

CLASSICAL MARTIAL ARTS CENTRE

www.martialartstoronto.ca

This Way to Self Improvement

Congratulations, you have taken the first step towards self improvement. Training in the Martial Arts (Budo) will be both enjoyable and beneficial. The Arts studied include Japanese Karate-Do and Jiu Jitsu, Okinawan Kobudo, Japanese Iaido, & Kenjutsu, Filipino Kali and

Chinese Tai Chi Chuan and Ba Gwa Chang and Chi Gung. These arts individually or in combination will be of great benefit. Once again, well done, now follow through with your commitment to yourself and set your schedule to ensure that you attend the next class.

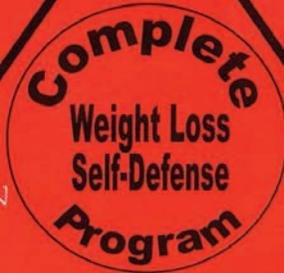


SPIRIT
KARATE-DO
JIU JITSU



Classical Martial Arts Training with a difference

TAI CHI CHUAN
CHI GUNG
BA GWA



ANCIENT
WEAPONRY

MIND

BODY

MEN, WOMEN, & CHILDREN - DAY & EVENING CLASSES

Energize Your Life!

Message from Instructor

As your Sensei (Instructor, one who has gone before), I want to make it clear that our true purpose is the way or path. This entails much more than just setting goals

or targets; for us this has become a strategy of life. For those of us on this path our greatest gratification comes from giving people something that they need.

Tai Chi Chuan (The Grand Ultimate Fist)

Tai Chi Chuan is an ancient Chinese art of self defense, 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 defense. 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 defense, 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 dated 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. This "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 styles of Tai Chi Chuan we teach are Chen, the oldest style in existence, and the Beijing Short Form, which is the set that is most practiced throughout the world.



Ba Gwa Chang (Eight Trigram Palm)

Ba Gwa (sometimes written Pa Qua), like Tai Chi Chuan, 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 (Niei Chi).

Ba Gwa shares roots with Tai Chi Chuan that go back to the Taoist monasteries but its modern protagonist is Tung Hoi Anan (1789-1879). Many 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 behind one's opponent.



Chi Gung (Working on Your Chi)

Chi Gung also written Qui Kung means working on your Intrinsic energy (suggests building or cleansing it). 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. Stress Relief is an essential part of overall fitness and wellness. And there can be no doubt that “solice comes through repose”. However, in a hectic fast-paced lifestyle we sometimes need a more dynamic means or a variety of means to reduce and eliminate our high levels of stress.



Learning to be Silent a Zen Story

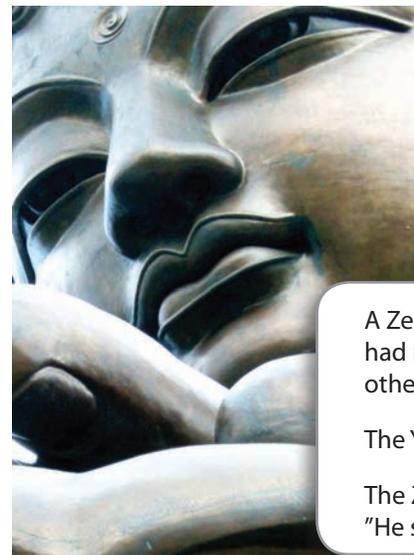
The pupils of the Tendai School used to study meditation before Zen entered Japan. Four of them who were intimate friends promised one another to observe seven days of silence.

On the first day all were silent. Their meditation had begun auspiciously, but when night came all the oil lamps were growing dim. One of the pupils could not help exclaiming to a servant “fix those lamps”.

The second pupil was surprised to hear the first one talk. “We are not supposed to say a word,” he remarked.

“You two are stupid. Why did you talk?” asked the third.

“I am the only one who has not talked,” concluded the fourth pupil



A Zen Master and a Yoga Master who had not met for 10 years passed each other on the street one day.

The Yoga Master said “Hello”.

The Zen Master thought to him-self: “He still talks too much.”

Testimonial

“...Approximately fourteen years ago I was diagnosed with a malignant brain tu-mor. I was told that I had only several months to live. Fortunately I began my training with Sensei in Niei Chi: Tai Chi Chuan, Ba Gwa Chang and Chi Gung. It was time to rid my body and mind of the poisons that had manifested themselves. It was time to replenish, to rejuvenate. I was on the path of self-discovery and en-lightenment. This path saved my



life and changed it forever. I was taking charge of my health, developing my vital energy, reawakening my desire to forge ahead and grow.

My ongoing training in Niei Chi opens the door to continued opportunity, hope, and infinite learning. I recommend this to anyone with the desire to take a proactive role in healing and maintaining balance in their physical, mental and spiritual lives...”

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. Upon 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 3rd Dan in Jodo, 2nd Dan Iaido, and 3rd Dan in Okinawan Kobudo weapons systems.

In 2004, and again in 2011, 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 C.M.A.C., Professor Jacob, Sensei Sichiyaama, Sensei Taylor, Oishta Sensei 7th 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, and appeared in a home fitness DVD — Fitness On The Go.



Programs Offered

KARATE-DO
JIU JITSU
Self Defense
Holistic Fitness

TAI CHI CHUAN
Ba Gwa Chan
Chi Gung
Guided Meditation

ANCIENT WEAPONRY
Kobudo
Jodo & Iaido
Escrima, Kali, Arnis

ALL PROGRAMS include...

MARTIAL ARTS PHILOSOPHY & SUPER NUTRITION

What THE MARTIAL ARTS can do for you are...

*The Person who thinks about doing something
is usually surpassed by someone doing it !!*

- ✓ Self Protection
- ✓ Holistic Fitness
- ✓ Self Confidence
- ✓ Self Discipline
- ✓ Stress Relief
- ✓ Personal Development

MEMBERSHIP

4 months	\$348.00
8 months	\$545.00

START UP PACKAGE \$144.00

includes... **T-shirt, Manual & CMAC Registration**

ON HOLD POLICY If you are away or unwell for a period of time, just let us know and the time will be credited to you and added to your renewal.

Training Centres

Enzan Dojo
Bloor & Bathurst
427 Bloor St. West & 918 Bathurst St.

416-550-4658

Yonge & St.Clair
52 St. Clair Ave. East
(Upper Level)

416-923-1501

Eglinton & Bathurst
978 Eglinton Ave. West

416-535-1501



Wellness Corner — Why Supplements?

LOOKING AT OUR OUTSIDE ENVIRONMENT

<http://wellness.enzandojo.ca>

- **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 cannot 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 from your diet by eating organically.

LOOKING AT OUR INSIDE ENVIRONMENT

- **An overall increase in degenerative diseases:**

Heart • Cancer • Arthritis • Alzheimer's • HIV/Aids • Chronic fatigue syndrome • and many others.

SOME COMMON COMPLAINTS

Low Energy • Overweight • Indigestion • Headaches • Allergies/Depression • Mood Swings • Lack of Mental Clarity • Colds / Flu • Eating Disorders



Solution - Super Nutrition

Most of us are trying to survive on minimum daily requirements, while our lifestyle choices require maximum daily nutrients to fuel our bodies. In order to obtain and maintain optimum health, we need to begin with better lifestyle choices including proper diet, exercise, rest, stress reduction, and limiting our exposure to environmental toxins.

Adding nutritional supplements into the equation is not designed to replace any of the other parts of the

formula, but rather to assist us in those areas we can't do perfectly. Nutritional supplements may assist the body in many ways including: strengthening the immune system, providing

more natural energy, decreasing healing time and increasing mental clarity.

Our bodies are always regenerating and making new cells. As we give our body the nutrients it needs, we create stronger cells. For some, the results are almost immediate, for others it may take a little time. The changes in how you feel may be very subtle, and from one day to the next, you may not notice any change. Nutrition is a long term approach to looking, feeling and performing better. We need over 100 nutrients on a daily basis: 12 Essential Amino Acids, 16 Vitamins, 70+ Minerals, three minerals and rare earth's Essential Fatty acids, and a good supply of friendly flora.

<http://wellness.enzandojo.ca>



Motivation and the Martial Artist

Motivation is inherent in all of us. It is the driving force behind all our decisions and actions, which ultimately determines who we are and who we will become. Motivation is never a constant and it can equally strengthen or weaken goals that we set for ourselves. It is up to us to tilt the balance in our favour by routinely reminding ourselves of our goals and why they are important to us. In this way we reinforce our commitment and the positive motivation needed to achieve them.

Martial Artists are taught to strive for goals that will better themselves and others. At the Dojo, motivation is an important facet of Martial Arts training. As instructors, we are motivated to pass on the knowledge and values we have learned through our training and to guide each student through



becoming a Black Belt. Short term goals (gradings) have been stepping blocks to making the Martial Arts a way of life.

Students are expected to come to class with the desire to give their best. Students that are motivated by the instructor, parents, and themselves are renewing the commitment to their Martial Arts goal. This will actually enhance their learning potential. Attending class regularly and practicing at home also reinforces their commitment and establishes excellent habits for everyday life.

We want the student not only to succeed in class, but to take what they have learned and be motivated to succeed in regular school and in the work force. The Martial Arts offers everyone the benefit of developing motivational skills that build character for a very rewarding life.

The Master Key System by Charles F. Haanel

The Master Key reveals the Natural Laws of how to apply the 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 transaction; 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.

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 operating 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 that 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 the simple lucid power which arises from inspiration.

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.



Schedule

ADULT Tai Chi & Chi Gung

	MON	TUE	WED	THU	FRI	SAT
Beginner				6:15pm 7:15pm		10:00am 11:15am
Intermediate				6:15pm 7:15pm		10:00am 11:30am

Seminars, Demonstrations and Trips

Seminars, demonstrations and trips are an enjoyable part of your training because they supplement and expand upon what you learn in class. They introduce us to a wide variety of techniques, ideas and styles.

Seminars featuring guest instructors are a tremendous opportunity to expand your repertoire and gain a greater appreciation for the vastness of the martial arts. We are fortunate at CMAC Toronto to have hosted over 25 seminars that included many of Canada's and indeed North America's greatest instructors.

CMAC has performed demonstrations for the 200 Years Yonge Street Toronto Megacity Festival and Canada Day celebrations. We performed during the Beastie Boys and Edgerefest concerts at Molson Park, at the Docks Entertainment Complex, the CNE, the Chin Picnic, as well as three Skydome demonstrations for the Toronto Argonauts and 2 for the Toronto Blue Jays, and a Martial Arts Spectacular at Massey Hall. CMAC has taken 25 students to Hawaii, 35 students to Japan, 50 Students to New York, 75 students to China and upcoming trips include England, Costa Rica & New Zealand. You may not be able to do all, but join us where you can!

CMAC has travelled to Japan and China to enhance its Martial Arts skills.

Over the course of our trips to Japan and China, CMAC has had the privilege of visiting Yamaguchi Sensei, the head master of Japanese Goju Ryu and over the course of our 3 trips to China (2004, 2007 & 2011) we have had the opportunity and the privilege of training at the Shaolin Temples on Songshan Mountain and 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 Wu Dang Shan.



CMAC Students at South Shaolin Temple

