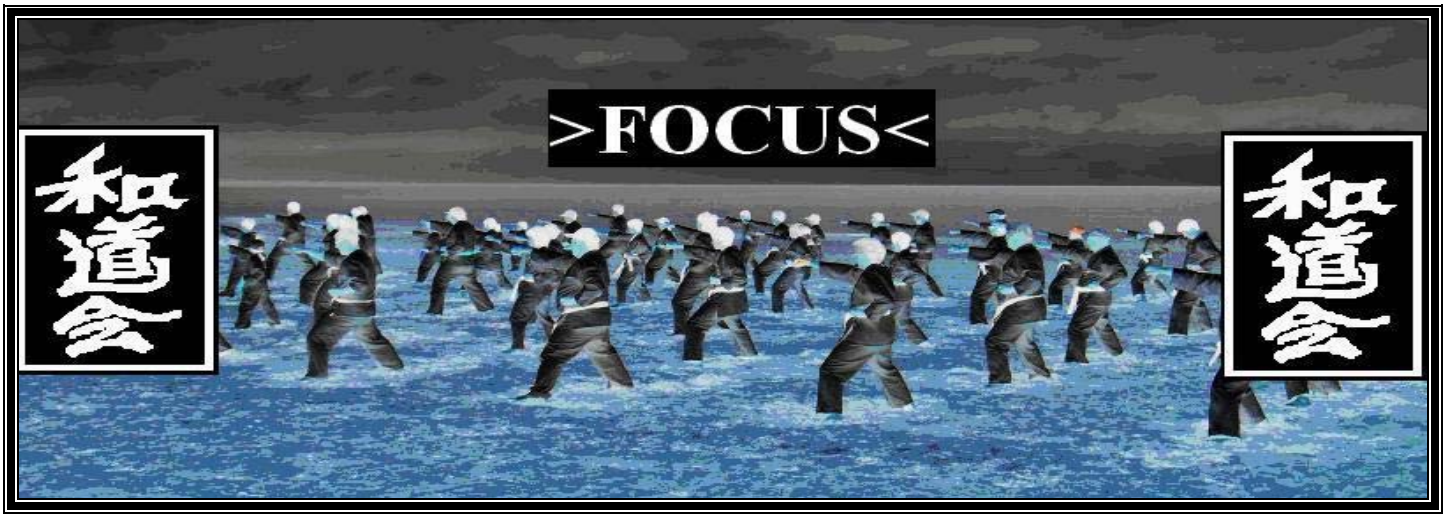

APRIL 2010

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(9th Degree Black Belt)

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Training Camp Director:
Vanessa Connors, Sandan
(3rd Degree Black Belt)

INTRODUCTION

Happy Spring! Hoo Boy, has it ever been a great start to Spring in Southern Ontario! The weather keeps teasing us; some days very warm, then others more seasonal, but who can complain; it is not snowing! Last year spring took awhile to get going, it was wet and cool. Then the summer was not much better, cool and wet as I remember it, with very few really hot days. This bodes well for a long, hot, but dry summer (water rationing again?); which should mean the **Wasaga Beach Training Camp** on **June 18th** has a very good chance for great weather workouts on the beach. Hopefully, **Mark Lefebvre**'s knee will be up to a visit to Camp; Marc had knee surgery in March (hope all is well, Marc).

This month the quarterly FOCUS is supplemented with a separate, special issue "**FOCUS on Bahamas 2010**". That was a special effort of sharing photos and stories from karate-kas who visited the Bahamas. We wish to thank all the members north and south who helped organize and arrange the events in the Bahamas, and the travel and accommodations; there were many involved and the success of the whole trip was because of you. Once again, I would personally like to thank Sensei **Lenore Eng** Shodan (1st Dan) and **Veronica Cizmar** Shodan, our highly organized BahamaMamas for the great job you did in pulling this together. Lenore was the editor for "FOCUS on Bahamas 2010". She had to sift through over 1,300 photos to pick some for the issue. She also set up the Flickr account so everyone can see those thousands of pictures.

Congratulations to Sensei **Roxanne Hinds** (Jamaica) and **Monique Shepherd** (South Florida, USA) who were both promoted to Nidan (2nd Dan). They were unable to attend the Awards Night in the Bahamas. > **EDITOR ROBB DODS**

It's better in the Bahamas ☺

2010 TORONTO WADO-KAI KARATE TRAINING CAMP NEWS

A warm spring hello to all!

As you can see, we have had a wonderful spring season with record setting temperatures (in Ontario, at least). I think I can speak for many when I say that this is something I can definitely get used to!

Along with the budding trees and April showers bringing May flowers (I had to throw that in for the gardeners) comes the reminder that our **37th Annual Wasaga Beach Training Camp** is just around the corner. Camp this year takes place from **Friday, June 18th to Sunday, June 20th** and if this early gorgeous weather is any indication, we are in for a terrific weekend.

The first deposit for camp is due by April 21st (or asap after reading FOCUS) and the final payment is due by May 19th. Please keep in mind that you are free to decide to attend right up until the day of camp however, preregistration is encouraged to ensure we have booked the right amount of cabins and to get an approximate head count to plan events.

I would encourage you all to attend our 37th annual Training camp as this is a wonderful time to train and get to know other Sensei and karate-kas from our sister clubs and witness the relaxing atmosphere of our Saturday evening potluck, go-cart challenge and bonfire.

If you have any questions or require additional information, please do not hesitate to contact me at vanimal7@yahoo.com or check out the TWKK website under "Upcoming Events" http://torontowadokai.com/?page_id=115.

I look forward to seeing you all on the beach, kicking up sand!!!

In harmony,

Training Camp Director: **Sensei Vanessa Connors,** Sandan (3rd Dan)
Clarington Wado-Kai Karate Club

Wasaga beach
Photo by Sensei **Ron Ruskay** Yodan (4th Dan)

NEWS FROM CLUBS

LAURENTIAN VALLEY Karate Club, Pembroke, ON

Sensei Marg Michael Yodan
(4th Degree Black Belt)

Sensei Jim Sullivan Yodan
(4th Degree Black Belt)

We had a visit from Sensei **Ron Sheyan**, Rokudan (6th Dan) and Chief Instructor of Brooklin-Whitby Karate and his wife **Beth** on January 12-13. Sensei Ron led the class of mainly white belts the night of his arrival through all of their basics and commented on their enthusiasm. Thank you again Sensei for taking the time to travel our way and give instruction to our students.

Welcome **Britney P**. and **Jessica S**. to the Toronto Wado-Kai family.

On March 4th **Courtney** and **Jakob** tested for their next belt level. Congratulations to both of you on your new yellow belts.

LAURENTIAN VALLEY
Karate Club, Pembroke ON

Courtney P., Sensei Jim, Jakob S.

MANULIFE Karate Club, Toronto ON

Sensei Leaton Bernard Yodan
(4th Degree Black Belt)

C.O. Nadia Corrado, 3rd Kyu
(Green Belt)

TUESDAYS/THURSDAYS:
11:30AM - 12:10PM
WEDNESDAYS:
5:15PM - 6:45PM

Announcements:

The Manulife Dojo welcomes its latest karate-ka – **Shupeng Cheng**. Shupeng has only been with us for a couple of weeks but he is proving to be an enthusiastic and fast learner.

Conveniently located near Yonge and Bloor, the Manulife Dojo is designed to fit the typical busy corporate schedule. Manulife provides a perfect venue for employees at Manulife, as well as the surrounding area, to take a mid-day break where they can learn the many physical and mental benefits of Karate all the while relieving work related stress. We welcome all students and instructors from our Wado-Kai organization.

The Manulife dojo welcomes all new, existing and previous karate-kas. For directions and security reasons, please contact **Nadia Corrado** (or Sensei **Leaton Bernard**) before attending any classes. If you are unable to contact one of us, please bring ID and inform Security at the Rotunda that you are attending the Karate class. The dojo is located in the Fitness Centre in Level B2 of the North Tower at 200 Bloor Street East. Shower facilities, towels and soap are available for your use; however, the fitness equipment is reserved for Fitness Centre members only.

MARKHAM Karate Club, Markham ON

Sensei Leaton Bernard Yodan
(4th Degree Black Belt)

TUESDAY:
ADULTS: 7:00PM - 8:30PM
CHILDREN: 7:00PM – 8:00 PM

SATURDAY:
ADULTS: 10:00AM - 11:30AM
CHILDREN: 10:00AM - 11:00AM

The Markham dojo is mainly comprised of children and teenagers and so we welcome visitors of all ages to share in the karate experience. Like at all our Wado-Kai dojos, you will be impressed with the diversity and abilities of these young practitioners. Our schedule and directions are located in this publication and our organization's website.

Students are encouraged to train at the other Markham area dojos – at the Thornhill Community Centre or the Unionville dojo. You are welcome to attend extra classes and a chance to train with karate-kas from another dojo. This Markham dojo generally has visitors from the Manulife, Unionville and Thornhill dojos.

The Markham dojo will continue with the overlapping of the children and juniors/adults classes. The interaction between both groups has proven beneficial.

EDMONTON Karate Clubs, Edmonton AB

Sensei Randy James, Godan
(5th Degree Black Belt)

Sensei Andre Beauregard Yodan
(4th Degree Black Belt)

J.H. PICARD SCHOOL KARATE CLUB
TUESDAYS & THURSDAYS:
7:00 – 9:00PM

Last February, **Patrick de Montigny** was awarded his Shodan rank. Patrick started karate at the age of 5 years old under Sensei **André Beauregard**. Patrick turned 16 years old on December 10, 2009. In the picture, from right to left: Sensei **Randy James** Godan (5th Dan), newly Sensei Patrick de Montigny Shodan (1st Dan), Sensei Beauregard Yodan (4th Dan), Sensei **Ed Young** Godan, Sensei **Brian Chan** Shodan and Sensei **Patrick Learmonth** Shodan.

Congratulations Patrick!!!

BROOKLIN-WHITBY Karate Club, Brooklin, ON

Sensei Ron Sheyan, Rokudan
(6th Degree Black Belt)

C.O. Heather Cant, Sandan
(3rd Degree Black Belt)

2010 Thornhill "Winter" Invitational Tournament

On Saturday, February 27, a group of students from the Brooklin-Whitby dojo attended the "Winter" tournament held in Thornhill. All of the students turned in exceptional performances! THANK YOU for your participation! Pictured below are the students who attended from the "Children's Class": (L-R) Back Row: **Bradley, Kaelum, Liam, Ella, Jacob,** and **Abby**; Front Row: **Hanz, Ryan, Cameren, Stephane,** and **Griffin.** Absent: **Jarrod.**

Pictured below are the students who attended from the "Family Class": (L-R): Sensei **Cindy, Chloe, Jessica**, and **Aidan.** Absent: **James** and **AJ.**

BROOKLIN-WHITBY Karate Club, Brooklin, ON

Recent Promotions!

There have been several recent promotions. Congratulations to all of the students who have trained hard and earned their next level! On February 1, **Steve** (top photo below) headed off to Toronto to be tested in front the Yudansha Grading Board. Steve's continuous hard work paid off and he was promoted to Shodan (1st degree Black Belt)! Congratulations Steve!!!

On Thursday, March 18, **Chloe, Cecilia** and **Tyler** (bottom photo, left) successfully tested for their next level! The next grading was for our new class of White Belts who started last fall. They all demonstrated that they were ready to move on and were awarded their Yellow Belts! Pictured (bottom, right) are **Mark, Shane, Tim, Jessica** and **Hannah**. Keep up the great work everyone!!!

BROOKLIN-WHITBY Karate Club, Brooklin, ON

More Congratulations!!!

Congratulations to the five students who successfully graded to their next belt level on February 4th! Pictured below in the back row (L-R) are **Dimitri, Marie** and **Matthew**. In the front are **Brady** and **Jerod**.

An Invitation To Broaden Your Horizons

Brooklin-Whitby Karate runs a monthly Senior Belt class. Students from all clubs are welcome to attend. Classes are held on the last Thursday of the month at 8:30 PM. Please e-mail Sensei Ron Sheyan at karate@rogers.com if you would like to be placed on an e-mail distribution list. You can also visit www.brooklinkarate.com and click on the "News, Events, Cancellations" tab for further details.

CLARINGTON Karate Club, Courtice ON

Sensei Derek Barton, Nidan
(2nd Degree Black Belt)

Sensei & C.O. Weldon Zabizewski, Nidan
(2nd Degree Black Belt)

MONDAY AND WEDNESDAYS:
6:30 – 8:00PM

Congratulation to **Emily C**. and **Taylor B**. on a successful February ranking to yellow.

Congratulations to the following on a successful March ranking **Adina E**., (Yellow), **Noah S**. (Orange), **Lianne R**. (Orange), **Mackenzie R**. (orange), **Robin S**.(Green), **Brody P**.(Yellow), **Samantha R**. (Brown), **Corey M**. (Brown)

Thank you to Sensei **Vanessa** and **Kathryn** for helping us out during this ranking.

CLARINGTON Karate Club, Courtice ON

Clarington Wado-Kai was well represented for the February Tourney; congratulations to all who attended , amongst who were **Jessica V., Samantha R., Mackenzie R**. and **Eric V**.

We are all looking forward to camp in June!

RYERSON Karate Club, Toronto, ON

Sensei Michael McCarthy, Godan
(5th Degree Black Belt)

C.O. Matthew Ellis, 2nd Kyu
(Blue Belt)

C.O. Tiago Magalhães, Shodan-Ho
(Provisional Black Belt)

MONDAY & WEDNESDAY:
7:30 PM – 9:00 PM
SATURDAY:
10:00 AM – 12:00 NOON

We offer an intense adult training environment where you can augment your core Karate skills by studying our integrated curriculum of throws, joint locks, pressure points and self-defence techniques.

Classes are held in downtown Toronto at Ryerson University in the Recreation and Athletics Centre (RAC) Studio I.

Active members of the Toronto Wado-Kai Karate organization are welcome to train with us at Ryerson. There is no drop-in fee for guests who attend class.

Note: We hold Conditioning Classes on the first and third Saturday of every month, plus Guest Seminars on the last Saturday of every month.

January Guest Seminar: Goju Ryu Karate

January 30: Sensei **Chris Stafford** Yodan (4th Dan: Toronto Goju Ryu) returned to the Ryerson Dojo to lead an exciting and fast-paced class.

The class offered an excellent opportunity to compare and contrast the Goju and Wado styles of Karate.

To learn more, please visit: http://www.torontokarate.ca

Bahamas 2010

February 12-19: The Ryerson Dojo was ably represented in the Bahamas by Sensei **Michael McCarthy**, **Michael B.** (1st Kyu), plus **David P.** (4th Kyu) and friend **Renee**.

The Ryerson Dojo would like to thank Sensei Freeman and the Bahamas/Caribbean Aikiwa (Wado Kai) Karate Do/Kubdoh karate-kas for their hospitality and the 'Bahama Mamas' for their outstanding organization!

RYERSON Karate Club,
Toronto, ON

2010 Winter Tournament

February 27: Congratulations to the karate-kas who represented the Ryerson Dojo at the Winter Tournament! **Karen H.** placed first in both Kata and Kumite, while **Umair N.** placed first in Kumite and second in Kata.

March Grading

March 17: Congratulations to **Andrei P.** for grading to Orange Belt (4th Kyu) and **Eddie H.** for grading to Green Belt (3rd Kyu)!

April Special Class: Itosu Ryohai

April 3: The Ryerson Dojo held a special class focussed on the kata Itosu Ryohai and welcomed our special guest **Anton Carey** (5th Kyu) from Bahamas/Caribbean Aikiwa (Wado Kai) Karate Do/Kubdoh.

SuperCities Walk for MS: Save the Date

April 18: The Ryerson Dojo was at Sunnybrook Park for its annual participation in the **SuperCities Walk for MS** supporting the MS Society of Canada.

To learn more, please visit: http://www.mssociety.ca/ontario/scwalk.htm

April Guest Seminar: Wing Chun

April 24: **Sifu Roy Anthony** (Martial Arts Toronto) will visit the Ryerson Dojo and deliver an introduction to Wing Chun.

To learn more, please visit: http://www.torontomartialarts.net

CN Tower Climb for United Way: Save the Date

October 24: Join the Ryerson Dojo at the CN Tower on October 24th for its annual participation in the **CN Tower Climb for United Way** and help support the United Way of Greater Toronto.

To learn more, please visit: http://www.uwgt.org/climbforunitedway/main.php

Contact Us

If you would like to learn more about Ryerson Karate or join our e-mail list, please contact Michael Boisvert, Ryerson Dojo Manager at: michael039@sympatico.ca

Osu!

KARATE HEALTH

TIME TO RE-THINK THOSE SIT-UPS?

From a MACLEANS.CA Article

BY SENSEI ROBB DODS ROKUDAN (6TH DAN)

I came across an article by Patricia Treble on January 19, 2010, entitled **"The man who wants to kill crunches"**. The article was sharing the findings of a Canadian professor of spine biomechanics at the University of Waterloo, Stuart McGill, who "rails" about the dangers of the ubiquitous sit-up.

Many of the exercises we do we learn by rote from many instructors in our life. If you are an instructor you are most likely to lead exercises the way you were taught. Everyone doing physical exercise and especially those teaching should be aware of new studies about the do's and don'ts of the various methods of exercise. All those who instruct others should question your own methods from time to time and be prepared to change/modify your ways for the safety of your students.

The following are some highlights from this article, which can be found at http://www2.macleans.ca/2010/01/19/the-man-who-wants-to-kill-crunches.

It doesn't matter whether they are the full sit-ups beloved by military trainers or the crunch versions so ubiquitous in gyms. "What happens when you perform a sit-up?" he asks. "The spine is flexed into the position at which it damages sooner."

…While there are lots of ways to injure a back, the sit-up is an easily preventable one. According to his research, a crunch or traditional sit-up generates at least 3,350 newtons (the equivalent of 340 kg) of compressive force on the spine. The U.S. National Institute for Occupational Safety and Health states that anything above 3,300 newtons is unsafe.

McGill suggests replacing sit-ups with exercises to strengthen the core while not bending the spine: bridges, planks, leg extensions, bird dogs, and "stir the pot." The bird dog, for instance, simply involves getting on all fours and, while keeping the core muscles tight, extending the opposite arm and leg, then switching limbs. "Stir the pot" is a more complex movement: moving shoulders in a small circle while in a prone push-up position with forearms balanced on an exercise ball.

…Ian Crosby of the Calgary Fire Department saw the shift [to outside the worlds of academia and elite athletics] first-hand. He's on a committee of the International Association of Fire Fighters that establishes criteria for the make-or-break fitness test.

…For those who believe sit-ups are the only key to strong abdominals, Crosby points to research that shows the new movements can be just as effective in improving core strength. A study of U.S. soldiers published earlier this year in Medicine & Science in Sports & Exercise compared sit-ups with back-friendly core stabilization exercises, including bird dogs, and found there was no difference in overall fitness between the two groups. In fact, those who did core exercises showed significant improvement in the army's sit-up test.

McGill's message is… blunt: "There are only so many bends in your spine until the discs eventually herniate.

TWKK WINTER 2010 TOURNAMENT RESULTS

Congratulations to all the participants in the Tournament in Thornhill, February 27, 2010

Division	Event	1st Place	2nd Place	3rd Place
CHILDREN 6 to 7 Yrs				
White – Orange	**Kata**	**Joshua L**. Yellow, West End	**Griffin M.** White, Brooklin-Whitby	**Sabarish G.** White, Thornhill
White – Orange	**Kumite**	**Jarrod W.** White, Brooklin-Whitby	**Stephanie G.** White, Brooklin-Whitby	**Joshua L.** Yellow, West End
CHILDREN 8 to 10 Yrs				
White – Orange	**Kata**	**Liam S.** White, Brooklin-Whitby	**Brad M.** Yellow, Brooklin-Whitby	**Cameren S.** Yellow, Brooklin-Whitby
White – Orange	**Kumite**	**Cameren S.** Yellow, Brooklin-Whitby	**Brad M.** Yellow, Brooklin-Whitby	**Ethan M.** Orange, Oshawa-Whitby
JUNIORS 9 to 12 Yrs				
White – Orange	**Kata**	**Hanz G**. Yellow, Brooklin-Whitby	**Jessica N.** White, Brooklin-Whitby	**Jacob S.** Yellow, Brooklin-Whitby
Green – Brown		**Sean Z.** Brown, Ajax-Pickering	**Colton M.** Brown, Oshawa-Whitby	**Ivan C.** Brown, Seikikai
White – Orange	**Kumite**	**Aidan M.** Orange Brooklin-Whitby	**Mackenzie R.** Yellow, Clarington	**Adam S.** Yellow, Seikikai
Green – Brown		**Colton M.** Brown, Oshawa-Whitby	**Chloe S.** Green, Brooklin-Whitby	**Ivan C.** Brown, Seikikai
JUNIORS & ADULTS				
White – Orange	**Kata**	**Karen H.** White, Ryerson	**Umar N.** Yellow, Ryerson	**Eric V.** Yellow, Clarington
White – Brown		**Anrui C**. Brown, West End	**Maksyn V**. Brown, Seikikai	**Joseph G.** Blue, West End
White – Green Women	**Kumite**	**Karen H.** White, Ryerson	**Nicole R.** Green, West End	
Orange – Brown Women		**Kyra B.** Brown, Markham	**Sam R.** Blue, Clarington	
Yellow – Brown Men		**Umar N.** Yellow, Ryerson	**Maksyn V**. Brown, Seikikai	**Joseph G.** Blue, West End
Black Belts, Red Belts & Shodan-Ho All	**Kata**	**Alex Nguyen** Yodan, Thornhill	**Cindy Plunkett** Shodan, Brooklin-Whitby	**Lenore Eng** Shodan, West End
Black Belts Women	**Kumite**	**Lenore Eng** Shodan, West End	**Veronica Cizmar**, Shodan, Seikikai	**Cindy Plunkett** Shodan, Brooklin-Whitby
Black Belts Men		**Alex Nguyen** Yodan, Thornhill	**Leaton Bernard** Yodan, Manulife & Markham	**Stanley Li** Shodan, Manulife

CONGRATULATIONS JENN AND FRANK BUTARA

There's a new karate-ka in Ottawa, named Joseph Robert Butara
Born February 13, 2010 (8 lbs, 8 oz)
(Notice the "Robert" in the name, grandson of a familiar Editor ☺)

SENIOR DAN COUNCIL
(IN ADDITION TO THE DIRECTORS)

Godan (5th Degree Black Belt)	**Yodan** (4th Degree Black Belt)
Joel Cohen Randy James Tony Marziliano Larry O'Grady Ed Young	Andy Basacchi Andre Beauregard Eric Bergman Biller Ching James Darker Joe Fagundes Steve Henrich Margaret Michael Alex Nguyen Ron Ruskay Jim Sullivan Anthony Woodward

TORONTO WADO-KAI KARATE CLUBS AND SENSEI

AJAX-PICKERING – Eric Bergman

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BROOKLIN-WHITBY – Ron Sheyan

CALGARY – Steve Henrich

CLARINGTON – Derek Barton, Weldon Zabizewski

EDMONTON Clubs – Randy James, Andre Beauregard

LAURENTIAN VALLEY – Margaret Michael & Jim Sullivan

MANULIFE (Toronto) – Leaton Bernard

MARKHAM – Leaton Bernard

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RYERSON (Toronto) – Michael McCarthy

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THORNHILL – Dave Manara

UNIONVILLE – Dave Manara

WEST END (Mississauga) – Joe Fagundes