



## >FOCUS< TORONTO WADO-KAI KARATE CLUB LTD.

TORONTO WADO-KAI WEB SITE: [WWW.TORONTOWADOKAI.COM](http://WWW.TORONTOWADOKAI.COM) COMMUNICATIONS: TWKK@PSSTNETWORK.CA

FEBRUARY 2009

### INTRODUCTION

It's Winter; it's cold! And for most of the dojos across Canada, it's snowy! For those of you in warmer climes (like the Bahamas) please think of us freezing northerners who have to work extra hard in the dojos to stay warm (just kidding; no, really ☺). It sure puts the emphasis on the warm-up at the first part of the class, doesn't it!

For those clubs in Ontario, remember this month is the annual Winter TWKK Tournament in Thornhill, February 28<sup>th</sup>. See you all there, and watch for the Bahamas 2010 Trip promotion at the event! And look for more information later in this issue. > **EDITOR ROBB DODS**

### NEWS FROM CLUBS

**EDMONTON Karate Clubs, Edmonton AB:** A few pictures from our annual Edmonton Wado-Kai Karate Christmas party, approximately 60 participants enjoyed a pot luck and gift exchange - lots of fun. > **SENSEI RANDY JAMES, GODAN**





**As you can see, a very controlled gift exchange (actually livelier than it looks)**

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**BROOKLIN-WHITBY Karate Clubs, Brooklin/Whitby ON:** On December 6<sup>th</sup>, 2008 the Oshawa Wado-Kai Karate held its annual **Children's Invitational Tournament**. Congratulations to all of the students who attended from the Brooklin-Whitby Dojo for their participation!!! Pictured below are:

Left Photo: **Graham and Angelica**

Right Photo: **Brady, Dimitri, Rochelle, Chloe, Wade, Marco, George, and Alexander**



### 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](mailto:karate@rogers.com) if you would like to be placed on an e-mail distribution list. You can also visit [www.brooklinkarate.com](http://www.brooklinkarate.com) and click on the "Announcements" link for further details.

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**PORT PERRY Karate Club, Port Perry ON:** The Annual Christmas Party and Awards Night was a resounding success! Thanks to everyone for their delicious contributions to the potluck feast.

A big thank you to **Nancy Rickard** and her helpers **Amanda Jeffrey** and **Brittany Postill** for organizing the games and entertainment for the evening. Santa distributed the secret Santa gifts and drew names for door prizes. Sensei Ron presented the 2008 Awards to the students. Congratulations to the winners!



**Tyson Goreski - Best Attendance**

**Amanda Jeffrey - Best attendance and Most Improved Karateka**

**Brittany Postill - Student of the Year**

Welcome to our new students: **Carter LeFort** and **Andrew Wierzbowski**.

1974 - 2009

## **POR T PERRY WADO-KAI KARATE IS CELEBRATING 35 YEARS IN PORT PERRY**

This year, 2009, PPWK is celebrating 35 years of service in the Port Perry community. There are tentative plans to have an open house to celebrate this accomplishment on the afternoon of Sunday May 3, 2009. Final details will be in the April FOCUS. > **SENSEI RON RUSKAY YODAN**

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**OSHAWA-WHITBY Karate Club, Oshawa/Whitby ON: Theresa** normally does this kind of stuff, but in her absence she's asked me to fill you in on all the wonderful news from this end of town.

On December 6<sup>th</sup> we hosted our annual **Children's Invitational Tournament**. These kind of events cannot be done by one or two, but rather by a collective. Our gratitude of thanks goes out to all the members for braving the elements and joining in on this day of fun. It seems each year we are plagued by some kind of Mother Nature winter episode, but at least this year she waited 'till the end of the day for snow!

To the club sensei and sempai who helped with the judging, as well as all the volunteers and scorekeepers, - Thank You. To the most efficient set-up (and take-down) crew - nice work!

For those in attendance, you heard of my vehicle mishap on the way to the tournament... or as the saying goes: "*a funny thing happened on the way to the tournament*"; the frame of my van detached from the wheel while I was driving - not good!. I would like to thank Sensei **Jennifer, Theresa** and **Ted Virgin** for coming to our rescue to transfer all the gifts and goods from my van to theirs. Both my van and husband's vehicle were solid to the rim with "tournament stuff". Sensei Jennifer shuttled me back to the YWCA in time for me to sing the national anthem. She then rejoined her dad, Ted, until CAA arrived (a two hour wait I may add) and ensured the van ended up at the right place. Sensei Jennifer and Ted, you rock!!.

Thank you to the **YWCA, Oshawa Optimist Club** and **HMV** for your continued sponsorship regarding the facility, trophies/medals and prizes. It has always been a dream of Sensei **Jose-Carlos Garcia** to have a free tournament and this could not be done without their support. To **Kim Ellis, John Galant, Dan Kuczkowski** and our very own Sensei Garcia for all the contributions to our prizes - there were over \$2,000 in prizes donated for the half-time draw for some very enthusiastic and happy winners. We mixed it up this year by allowing hopeful winners to "bid" on their desired prize(s), thus increasing their chances of winning that specific draw; and I received some welcomed and positive feedback, which tells me you liked it. In addition, the Oshawa Optimist Club kept everyone's tummy satisfied with hot-dogs, bottled water and free orange pop. Dan Kuczkowski - our "sound man" - provided some toe=taping tunes and ring announcements. Dan, along with Theresa Virgin, ensured the day was running smoothly and on time; Thank You.

In lieu of tournament admission we ask that each person bring a donation of food or toys for the Y's **Wish Shelter**; by the look of the overflowing boxes and shopping cart this was achieved. The YWCA thanks each of you for your generous contribution to those in need. As well, in the fall our club members from the Whitby locations: John Dryden, Ormiston and Glen Dhu, and including the Oshawa locations: Walter E. Harris and YWCA children's + adults classes, collected food and toys to help the Oshawa Optimist Club in their "Food Hamper Drive" held December 21<sup>st</sup>. This food drive provided food for 7 days and toys for the kids at Christmas time - 100 homes in the Oshawa area were selected, in partnership with the Oshawa Optimist Club and the Salvation Army. Thank you very much to those who contributed to this great event!

At the beginning of the tournament we always try to have a demonstration or special guest and we were treated by two wonderful performances. First, a special needs group from the **Grandview Community Center**, led by Sensei **Natalie Garcia**, wowed us with their katas and techniques. Sensei Natalie was telling me before the demo that most of these

students had never showcased in front of an audience before and were very nervous... I couldn't tell, they performed with ease and poise and the crowd cheered them on.

Next we were treated to an INCREDIBLE display of precision self-defense moves from West End's Sensei **Joe Fagundes** and **Lenore Eng**. The crowd "ooohed and aaahhed" at their mastery of technique and style. It reminded us all of how and why we learn these moves within our katas and how to incorporate them if ever faced with such situations - most impressive and entertaining!

As for the participants, new and seasoned, everyone performed to perfection allowing some to add to their ever-growing trophy collection. It's not easy to perform solo in front of a crowd, let alone to a watchful group of judges. then sparing against unfamiliar opponents; kudos to all of you. I think these types of venues allow everyone to grow and learn and be a better karateka. In keeping with safety, each year we have medical personnel on-site in case of minor scrapes, bruises or bumps - thank you nurse **Coreena Wallace-Boyle**. In addition to our special demonstrators, we welcomed a special guest, Sensei **Paul Maybury** of the Whitby Aikido Club and long-time friend of Sensei Garcia, who came to watch and enjoy the day. He told me he was impressed from start to finish; everyone represented themselves and respective clubs well.

Our club photographer, **John Galant**, was on-hand to "snap up" some wonderful memories of the day. You are invited to view all 471 photos on a special website created by John. Simply link onto <http://picasaweb.google.com/JANUSZGALANT> and select the "2008 Oshawa Wado-Kai Tournament". Thank you, John for all your hard work.

#### Now for the Children's Invitational Tournament Results:

<b>Kata - White Belt 5-7 years</b>	
1. Mira Pearson	Oshawa-Whitby
2. Rayhan Selmin	Ajax-Pickering
3. Samuel McIlveen	Oshawa-Whitby
<b>Kata - White Belt 8-9 years</b>	
1. Owen Moran	Oshawa-Whitby
2. Emily Simpson	Clarington (Courtice)
3. Milo Getz	Oshawa-Whitby
<b>Kata - White Belt 10-12 years</b>	
1. Joshua Alcobendas	Oshawa-Whitby
2. Laura Green	Oshawa-Whitby
3. Alexis Gallant	Oshawa-Whitby
<b>Kata – Yellow Belt</b>	
1. Amanda Popert	Oshawa-Whitby
2. Brady McNicol	Brooklin-Whitby
3. Chole Connors	Clarington (Courtice)
<b>Kata – Orange Belt</b>	
1. Miranda Simpson	Clarington (Courtice)
2. Stephanie Hempstead	Oshawa-Whitby
3. Adam Hempstead	Oshawa-Whitby
<b>Kata – Green Belt</b>	
1. Samantha Rockburne	Clarington (Courtice)
2. Eric Livingston	Ajax-Pickering
3. Colton Maddigan	Oshawa-Whitby
<b>Kata – Blue Belt</b>	
1. Nicolas Sempedro-Sillmann	Oshawa-Whitby
2. Andrew Carlisle	Oshawa-Whitby

<b>3. Halle Livingston</b>	Ajax-Pickering
<b>Kata – Brown - Shodan</b>	
<b>1. Kathryn Kuczkowski</b>	Oshawa-Whitby
<b>2. Keith Munro</b>	Oshawa-Whitby
<b>3. Anthony Callandra</b>	Ajax-Pickering
<b>Kumite - White Belt 5-7 years</b>	
<b>1. Mira Pearson</b>	Oshawa-Whitby
<b>2. Graham MacNeil</b>	Brooklin-Whitby
<b>3. Patrick Shearer</b>	
<b>Kumite - White Belt 8-9 years</b>	
<b>1. James Kirk</b>	Oshawa-Whitby
<b>2. Milo Getz</b>	Oshawa-Whitby
<b>3. Emily Simpson</b>	Clarington (Courtice)
<b>Kumite - White Belt 10-12 years</b>	
<b>1. Laura Green</b>	Oshawa-Whitby
<b>2. Joshua Hume</b>	Oshawa-Whitby
<b>3.</b>	
<b>Kumite – Yellow Belt 8-13 years</b>	
<b>1. Alexander Lewis</b>	Brooklin-Whitby
<b>2. Andrew Hales</b>	Ajax-Pickering
<b>3. Brady McNicol</b>	Brooklin-Whitby
<b>Kumite – Orange to Blue Belt 8-11 years</b>	
<b>1. Colton Maddigan</b>	Oshawa-Whitby
<b>2. Alex Green</b>	Oshawa-Whitby
<b>3. Michael Edwards</b>	Oshawa-Whitby
<b>Kumite – Yellow to Green Belt 12-15 years</b>	
<b>1. Amanda Popert</b>	Oshawa-Whitby
<b>2. Maddy Connors</b>	Clarington (Courtice)
<b>3. Samantha Rockburne</b>	Clarington (Courtice)
<b>Kumite – Blue to Shodan-Ho 11-13 years</b>	
<b>1. Kyra Bernard</b>	Markham
<b>2. Andrew Carlisle</b>	Oshawa-Whitby
<b>3. Anthony Callandra</b>	Ajax-Pickering
<b>Kumite – Blue to Shodan 14-15 years</b>	
<b>1. Marcus Bernard</b>	Markham
<b>2. Nicholas Gillespie</b>	Oshawa-Whitby
<b>3. Keith Munro</b>	Oshawa-Whitby

Congratulations to everyone – a job well accomplished!

We had several members ranked recently. Unfortunately, I do not have their names at present; please look for them in the next FOCUS issue. Until then... > **SUSAN KUCZKOWSKI, 3RD Kyu**

## **WEST END Karate Club, Mississauga ON:**

The combined forces of two dojos have collided, creating boundless energy and enthusiasm!

During the last couple of weeks, West End Wado-Kai and Sensei **Joe Fagundes**, have combined and hosted classes with Seikikai Martail Arts dojo, led by Sensei **Steve Borda** and Sensei **Larry O'Grady**. All karateka have been eager to share the opportunity, bountiful knowledge and expertise available with this combined group of Sensei.

The situation arose from a water pipe and a flood at the Olympium Community Centre, causing damage to the hard wood floors. Sensei Joe was quick to offer our dojo as an alternative until all repairs are completed.

We don't know the duration of their stay with us, but we are taking full advantage of the training time together. Classes have been jam packed and full of energy. It has allowed everyone to train with a new group of karateka, to experience different teaching styles, as well as share the fellowship of our neighbouring dojo and members of the Wado-Kai community. It is proving to be a truly bonding experience.

Check out the photo that Sensei Larry O'Grady (photographer) took of our smiling faces all shouting a great KIAI ! > In harmony, **LENORE ENG SHODAN-Ho**



**The West End and Seikikai dojos**

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## **BAHAMAS/CARIBBEAN AIKIWA Karate Doh / Kubudo Association:**

### **Community Outreach Youth Karate Programs update: West Central Grand Bahama**

(Article published Saturday, January 31<sup>st</sup>, 2009, Freeport News, Freeport, Grand Bahama, Bahamas).

Sensei **Freeman Thurston**: "Our community outreach program, karate demonstrations, and youth interactive at the St. Stephens Anglican Church Parish Hall Grounds Eight Mile Rock, Saturday 24<sup>th</sup> January, was very successful in terms of our goals: that [are], expanding our Centre and YMCA-based programs, offering our kids opportunities to perform in public, to meet and make new friends... and to just have fun as children. Twenty six (26) of our Centre kids made the trip to EMR, along with a number of parents, guardians, and other siblings along for the ride, and to support the group. Some twenty eight (28) EMR kids signed up on our attendance sheets as being interested in our karate program; many EMR parents in attendance also signed up on behalf of their children, and invited us to come back again to perform for an even bigger audience. They were committed to "spreading the word" on our behalf. With such community reactions and overt support, it is clear that we have again

tapped into important sources for getting our kids and young adults involved in structured, positive activities".

Sensei Thurston also confirmed that BWKK had teamed up with officers and members of Pride of Grand Bahama Masonic Lodge #7, Prince Hall Associated, as co-hosts to kick-off the program as the lodge's Community Youth Interaction program inaugural project. "It is expected that we will spearhead similar programs at least on a monthly basis on the lodge's behalf. In fact, our 2<sup>nd</sup> trip to the West Central (EMR) area co-hosted by the lodge is already on the board, and tentatively scheduled for Saturday 21<sup>st</sup> February 2009", noted Sensei Thurston.

Sensei Thurston further noted: "More information later will include similar plans and itinerary for West End, East End and McLeans Town, Grand Bahama scheduled trips... and, after missing a couple of years, we hope to be able to return to our Abaco excursions/karate annual exchange visits".

Concluding, Sensei Thurston also confirmed that: "Parents and guardians with kin and roots in Grand Bahama and Abaco have expressed interests in assisting our group in organizing such an Abaco trip....certainly something all of us as a group can work toward, and look forward to over the calendar year".

## **BAHAMAS 2010**

Assurances that all is progressing well toward Bahamas 2010: TEAMS are in place, Canada and Bahamas, and members motivated; local PR being explored and awareness heightened amongst BWKK members, including community programs well-wishers on the rise. Bahamas TEAM meets formally Thursday 5<sup>th</sup> February to detail action plans that might allow for a tie-in to a Bahamas Ministry of Tourism "Sports Tourism" special initiative program the Bahamas Government has championed for some years now. The Government programs have never included martial arts as a sport to support, but maybe I can "make them see the errors of past ways" ☺ – especially in a downed global economy where every visitor literally counts - and have them support our general 2010 agenda. Will keep all informed via our Bahama Mamas contacts, and TWKK senior leadership.

**Note:** I have started a countdown: **12 Months To Bahamas 2010.** We're off and running, Mon! > **SENSEI FREEMAN W. THURSTON, GODAN**



A "Season Greetings!" card from the kids in BWKK Freeport Community Centre and the YMCA Family Centre Youth karate training programs

**MARKHAM Karate Club, Markham ON:** Our congratulations to **Terry Huang** on achieving his Red Belt (junior Black Belt). At 14 years old, Terry exhibits the maturity and behaviour of a young man. He is respectful, pleasant and open to teaching. He ranks high in attendance, class participation, effort and enthusiasm. He also readily assists both me and the students without any prompting. Please join me in congratulating Terry!

Terry and I would like to see you at our Markham training sessions. Please see our particulars below:

In terms of schedule, both the Children and Juniors / Adults classes overlap:

Tues: 7:00 - 8:00 / 8:30pm - Children leave at 8:00pm while Juniors / Adults continue to 8:30pm

Sat: 10:00 - 11:00 / 11:30am - Children leave at 11:00am while Juniors / Adults continue to 11:30am

Please inform your students of the location. You are welcome for extra classes and a chance to train with karatekas from another dojo. This Markham dojo generally has visitors from the Bloor Street, Unionville and Thornhill dojos.

Markham dojo location: Grace Anglican Church, 11 Parkway Ave

Parkway runs East off Markham Rd (Hwy 48 / Main St after crossing Hwy 7; to the West of Markham Rd is Bullock). We are North of Hwy 7 and South of 16<sup>th</sup> Line. > **SENSEI LEATON BERNARD, YODAN**

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**CLARINGTON Karate Club, Clarington ON:** Winter is now officially here and we are already looking forward to the next karate camp. Sensei **Vanessa Connors** Training Camp Director only has five months to ensure that this year's camp is the best ever. We do look forward to June and the burning sand.

The following is the class of 2009. We welcome all those who just joined us in our family at Clarington Wado-Kai. > **CO SENSEI WELDON NIDAN**



Congratulations to the following on a successful ranking. Keep up the hard work



**Orange Belt:** Benjamin, Victoria, and Jonathan,  
**Yellow Belt:** Michael and Clements  
**Blue Belt:** Samantha

Just a normal night in Courtice , Students working hard



Working with sensei Ron





AND SOMETIMES WE JUST NEED TO RELAX, and EAT CUPCAKES!!

## RECENT YUDANSHA RANKS

Congratulations to the karate-kas ranked on Monday night, February 2<sup>nd</sup> Ground Hog Day!

To Junior Shodan-Ho: **Michael Kafarowski**, Thornhill; **Alex Shearer**, Ajax-Pickering

To Shodan-Ho: **Eric Clausner**, Brooklin; **Stephanie Kwan**, Ajax-Pickering

To Junior Shodan (Red belt): **Michael Beaini**, West End; **Terry Huang**, Markham

To Shodan: **Lenore Eng**, West End; **Sarah Asif**, Thornhill; **John Lobo**, Etobicoke; **Kevin Zhou**, Ajax-Pickering

## A WARM WELCOME TO EVERYONE!!

This freezing February weather is certainly promoting the '**BAHAMAS 2010**'. One can't help but \*fantasize\* of palm trees, sunny beaches, stretches of warm sand with hot breezes... JUST PICTURE YOURSELF THERE!

With the introduction of the trip in the last FOCUS, [bahamamamas@live.com](mailto:bahamamamas@live.com) has received confirmation from a number of eager Sensei and karatekas. The list of participants is growing. We realize it is difficult to reach all the karateka with the FOCUS alone. We have visited a few dojos to promote and spread the word. Be sure to check out the booth at the February 28<sup>th</sup> Toronto tournament. There will be photos and a video of the last trip, information and a sign-up sheet for those interested. We aim to have a direct network of communication with any interested karateka organized for May when the 2010 prices become available.

In the meantime, we are researching hotel and flight using this year's pricing. We are working with the 'Bahamas Team' on a list of hotels that would be suitable and central to events. A beachfront is a high priority to allow workouts and seminars on the beach. We plan to stay 7 days/6 nights, keeping it comfortable and reasonably priced.

Spend a week in the sunny Bahamas, working and learning with members of the Wado-Kai community. Send us a quick e-mail at [bahamamamas@live.com](mailto:bahamamamas@live.com) to get on our mailing list and have the opportunity to share the experience!! ...JUST PICTURE YOURSELF THERE!

Your Bahama Mamas! ☺ LENORE ENG AND VERONICA CIZMAR



## A PUN FOR FUN

A vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, "I'm sorry, sir, only one carrion allowed per passenger."  
(One of the top 10 winners in the International Pun Contest)

## OUR CONDOLENCES

Our condolences to Sensei **Vanessa Connors** and her family for the loss of her grandfather who passed away on Monday, January 12<sup>th</sup>.

## TWKK YUDANSHA SCHEDULE - 2009

DATE		EVENT	LOCATION
FEB 18	Wednesday	YUDANSHA	UNIONVILLE, Markham
FEB 28, 9:30am	Saturday	TOURNAMENT	Thornhill Community Centre
MAR 11	Wednesday	YUDANSHA	UNIONVILLE, Markham
APR 15	Wednesday	YUDANSHA	UNIONVILLE, Markham
MAY 4	Monday	RANKING	UNIONVILLE, Markham
MAY 13	Wednesday	YUDANSHA	UNIONVILLE, Markham

All Yudansha Classes and Rankings are at 7:30PM unless otherwise noted. A reminder will be sent out monthly. Check with your Communications Officer as the event month grows nearer. Schedule is posted at TWKK web site:  
<http://ca.geocities.com/twkk@rogers.com/yudanshaschedule.htm>

## TWKK DIRECTORS & SENIOR DAN COUNCIL

Toronto Wado-Kai Karate Club Ltd.	Senior Dan Council: (in addition to Directors)
<b>Toronto Wado-Kai Karate Club Ltd.</b> Phone and Fax: (905) 513-9446  President: <b>Dave Manara, 9<sup>th</sup> Dan</b> Vice President: <b>Ray Kennedy, 6<sup>th</sup> Dan</b> Technical Directors: <b>Jose Carlos Garcia, 7<sup>th</sup> Dan</b> <b>Ian Mador, 5<sup>th</sup> Dan</b> Director: <b>Steve Borda, 7<sup>th</sup> Dan</b> Communications Director: <b>Robb Dods, 6<sup>th</sup> Dan</b> Yudansha Membership: <b>Ron Sheyan, 6<sup>th</sup> Dan</b> Caribbean Director: <b>Freeman Thurston, 5<sup>th</sup> Dan</b> Program Manager, Web Site: <b>Leaton Bernard, 4<sup>th</sup> Dan</b> Training Camp Director: <b>Vanessa Connors, 2<sup>nd</sup> Dan</b>	<b>Godan (5<sup>th</sup> Dan):</b> <b>Joel Cohen</b> <b>Randy James</b> <b>Tony Marziliano</b> <b>Larry O'Grady</b> <b>Ed Young</b>  <b>Yodan (4<sup>th</sup> Dan):</b> <b>Andy Basacchi</b> <b>Andre Beauregard</b> <b>Eric Bergman</b> <b>Biller Ching</b> <b>Nelson Coish</b> <b>James Darker</b> <b>Joe Fagundes</b> <b>Steve Henrich,</b> <b>Margaret Michael</b> <b>Alex Nguyen</b> <b>Ron Ruskay</b> <b>Jim Sullivan,</b> <b>Anthony Woodward</b>

## TORONTO WADO-KAI CLUBS AND SENSEI

Ajax-Pickering – Eric Bergman	Bloor Street (Toronto) – Leaton Bernard
Bahamas – Freeman Thurston	Markham – Leaton Bernard
Beaubassin (Halifax) – Dan Duce, Kim Duggan	Oshawa-Whitby – Jose-Carlos Garcia
Brooklin-Whitby – Ron Sheyan	Port Perry – Ron Ruskay
Calgary – Steve Henrich	Ryerson (Toronto) – Michael McCarthy
Clarington – Vanessa Connors, Steve Swain	Thornhill – Dave Manara
Edmonton Clubs – Randy James, Andre Beauregard	Unionville – Dave Manara
Etobicoke – Steve Borda (Seikikai Martial Arts)	West End Wado-Kai (Mississauga) – Joe Fagundes
Laurentian Valley – Margaret Michael & Jim Sullivan	U.K. – Lawrence Giles

## >FOCUS<

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