate-Do is Chojun Miyagi. He was born in Naha Okinawa on April 25th, 1888 to a noble family. His birth name, Miyagusuku, was changed to Miyagi by the Japanese. At the age of 14, Miyagi began training under the foremost Naha-te grand master, Kanryo Higaonna, and was his disciple for 15 years.

In 1904, after Higaonna died, Miyagi went to China to study other Martial Arts and Zen. He learned different styles of Kung Fu (Chugoku Kempo). In China the different styles of Kung Fu reflect the environment in which they evolved. For example, the Kung Fu in the northern mountainous area emphasizes kicks, since the terrain lends itself to lower body development. In like fashion, the Kung Fu of Southern China emphasizes the upper body since this is conveniently developed through rowing.

In Fouzhow, in Fukien Province, Miyagi studied Shao Lin Chuan (hard fist - external styles of chi chi) and also Ba Gwa Chang (eight diagram palm - soft fist style). In 1908 he returned to Okinawa. Using his knowledge of Chinese Kempo he adapted Naha-te to more fully reflect the hard and soft aspects of Karate-Do - the give and take required to be successful. He invented three important katas: Tensho, Gekisai Dai Itch, and Gekisai Dai Ni.

The word Goju means hard and soft. Go is the Japanese word for hardness, Ju is the word for softness, and Ryu means style or tradition. The system is based on the Oriental concept that all hardness and stiffness is not good, and at the same time all softness and too much gentleness is not good. Goju Ryu reflects the concept of Yin and Yang - that these two opposites should complement each other. It is this complement of hard and soft which gives Goju Ryu its beautiful, disciplined movements, filled with grace, flowing forms, and strength. Actions are sometimes extremely fast and other times slow and majestic. Goju Ryu relies on an aggressive style of attack and emphasis on delivering blows hard but with easy effort and in rapid succession, maneuvering not only forwards and backwards but also from side to side.

We use a copy of Miyagi's fist as the symbol of Goju Ryu.
Self Protection

The most obvious benefit of Martial Arts training is self-defense. If the occasion arises, knowing how to defend yourself can save your life and the lives of those you care about. Avoiding the occasion, however, is a much better alternative, and how you do it is called Self-Defense Strategies.

Self Defense Strategies involve knowing how to prepare yourself not to be a victim of a crime. Your Martial Arts training not only prepares you for physical Self-Defense, but it also builds character traits, such as self-esteem and confidence, that can ward off would-be attackers.

If you feel vulnerable, you show it through your behaviour, physical appearance, and demeanor. If you have a poor body image, it shows in your posture, movement and the way you walk. If you have poor self-esteem, it shows in your facial expressions and docile behaviour. These behaviours are to attackers like bait is to sharks.

Body language combats the first stage of an attack, when the attacker is picking a target, a Martial Artist shows a relaxed sense of confidence. This starts with being aware of your surroundings and thinking ahead. Plan to walk with others. Wear appropriate clothing and shoes for walking. Walk in well lit areas. Your head should be up. This shows that you are alert and aware of your surroundings, not too tired or too afraid to defend yourself. You should look ahead in a relaxed way. Drop your shoulders; do not hunch them up around your neck. Have an alert step, not too long or too short. Keep your hands out of your pockets. Keep a calm, happy expression on your face to show that you are confident.

The second phase of an attack, the testing phase, is combated using verbal Self-Defense. The first type of verbal Self-Defense is assertive. This can be used if your attacker is unarmed and doesn't have physical control over you. You should express your assertiveness without being challenging. Use a firm voice and short, sharp words. Remember that verbal Self-Defense is an extension of your body language. Show them that you will not be put in the role of the helpless victim.

The second type of verbal Self-Defense is cooperative. This is best used when your attacker has a weapon or is holding you in a way that makes it dangerous to fight back at that time. The purpose is to relax your attacker and possibly provide you with an opportunity to escape. Remember, you act cooperatively, not submissive. The most important thing for you to do is to stay calm.

Self-Defense Strategies begin with your character traits. A Martial Artist walks with confidence and with certainty. You need to prepare yourself not to be a victim just as hard as you prepare yourself for physical Self-Defense. Escape or avoidance is always your first choice, but if all else fails, you have your Martial Arts training to back you up.
Jiu Jitsu Programme

Ju Jitsu is the technique of suppleness, flexibility, gentleness. The origins of this Art can be traced to the period between 1600 and 1650. The late 17th to mid-19th century is considered the golden age of Ju Jitsu during which time more than 700 styles appeared in Japan. In those days the vital issue in Ju Jitsu was effectiveness in combat. Methods were tested in duels and public competitions among members of various schools. These encounters were frequently fatal. Such testing not only improved weapons (or techniques) and ways of employing them, but established the reputations of the survivors.

Ju Jitsu techniques include kicking, striking, kneeing, throwing, choking, joint kicking, holding, and tying, as well as the use of certain weapons. Most systems emphasized only one or two major techniques. Ju Jitsu was always a secondary method of combat to the warrior, since he relied so heavily on his sword. Although Ju Jitsu techniques are initially learned one at a time in a static position, the essence of Ju Jitsu is the ability to move from one technique to another, quickly and as often as necessary to control an attacker. Each system emphasizes only a few major techniques (waza). Every technique is designed to illustrate and teach a specific principle which can be applied in many different situations.
Weapons - Kobudo Programme

The weapons that we teach at our school are the bo (staff), sai (forked prongs), the tong fa (tool for grinding rice into flour), kama (sickle), ulesi (a Filipino weapon), proper knife procedures, lai Jutsu (the way of the sword), laido (the way of drawing the sword) and Jodo (The way of the 4 foot staff).

The major purpose of training with weapons is to teach the difference between life and death. This comes about when a person realizes just how lethal weapons are. There is a drastic difference between fighting with an empty hand and fighting with a weapon. For example, a punch to the chest stuns, while the same technique done with a sword kills. Therefore, training with weapons requires greater mental focus than empty hand training, and it helps students gain a greater appreciation for life.

In Kobudo the weapon is simply used as an extension of the body. Nearly all basic Karate-Do moves can be duplicated with a weapon in your hand, therefore, the perfection of basic moves is a necessity for weapons training.

The most useful weapons for present day self defense are either the bo or the jo, usually made from oak, or the ulesi, which is made from cane. The same moves learned with these weapons can be applied to a broom, pool cue, umbrella or a rolled up newspaper.
Tai Chi Chuan (The Grand Ultimate Fist)

Tai Chi Chuan is an ancient Chinese art of self defence, conceived as a series of soft, slow, and flowing sequences of movement specifically designed to cultivate and direct the internal power that circulates through one's system, which improves the practitioners' health, and provides a source of energy for self defence. This internal power, the foundation to all life is termed Chi and is unlike external or physical energy. Chi is formless, limitless, and most importantly for self defence, can be applied in a much more focused, and concentrated manner than physical energy.

The twofold aim of the practice of Tai Chi is to increase one's Chi and to learn how to harness it. Tai Chi Chuan is rooted in the Taoist philosophy which dates back to the fourth century AD. "Yin and Yang in succession", the Tao te Ching says, or a flow from passive to active or vice versa, "is called the Tao". To this Fu Yu Lan later added that, "if one understands these laws, (the Tao), and regulates one's actions in conformity with them, one can turn everything to one's advantage."

To generate great power you must first totally relax and gather your strength, and then concentrate your mind and all your strength on hitting your target. By harnessing all the energy available, and delivering it in a focused and concentrated manner, one is able to propel a much larger and weightier opponent through the air, with a blow that commenced only one inch away from the opponent's body. The "one inch punch" is a fine example of the power of Chi, and this is why Tai Chi Chuan was called the Grand Ultimate Fist. The style of Tai Chi Chuan we teach is Chen, one of the oldest and first styles in existence.
Ba Gwa Chang (Eight Trigram Palm)

Ba Gwa (sometimes written Pa Qua), like Tai Chi, is rooted in Taoism and is practiced to cultivate the Tao (manifest heaven and earth and order yin and yang). Ba Gwa is also similar to Tai Chi Chuan in that they are both internal schools of Chinese boxing (Nie Chi).

Ba Gwa shares roots with Tai Chi that go back to the Taoist monasteries but its modern protagonist is Tung Hoi Aman (1789 - 1879). Most stories about Tung have been passed down. One tells of how he was sitting in a chair leaning against a wall when the wall collapsed. His disciples, fearing that he had been buried alive, rushed in looking for him and found him sitting in the same chair, leaning against another wall. A similar anecdote tells of how he was napping one autumn day and, as the air was quite chilly, his disciples picked up a sheet and quietly tried to cover him. When they put the sheet down, however, there was no one there! "What's the matter with you?" asked Tung from the window where he was sitting. "Why did you try to startle me?"

The primary goals of Ba Gwa are to harmonize one's vital energy and strength and to understand the changing nature of the universe. Its physical manifestation is quick anticipatory movement away from danger and behind one's opponent.

Chi Gung

Chi Gung is the study of the energy of the universe. There are three general types of energy: Chi Tian (Heaven Chi), Dih Chi (Earth Chi), and Ren Chi (Human Chi). The Chi or energy which flows through our bodies is influenced by the energies of the earth and heavenly bodies. In order to have a healthy and harmonious life we need to be in balance with the energy of the universe and in balance unto ourselves. Through the practice of Chi Gung one is able to strengthen and balance Chi circulation and slow down the degeneration of the body - gaining not only health, but a longer, happier life.
Nutrition in the Martial Arts

Many people treat the subject of nutrition lightly, but face it, everyone’s life depends on it. One needs complete nutrition to optimize organ function, neuromuscular activity and mental clarity and alertness.

The nutritional needs of the Martial Artist are unique because he/she relies on total physical and mental coordination. A Martial Artist needs to be in control of the situation at all times. When they decide to act, their body must respond immediately. They should not be limited by shortness of breath or poor timing. To achieve this finely tuned functioning of mind and body a Martial Artist must have all the essential vitamins, minerals and nutrients (the tools, building blocks and blue prints that the body needs to construct and maintain the complex human organism).

IN ORDER TO BENEFIT FULLY FROM TRAINING ONE MUST IMPROVE ONE’S NUTRITIONAL HABITS.

While improving their nutrition the Martial Artist is moving closer to achieving 100% of their genetic potential. To do this one must have optimum consumption, digestion, absorption and elimination. To accomplish the desired goal, all four stages of this process must be in order.

What is Good Nutrition?

- Eating organically; foods grown free of toxins and pesticides
- Drinking non-chlorinated water; bottled or filtered. A minimum of eight 8 oz. glasses a day.
- Taking dietary supplements; from a good source and when possible combinations and formulas specific to your unique needs.
- Making sure you are eating or not eating the specific foods your body requires at any given time.

Why Supplements?

TAKE A LOOK AT OUR OUTSIDE ENVIRONMENT

- Soil demineralization: In the last decade or two the mineral content in the soil has been greatly depleted. Farmers no longer allow the soil time to replenish its minerals. This leads to diminished nutrients in our food, so that even with a
seemingly healthy diet it is impossible to be sure that you are receiving the desired and expected nutrients from your food. Also the manipulation of our food at the genetic level, has produced foods that are bigger and tougher for travel, but have been depleted in nutrients.

- **Pollution**: Air pollution, pesticides and industrial pollution contaminating the water all end up on your dinner table with your food.

- **Higher stress**: Excessive stress can lead to digestive tract disorders and malabsorption of our food. If you can not digest what you eat, you are not actually getting any of the nutritional benefit from your food. There are supplements which can help repair the digestive system.

- **Chemicals, additives, colouring and preservatives**: These can be largely eliminated by eating organically.

### LOOKING AT OUR INNER ENVIRONMENT

- An overall increase in degenerative disease.
- Chronic fatigue syndrome • and many others.
- Some common complaints.
  - Low Energy • Over Weight • Indigestion
  - Headaches • Allergies • Depression
  - Mood Swings • Lack of Mental Clarity
  - Colds / Flu • Eating Disorders

### Some Supplements for the Martial Artist

Not all supplements are created equal. Make sure the supplement you choose has a broad spectrum of vitamins, minerals and non-medical ingredients, in the proportion required for the human body.

A good multi-vitamin, along with acidophilus, added fiber for the digestive system, trace minerals and essential fatty acids form the basic supplement regime. Specialty formulas, herbals, homeopathics and rainforest botanicals can also be added to accomplish certain tasks. Good product lines are Vitamost, Super Blue Green Algae, Nature's Sunshine, and Dr. Gelda, with products for general health, weight management, cholesterol reduction and the building of lean body mass.

### Vitamin B Complex

The vitamin B complex can have an impact on an athlete’s strength, endurance and reaction time. It is a water soluble group of vitamins which the body cannot store. Skipping just one meal can result in an almost immediate deficiency, which can show itself by a draining off of energy and strength.

Members of this complex are necessary before an enzyme can break down food and turn into energy. No matter how much someone eats, without the B complex he cannot turn that food into energy. The complex also helps to keep a clean supply of oxygen available to the muscles for strength.
Yet even more important to the Martial Artist is the effect these vitamins have on the central nervous system. Choline, one of the B complex vitamins, is necessary to relay commands from the nervous system to the muscle. If there is a shortage, the muscles simply will not react. Like a tiny network of switches, the central nervous system requires the B complex to keep it running smoothly, making all the proper connections fast and efficient. It is a critical element in reaction time.

Nature supplies an abundant amount of the B complex in whole grain. However, modern processing methods destroy the vitamins. The government requires that only a few members of the complex be replaced by the food processing industry but to properly function, Martial Artists need all of them. The best natural sources are whole grain wheat, brown rice, liver, and beans.

The B complex consists mainly of 11 distinct vitamins. These are Thiamin, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Folic Acid, Biotin, Panthothenic Acid, Choline Bitartrate, PABA and Inositol. A deficit of B complex may lead to mood swings, tremors, exhaustion, irritability, crying for no reason or tantrums.

**Vitamin C**

Vitamin C is probably the most talked about and most misunderstood vitamin. Most of the controversy is over its ability to prevent illness. Controversy notwithstanding, it has a benefit for the Martial Artist which is just plain fact.

Vitamin C has long been recognized for its role in the formation of connective tissue called collagen. It protects the gums from bleeding, and it improves the healing of wounds, reduces toxicity, and is an antioxidant (reduces free radicals). For the Martial Artist who does a lot of sparring, Vitamin C can help protect tissue and blood vessels from bruising and minor injury. Since it is water soluble, Vitamin C cannot be stored for future use. Most animals synthesize their own Vitamin C and have no dietary need for it. Humans have a genetic defect which prevents the body from synthesizing it so Vitamin C must be obtained through food.

The best foods from which to derive Vitamin C (ascorbic acids) are oranges, cantaloupes, fresh strawberries, broccoli, spinach and tomato juice. Because of the acid, high doses of Vitamin C can cause irritation to the stomach much like aspirin can. If a person uses a supplement, they should get one that includes rose hip to help buffer their stomach against such possible effects.

A deficit in Vitamin C can lead to scurvy, atherosclerosis, bleeding gums, painful joints, edema, bruising easily, weakening of the connective tissue, slow healing, and skin degeneration leading to wrinkles.
Vitamin E

Many people call Vitamin E the athlete's vitamin. Although the body is capable of storing this vitamin, physical activity burns up huge amounts of it, increasing most athletes' needs. Vitamin E is an anti-oxidant, it is instrumental in heart function, skin health, reproduction, anti-rancidity, and keeping pure oxygen available for tissue for greater energy and endurance. Most people who supplement their diets with this vitamin report that they do no breathe as heavily during intense exercise.

During the 1960 Olympics, the Australian swimming team used a kind of super E therapy by eating large quantities of wheat germ cereal and wheat germ oil which are heavy in Vitamin E. The team took all the medals that year and E began to earn its reputation with athletes. It is used heavily in many European countries, but has only recently been getting the attention it deserves in the United States and Canada.

A deficit in Vitamin E can lead to miscarriage, decreased skin cell count, infertility and premature skin aging.

Vitamin A

Vitamin A or its precursor Beta Carotene (non-toxic even in high dosages) is used for night vision, cell repair, wound healing, and disease resistance.

A deficit of this vitamin can lead to dry, tough and leathery skin, poor night vision and slow healing. It is found in yellow vegetables, carrots, squash, and yams.

Protein and Essential Amino Acids

Protein is the chief tissue builder and the basic substance in every living cell. It is not a vitamin but a necessary food like carbohydrates and fats. The body does not store protein for future use. What a person uses each day must be supplied daily.

If the protein supply is insufficient, the body will feed upon its own tissues, in particular the muscles. This "cannibalism" can be devastating to the Martial Artist, leaving muscles weak, flabby and unresponsive. Insufficient protein can also cause premature aging. A good rule of thumb for gauging protein is to divide body weight by two. The resulting number is an approximate minimum number of grams of protein a person should have daily. If a Martial Artist is in hard training this amount can almost be doubled.

Protein alone is not enough to prevent its deficiency. The body cannot use a whole protein molecule. It must first break down the protein into basic amino acids, which are absorbed by
the body and reassembled into new protein combinations in the body tissues and cells. Of the 22 amino acids required by the body, 11 of them cannot be manufactured and must be supplied daily. These are known as the essential amino acids. Even with the amino acids, protein synthesis still requires the presence of vitamins and minerals.

**Zinc**

Zinc is one of the essential minerals for healing. It is used in the body to form elastin for tendons and ligaments. It also aids in digestion and the formation and upkeep of the prostate gland, sperm, skin, hair and immunity. A deficit in Zinc can lead to stiffness due to decreased elastin, white spots on fingernails, prostate enlargement, chronic tendonitis, and stretch marks.

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**Taking Charge of Your Health Has Never Been Easier**

**A simple 4-step System towards better health**

- Step 1: Cleanse and Detoxify
- Step 2: Restore and Protect
- Step 3: Nourish
- Step 4: Balance

**Cleanse and Detoxify**

**Human Parasites**

Chances are that some of these damaging pests are residing in your body - feeding off the food you eat or even your body's own blood and tissues. Recent medical studies indicate that up to 85% of North Americans are probably carrying one or more types of parasites in their bodies yet most people are completely unaware of their existence.

The presence of parasites in the human body may produce many symptoms - symptoms that many of us attribute to stress, poor health, or just part of "getting older".

**Some Potential Indications of Parasite Infection**

Constipation, joint & muscle aches, flu like symptoms, chronic fatigue, skin problems, sugar cravings, sleep disturbance, bloated abdomen, grinding teeth at night, heartburn, unexplained weight gain or loss, dry lips during the day, drooling at night, itchy anus, numb hands or feet, constant hunger pangs, blurry and unclear vision, allergies, restlessness, snoring, intestinal gas.

Unfortunately, medical testing procedures are only available for a few types of
parasites. Up to 95% of parasites are not tested for, and therefore can go undetected in the body of the unsuspecting victim for many years.

Colon Cleanse

The average person who is neither overweight nor particularly toxic is carrying around 7-25 lbs. of dried fecal matter at any given moment. In a nutshell, whether you are conscious of it or not, you are probably full of colon and intestinal toxicity. Doesn't it make sense, if you would like to lose weight with a minimum of effort and a maximum degree of permanence, that you would want to get rid of all those extra pounds trapped in your digestive and colon track?

More importantly, the colon and the bodies systems are closely connected. It is not possible to have an optimally functioning body unless colon toxicity has been addressed. It is rather like trying to flush a stopped toilet – where is it supposed to go?

Restore and Protect

Over the past decade, extensive research has been done on the subject of free radical pathology and many reputable scientists and medical doctors believe that free radical pathology is at the root of immune system disorders, cancer, heart disease, and a long list of degenerative diseases including aging. Free radicals are highly reactive molecules, which contain unpaired electrons and can cause damage to the body. Their harmful effects can be offset by antioxidants; vitamins, minerals and enzymes. Free radicals came from radiation, hydrocarbons, automobile exhausts, cigarette smoke, prescription and over the counter drugs, pesticides, herbicides, food additives, industrial waste products and many other sources. All of this necessitates even greater protection by using antioxidant nutrients like beta carotene, vitamin C, vitamin E and grape seed extract.

Nourishment

The quality of our food, now grown in mineral depleted soils, is not what the agribusiness people would have us believe it is. Studies indicate that our daily vitamin and mineral needs are not met by food alone. Countless leading nutritional researchers have found that up to 80% of a food's value is lost through processing, transportation, freezing, storage, cooking, spraying and chemical additives.

To get the same amount of vitamins and minerals that our grandparents did -in the early pan of the twentieth century from food alone -you would have to consume six large meals a day. Since this would overload you with calories, it is far better to take vitamins and mineral supplements. Some have argued that one of the reasons for the epidemic of obesity, fatigue and mental illness today is that our population is micro-nutritionally deficient. For those who want a safe and effective way of optimizing health, preventing illness, and living longer, hole food supplements may very well be the answer.
Balance

Wishful thinking won't help us shed excess pounds. We can only lose weight when we bum more calories than we consume. It is easier to stick to a diet and exercise program and thereby lose weight, if we feel full. Allowing yourself to become ravenously hungry will sabotage even the best of diets; you will grab the first food in your path. But what if you are doing all the "right" things and still can't suppress appetite, decrease food intake or slow down your body's fat build up?

The Southeast Asian tree Garcinia Cambogia, whose dried fruit rind contains an extract called Hydroxycitric Acid (HCA), has traditionally been used as a spice, a natural preservative and as a digestive aid. The rind's extracts are also used medically in south Asia to treat angina.

Medical studies have shown that HCA can inhibit fat and cholesterol synthesis, suppress and reduce food intake -safely and naturally. Investigations also suggest increased calorie burning and energy levels are associated with HCA intake.

Our muscles and liver store those calories from our foods, which are not immediately used for energy as glycogen. Excess carbohydrate and protein calories are converted to fat and cholesterol with help of the enzyme ATP – citrase lyase.

HCA increases glycogen formation and decreases fat and cholesterol production by temporarily inhibiting ATP - citrase lyase. This results in increased stimulation of glucreceptors in the liver and seeds signals to the brain that you are full. Thus, appetite and food intake are suppressed.

For more information – Speak to your Sensei

Osteopathy

Is the science and art of restoring proper neural communication within the body to alleviate pain, strains, and illnesses. By aligning the spine and allowing proper flow of the central nervous system (which controls all) to organs, muscle tissues and joints, the body is able to cope more easily with daily life, and function at its optimal.

Massage Therapy

Many of today's health problems arise from stress. Because stress upsets the delicate integral balance of all your body's functions, regaining this balance requires a holistic approach. Massage therapy not only treats those parts of you which are a problem, but also affects the whole of your metabolism through normalizing your circulatory, muscular and nervous systems and their interdependent functioning. Massage therapy is safe and effective if used for stress management, but is also widely used to help...
patients obtain relief from many specific problems. Massage can benefit people of all ages and conditions - babies, children, pregnant women, the elderly, those in chronic care and those who need palliative consideration.

**Reflexology**

Reflexology is a natural healing art based on the principle that there are reflexes in the hands and feet which correspond to every part, gland and organ of the body. Through application of pressure on these, reflexology relieves tension, improves circulation and helps promote the natural function of the related areas of the body.

**Reiki**

The Usui System of Natural Healing. Through the use of meditation and power of sacred symbols, the therapist channels life force energy through their hands into the client. Reiki clears, heals and straightens the energy pathways, allowing the life force to flow in a healthy way.

**Acupuncture**

This is a form of traditional medicine practiced in China for thousands of years. It helps heal and prevent illness through increasing the flow of vital life energy along channels called meridians. Needles are inserted in a painless manner into special points related to these meridians which help restore balance and vitality to the body.

**Shiatsu**

Shiatsu literally means "finger pressure". It is a form of Japanese Therapeutic Massage that manipulates pressure points to balance your body's energy and disperse muscular tension. It acts to reduce stress responses and coordinate organ functioning by directly working with the Autonomic Nervous System; towards maintenance of optimal health.

For more information call

The Neighbourhood Wellness Clinic

![Wudang Shan](image-url)
The Master Key System

by Charles F. Haanel

The Master Key reveals the Natural Laws of how to apply the new knowledge for practical purposes. There is nothing material about a thought. It must therefore necessarily be a spiritual activity. Spirit is the creative Principle of the Universe. Mind is the static phase of the Principle, and Thought the dynamic. Thought is Mind in motion. Addition and subtraction are, therefore, spiritual transactions; reasoning is spiritual process; ideas are spiritual conceptions; questions are spiritual searchlights; and religion, logic, argument and philosophy are spiritual mechanism.

Opportunity follows perception, action follows inspiration, growth follows knowledge, environment follows progress; always the mental first, then the transformation into the illimitable possibilities of achievement.

The process of creation is carried on through definite, exact and scientific laws; otherwise the Universe would be a chaos instead of a cosmos. The Creative Principle of the Universe makes no exceptions, nor does it act through caprice, anger, jealousy or wrath; neither can it be cajoled, flattered or moved by sympathy or petition; but when through “the Master Key” we secure an understanding of our unity with this Universal Principle and act in harmony with its spiritual laws, we appear to be favoured, because we have found the source of all wisdom and all power.

Nature compels us all to move through life. We could not remain stationary however much we wished. Every right-thinking person wants not merely to move through life like a sound-producing, perambulating plant, but to develop - to improve - and to continue the development mentally to the close of physical life. This development can occur only through the improvement of the quality of individual thought and the ideals, actions and conditions that arise as a consequence.

The Master Key is here given to the world as a means of tapping the great cosmic intelligence and attracting from it that which corresponds to the ambitions and aspirations of each practitioner. Human thought is the spiritual power of the cosmos operation through its sentient creatures. The Master Key instructs one in how to use that power, and use it both constructively and creatively. The things and conditions we desire to become realities we must first create in thought.
The Master Key explains and guides the process. The Master Key reveals the wisdom of the ages, and expounds it with that simple lucid power which arises from inspiration.

Before any environment, successful or otherwise, can be created, action of some kind is necessary, and before any action is possible, there must be thought of some kind, either conscious or unconscious, and as thought is a product of mind, it becomes evident that mind is the creative centre from which all activities proceed.

Every thought tends to become a material thing. Each of us today is the result of his past thinking. Later we shall be the result of what we are now thinking. We create our own character, personality and environment by the thought which we originate, or entertain. Thought seeks its own. The law of mental attraction is an exact parallel to the law of atomic affinity. Mental currents are as real as electric, magnetic or heat currents. We attract the currents with which we are in harmony - are we seeking those which will be conductive to our success? This is the important question.

When we understand that mind is the great creative power, what does not become possible? With Desire as the great creative energy, can we not see why Desire should be cultivated, controlled and directed in our lives and destinies? Men and women of strong mentality, who dominate those around them, and often those far removed from them, really emanate currents charged with power which, coming in contact with the minds of others, causes the desires of the latter to be in accord with the mind of the strong individually.

Difficulties, disharmonies, and obstacles, indicate that we are either refusing to give up what we no longer need, or refusing to accept what we require. Growth is attained through an exchange of the old for the new, of the good for the better; it is a conditional or reciprocal action, for each of us is a complete thought entity and the completeness' makes it possible for us to receive only as we give. We cannot obtain what we lack if we tenaciously cling to what we have.

Nothing may reach us except what is necessary for our growth. All conditions and experiences that come to us do so for our benefit. Difficulties and obstacles will continue to come until we absorb their wisdom and gather from them the essentials of further growth.

For Meditation Resources
please visit: http://www.martialartstoronto.ca/category/meditation/meditation-resources
Central Region Dojos

Hasu Dojo
*Instructor: Sensei Patrice Williams*
Yonge & St. Clair
416-923-1501

Sakura Dojo
*Instructor: Sensei Simonetta Mariani*
Bathurst & Eglinton
416-535-1501

Enzan Dojo
*Instructor: Senpai David Brands*
Bloor & Bathurst/Major
416-550-4658

Chi Rei Me Gami Dojo
*Instructor: Senpai Ann Philips*
Danforth & Jackman/Hampton
416-550-9322

For all other affiliates

www.CMAC1.com

Honbu Dojo
In traditional Martial Arts a minimum grade of 4th Dan is required to grade a student to Shodan. Hanshi 10th Dan Wallace Platt is Internationally accredited by three different International Martial Arts organizations. By successfully passing a CMAC grading which takes a world class effort you will receive an international quality accreditation.

CMAC gradings are a serious matter and not a simple formality. Even if you pass your Dojo's pre - grading it does not guarantee a passing grade of the CMAC test. You must demonstrate all facets required for your belt level in your performance.

As of January 1, 2000 CMAC is SMOKE FREE. All Dojo Directors, instructors, assistants and students grading for Shodan or Higher must be smoke free and remain smoke free. The excuse of a "life style choice" doesn't cut it, smoking is a drug addiction. A Professional Martial Artist who smokes is a poor example to adults and children alike. Smoking has no Place in a CMAC Dojo.

CMAC Grading Fees
(excluding HST)

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<th>Belt Level</th>
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*All Black Belt Grading fee's payable in cash only.

All successful grading candidates will receive a CLASSICAL MARTIAL ARTS CENTRE certificate signed by Hanshi Wallace Platt
Registration Form
"Must be Filled out Completely"

NAME: ______________________________________________________

ADDRESS: __________________________________________________

CITY: _____________________________ P.CODE ____ AGE: ______

TELEPHONE: __________________________

INSTRUCTOR: _________________________

DOJO: ________________________________

REGISTRATION: NEW □ RENEWAL □ DATE: ______________________

TERM:

STUDENT I YEAR $24.86 □

3 YEARS $37.30 □

ADDITIONAL CREST(S) _____________ $5.65 EA. □

HST Included!

STUDENT / GUARDIAN SIGNATURE: __________________________________

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As a student if you smoke see your Sensei for assistance to quit.

Only cash, money order, or certified cheques made out to CMAC are accepted. CMAC 5014 New St Unit 6, Burlington, Ontario, Canada L7L 1V1

“Head Office Only” Fee received □ Card issued □ Crest issued □ Database CB □ / SD □