



ENLIGHTENING INFORMATION FROM THE KAZE HATSU DOJO

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HAPPY NEW YEAR!!!

May the best day of 2007 be the worst day of 2008!!!

Upcoming Events



January

- 1 CLOSED - Happy New Year!!
- 2 Dojo Re-Opens
- 5 **NEW WEBSITE LAUNCH!!**
- 12 Dojo Clean-up
- 12 Kyu Belt Grading - 12:30pm
- 19 Dojo Social
- TBA Re-Scheduled Date for Web Video Shoot



February

- 1 Advanced Seminar w/ Sensei Platt - Honbu Dojo
- 7 Chinese New Year - Year of the Rat!

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ADVANCED SEMINAR

Friday February 1st, 2008

It's been almost a year and now it's time again. Sensei Platt has granted his time for another enriching Seminar. If you were at the last one you know not to miss this one because this session is to be held at the Honbu dojo!! The Honbu dojo is the headquarters for our whole CMAC organization and this will be the first time ever that the Kaze Hatsu dojo has been invited to attend. The time is still to be confirmed but it will start approximately around 7pm. Watch the events board for more details. **PLAN ON IT!!**

Sensei's Note

I wish to extend my happiest wishes to everyone in the new year! There is much to do this calendar year and the focus will be on "us". This phrase has a two fold meaning to it. It's important to understand that "us" represents both singular and plural. You, as students, will be focusing on your training. Taking even bigger steps week after week than last year. Your renewed focus on training will serve to increase the overall energy in the dojo. An increase in energy in the dojo is what makes a dojo feel alive. If you have not done so, take some time in the dojo to meditate on the significance of certain aspects the dojo has. Each element has it's significance. For example, what does the ringing of the bell represent and what is the purpose for incense?

In the coming months, as indicated by our pre-holiday conditioning, another focus will be on our physical core and an overall increase in chi levels. Have you ever wondered why listening to our favorite songs makes us feel instantly better? Stay tuned...

Zi Jie Sensei

KIDS CHRISTMAS "AWAKE-OVER" FRIDAY DECEMBER 21, 2007



WOW....!! Speechless, absolutely speechless. The kids "Awake-Over", or should I REALLY say "Sleep-Over", was a huge success!!!

From training to the ginger bread house, snow ball targeting and pillow fights, this over nighter had it all!

It started with karate and finished with pillow wars set to Taiko drums. Everything in between flew like a blur. The kids almost made it through the night and should be commended for even trying!

Congratulations to both Stephen Pozios and Max Auwaerter for taking on the challenge! BONZAI!!!

Next Kyu Belt Grading

**SATURDAY
JANUARY
12TH**

12:30PM



DOJO CLEAN-UP!!



Saturday
January 12th



Immediately Following The Grading.

It is not just the responsibility of the students to maintain the dojo it is also your duty. You use the space so please have the courtesy to attend, if only for a short time, and tidy up. Many hands make light work!

Please wear something appropriate for cleaning. See you there!



DOJO SOCIAL!!

Saturday January 19th



TIME: *To Be Determined*

PLACE: *Please see Ms. Allison for directions*

Adults only please.

A dojo is a home and students are family so it's important that we get together to celebrate that! This event is not only important for dojo togetherness but it's also a chance to send off Caroline Dylnicki to Australia with a bang! Hope to see you there!

Adult Christmas Party

Sunday December 16, 2007

Another great Christmas dinner to close out another great year!! Snow? What snow? You mean that little flurry we got??? No amount of snow is going to stop us! Even though we did receive a couple of flakes on the ground the party was still well attended. The food just seems to be getting better every year and so does the entertainment. Special thanks to the Unsworth's for the slide show and some fancy singing by the new black belts!! Did everyone enjoy the jelly fish? Until next year, warm up your voices and practice with your chopsticks!

Salvation Army

I would like to send a special appreciation to everyone for your selfless acts of kindness this year. The Salvation Army works tirelessly every day to help those in need and our small contribution at this time of year really goes a long way. Smile with the fact that you gave the gift no one can buy, a smile itself!

I hope you had a happy holiday because the people you helped sure did!

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 7 Chinese New Year - Gung Hey Fat Choi!

All Dates And Events Are Subject To Change.
 See The Events Board Regularly For Updated Events.

KAZE HATSU WEBSITE LAUNCH

The Kaze Hatsu dojo is finally launching its new site!!

The websites address is:
www.gojubudo.com

If you go to it and it's not up yet just keep checking back. This will be an active site which means that there will be regular updates of events and eventually pictures as well. In time we hope to have the newsletter on the site as well!

For the new website we are having a new video professionally filmed to put up on the site. This video is meant to be a 30 second clip of the current students active in the dojos. You will be able to see yourself on the site and see all of your friends as movie stars!

The video is also meant to promote the schools and help encourage others to join. Get involved because you never know who you might inspire!!

A RESCHEDULED DATE IS TO BE DETERMINED.
Location: Burlington North Dojo

Please bring your gi, hakama and weapons.
 If you cannot make it on time, DON'T WORRY,
 show up anyway!!



Can YOU find the Buddha?

This is what the Buddha looks like.
 He is hidden somewhere in the
 newsletter. Can you find him?



Health Tip

Osteoporosis is a condition in which bones become porous, fragile and vulnerable to fractures. If you are living with osteoporosis you can be at risk of injury regardless of your age.

Tips to maintain bone health and prevent falls.

- : Boost calcium and vitamin D intake.
- : Limit caffeine, salt, alcohol, and be smoke free.
- : Have your vision checked regularly.
- : Aim for 30 - 60 minutes of physical activity most days of the week.
- : Choose weight bearing and resistance activities (combine walking with stairs; step aerobics; Tai Chi)
- : Avoid isolation; people are healthier if they are active, eat well, and socialize.