

CLASSICAL MARTIAL ARTS CENTRE

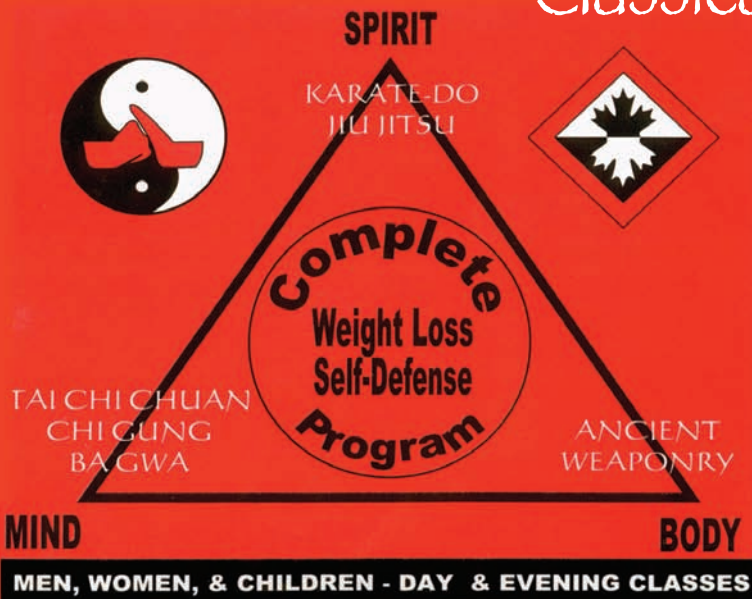
www.martialartstoronto.ca

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.

Classical Martial Arts Training with a difference



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.

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. At the age of 14 Miyagi began training under the foremost Naha - te grand master, Kanryo Higaonna. He was his Sensei's 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 Gung Fu. In Fuzhou, Fukien Province, Miyagi studied Shao Lin Chuan (hard fist - external style 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 the original art — the give and take required to be successful.



The words Goju Ryu mean hard and soft tradition. Go is the Japanese word for hardness and Ju is the word for softness. 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 utilizes an aggressive style of attack with emphasis on delivering blows hard but with easy effort and in rapid succession, maneuvering not only forwards but also from side to side. However an essential aspect to Karate-Do is the emphasis on the use of physical Force only as an absolute final option and of course only for defensive purposes.

Jiu Jitsu Programme

Jiu Jitsu is the technique of suppleness, flexibility, gentleness. The origins of this Art can be traced to the period between 1120 and 1170 with the origin of Daito Ryu Aki Jitsu. The late 17th to mid-19th century is considered the golden age of Jiu Jitsu during which time more than 700 styles appeared in Japan.

In those days the vital issue in Jiu 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 techniques and ways of employing them, but established the reputations of the survivors.

Jiu Jitsu techniques emphasize throwing, choking, joint kicking, holding, and tying. Most systems emphasized only one or two major techniques. Jiu Jitsu was always a secondary method of combat to the warrior, since he relied so heavily on his sword.

Although Jiu Jitsu techniques are initially learned one at a time in a static position, the essence of Jiu 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.



Self Defense Strategies

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.



The first benefit is vastly improved awareness both of oneself and of those around you. You will learn to discern dangerous places, routes, situations and people and this is your

first step to forming 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

".. Now that I can protect myself, I feel much more confident and no one bothers me.."

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 behavior, 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 behavior. These behaviors are to attackers what 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 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, to be cooperative, 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.



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

TAI CHI CHUAN
Ba Gwa Chan
Chi Gung
Guided Meditation

**KARATE-DO
JIU JITSU
Self Defense
Holistic Fitness**

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 \$228.00

includes... **Uniform, Crest, 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 Karate Do & Jiu Jitsu

	MON	TUE	WED	THU	FRI	SAT
White – Yellow		6:15pm 7:15pm	6:15pm 7:15pm	7:30pm 8:30pm		1:00pm 2:00pm
Orange – Blue		6:15pm 7:15pm	6:15pm 7:30pm	7:30pm 8:45pm		1:00pm 2:00pm
Brown & UP		6:15pm 7:15pm	6:15pm 7:45pm	7:30pm 8:45pm		1:00pm 2:15pm

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 instructions 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 Edgify 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

