



## >FOCUS<

### TORONTO WADO-KAI KARATE CLUB LTD.

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

OCTOBER 2008

## INTRODUCTION

There is a lot to this issue, so enjoy! We have a number of article submissions by karateka, pictures, and exciting news about a planned trip to the Bahamas.

Remember, Saturday, October 18<sup>th</sup> is the Toronto Wado-Kai Fall Tournament. The flyer is at the back of this issue. We expect to see everyone in the GTA there! > **EDITOR ROBB DODS**

## ONE OF OUR SENSEI AT THE OLYMPICS

Many of you may know that **Sensei Joe Cerilli** works for the CBC, but I bet you did not know that Joe has been involved in covering the Olympics for CBC since 1988. We asked Joe to give us some background to his role.

**Focus:** What is your role exactly?

**Joe:** "My title is Technical Producer. I've been involved in covering the Olympics for CBC since 1988 in Calgary. I work closely with the executive producer and business manager to come up with a game plan on how we will cover the games for television. This involves looking at each sport and deciding what amount of coverage we will have, more for high profile sports like swimming and less for, say, Ping Pong.

"Once we finish the planning process the next step is to make sure we can afford it. Once all that is done I begin acquiring equipment and hiring technical personnel and work on the logistics. During the games my work is done and if all goes well I have very little to do."

**Focus:** How long have you been with CBC?

**Joe:** "For 30 years."

**Focus:** How long have you been training?

**Joe:** "Since 1985. I've always trained with the Thornhill club. I went to back to school at Ryerson and graduated in 1979 in Electronic Technology."

**Focus:** What do you think of as your highlights in karate? And highlights in your career?

**Joe:** "For karate it would be training with my son and daughter; and the karate camps. For my career, the first Olympics as a Technical Producer; and the 1996 Atlanta summer games. Also, 18 Grey Cups; and covering hockey at the Gardens from 1989 through to 1995, every Saturday night; and, of course, the 2000 Olympics in Australia - my wife and I fell in love with the Sunshine coast and we continue to visit."

**Focus:** What's of real interest to you dealing with the Olympics?

**Joe:** "The scope of the project, we start planning two years off and six to eight months before the event it becomes a full time job. I have the luxury of working on a single project with a small

group of colleagues, which is very satisfying. It is also great to deal with fellow broadcasters from around the world.

“Another benefit working on the Olympics is the exposure to all the new technology which is usually introduced at the Olympics.

“I’ve also had the opportunity to visit a number of interesting places around the world.”

**Focus:** Anything interesting you can share that we, the public, don't know?

**Joe:** “Most people are always surprised by the amount of planning, equipment, time and money needed to put a show on television; also the amount of rehearsal time that is needed to get everything just right for the broadcast. I guess they don't know that working television is hard work.”

**Focus:** (That’s because professionals like Joe make it look easy). Thanks for a little insight, Joe, to your professional working world dealing with the sports programs we are all familiar with. If anyone is interested in more information about Joe’s profession or connection to the Olympics send your queries to [twkk@psstnetwork.ca](mailto:twkk@psstnetwork.ca) and we will forward your messages.

## **KARATE IS A FAMILY AFFAIR**

**By Sensei Karin Sinclair, Sandan**

When I was a young child, there was a martial arts dojo near our home in Scarborough. I would look in the window as we drove by, wondering what it would be like to practice martial arts. In those days, girls didn’t take karate.

Almost ten years later, in 1972, a karate instructor affiliated with Shito-Ryu Itosu-Kai started a dojo in my High School gym. I convinced a girlfriend of mine to come to the free introductory lesson with me. We nervously went to that first class and we were both instantly hooked. We lived and breathed karate throughout the remainder of High School and on into our University years and in late 1976, Linda and I became two of the first women to achieve a Shodan rank in Shito-Ryu Canada. Our belts and certificates were personalized and came from Japan. It was quite a thrill.

In 1983, I took a break from my karate training but not from all the wonderful people I had gotten to know through karate. I had met my husband at karate. Our best man was from karate and both our children’s godfathers were from karate.

In 2002, our son, **Geoffrey**, expressed an interest in trying karate. His older sister, **Alexandra**, thought she might like to try it, too. We had lived in Thornhill for years and knew of the Wado-Kai club at the Thornhill Community Centre. Since my husband, after leaving Shito-Ryu, had trained under Sensei Manara at Ryerson, we looked no further. My husband and I both accompanied the children that first night. Sensei Manara happened to be there and we got caught up on old times. That night I decided that if I was going to have to drive the children to and from karate twice a week, I may as well stay and take the lessons with them. So, after a 19 year absence from karate, I was back. I wore a Shodan-Ho belt and had to relearn all my katas. Luckily Shito-Ryu and Wado-Kai are quite similar and I had never really forgotten the basics.

So, here we are, six years later and I have my third Dan, and Alex has her first Dan. (Unfortunately, Geoffrey only got as far as his orange belt. Karate just wasn’t for him.) Sensei Manara thinks that, if his memory serves him correctly (and it usually does), that Alex and I are the first mother/daughter black belts in Wado-Kai Canada. It makes me smile when Alex calls me **Sensei Mummy**.



**Alexandra Sinclair, Shodan (left) with Sensei Dave Manara and Sensei Mummy, Karin Sinclair**

A special note from **Sensei Dave Manara**: *“This is the article I asked Karin to write. Please add from me that I am happy to announce the promotion of **Karin Sinclair** to that of 3rd Dan and her daughter **Alexandra** to 1st Dan.”*

## **ANNUAL CHILDREN'S FESTIVAL A SUCCESS**

On Saturday, September 6, 2008, the Toronto Wado-Kai again participated in **Markham's Milliken Annual Children's Festival** <http://www.markham.ca/Markham/aspc/MCF/index.htm>.

A sincere THANK YOU to all karate-kas who came and thrilled our audience with various demonstrations and mini-lessons on our martial arts. We also had an exciting afternoon on-centre-stage demonstration that left the audience in awe! Many came by our tent afterwards just to see us in the flesh and inquire on our abilities. We were sure to enlighten them that they too, without any superficial powers, could do the same with the right training and attitude.

Thanks again for making this a successful showing. > **SENSEI LEATON BERNARD, YODAN**

## **NEWS FROM CLUBS**

### **CONGRATULATIONS TO THE LATEST BLACK BELT RANKS:**

To Shodan-Ho: **Mike Boisvert**, Ryerson

To Shodan: **Alexandra Sinclair**, Thornhill, and **Nequesha Mohamed**, Pickering

To Nidan: **Patrick Sullivan** and **Ryan Weatherilt**, both from Oshawa

To Sandan: **Karin Sinclair**, Thornhill

**LAURENTIAN VALLEY Karate Club, Pembroke ON:** Sensei **Ron Sheyan**, 6th degree Black Belt and Chief Instructor of Brooklin Karate, visited the Laurentian Valley (Pembroke) dojo on September 16. On this visit he brought his wife **Beth**. Arriving in the afternoon, we had time to visit and catch up on all of the things that keep us retirees busy ☺. As class time approached, Sensei Ron, Jim and I headed to the dojo while Beth grabbed a good book to read while we were gone.

During the first hour of class Sensei Ron concentrated on basics, specifically the generation of power, the importance of proper stances, and the timing of techniques with regards to body movement. The students were asked many questions to see if they understood why they were performing their techniques in specific ways as opposed to just mimicking what they saw. Sensei Ron stated that he was impressed with the students' answers and understanding.

During the last part of the class two sequences of techniques from Pinan Nidan were analyzed for their applicability in a self defense situation. After the analysis, applications were practiced. Sensei Ron thanked **Gavin McCracken** (Blue Belt) for being a great assistant during the demonstration of the applications.

Thank you once again Sensei Ron for travelling to our dojo and sharing your knowledge. It is greatly appreciated by all of us!

Pictured below are a group photo (Sensei Ron is in the back row on the right) and also a photo of the students working on speed and power generation during the "basics" part of the class.





Congratulations to the following students who successfully passed their recent grading. Keep up the good work! > c.o. **SENSEI MARGARET MICHAEL YODAN**



**Madison Samms** – promoted to Orange Belt.  
**Ben Broszmann** – promoted to Green Belt

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**BAHAMAS/CARIBBEAN AIKIWA Karate Doh / Kubudo Association:** Bahamas Wado-Kai Karate community-based karate training programs kicked-off Monday 8<sup>th</sup> September at the Freeport YMCA, and the Susan J. Wallace Community Centre, Columbus Park. We said goodbye to a number of our students who have moved on. We also welcomed a great group of beginners and a core of returning students.

Sensei Freeman leads the TMCA program Mondays and Wednesdays, 4-5pm, and Saturdays 1-2pm. The Community Centre program runs Mondays thru Fridays 5:30-7pm. Seniors are invited to special fortnightly / monthly training sessions (including weapons – bo, tonfa, nunchaku, sai, and bokken - kata training), 5-6:30am at the YMCA.

Attached is a montage of Wado students who have played important roles in Bahamas Wado-Kai training programs and are moving or have moved on to other challenges of new schools, work assignments, etc. > **SENSEI FREEMAN THURSTON, GODAN**



**The Forbes Clan  
2003 - 2007**



**Wado Juniors  
2002 - 2005**



**Wado Seniors  
1999 - 2008**

**Community Centre  
2001**



**Tournament  
2007**

**PORT PERRY Karate Club, Port Perry ON:** Port Perry Wado-Kai started the Fall schedule and welcomed back the returning students on Tuesday, September 4, 2008 after the July and August break.

PPWK also welcomes our new students **Amanda, Adrian, Steve, Michael and Nancy.**

The club will have an information booth set up Sunday, October 5<sup>th</sup> at the Port Perry municipal parking lot as part of the Port Perry Fall Festival.

Tuesday, October 28<sup>th</sup> will be our annual Costume Class. All sensei and students will be dressed up in costumes. See the next issue of FOCUS in December for the pictures.

We will see you all at the Thornhill Tournament, and remember: it is only nine months until the Toronto Wado-Kai Wasaga Beach Training Camp! > **SENSEI RON RUSKAY YODAN**

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**MANULIFE Karate Club, Toronto ON:** Going to be in downtown Toronto? The Manulife dojo welcomes you!

Whether you work downtown in Toronto or are just visiting, the Manulife dojo welcomes you for a mid-day or evening training session with a dynamic group! The Manulife schedule is designed to fit the typical busy corporate schedule. Employees take mid-day breaks from work and come to realize their true potential through interaction with an enthusiastic variety of people. If you are in the area please contact me and drop by at one of these convenient times:

Tues: 11:30am - 12:10pm

Wed: 5:15pm - 6:45pm

Thurs: 11:30am - 12:10pm

Due to security reasons, please contact me first before attending. But if you are unable to, do bring ID and inform Security that you are here for the Karate classes.

Directions and location:

Manulife Financial Fitness Centre: 200 Bloor St E.

Please use the St Paul's Square entrance. St Paul's Square is 1/2 block east of Church St off Bloor. Walk North to the Manulife entrance. Approach the security desk and let them know you are here for karate (be prepared to show ID). Ask for directions to the Fitness Centre (take the elevator to level B2). Ring the doorbell and wait. Upon entering proceed to the change rooms. The dojo is behind the wall of mirrors of the aerobics area.

Shower facilities, towels, soap, etc and lockers are available for your use – use of fitness equipment is reserved for Fitness Centre members only. > **SENSEI LEATON BERNARD, YODAN**

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**MARKHAM Karate Club, Markham ON:** Markham Dojo is back in full swing!

The Markham dojo re-opened after the summer break on September 13<sup>th</sup> with the following schedule:

Tues: 7:00 - 8:00pm - Children, 8:00 - 9:30pm Juniors / Adults

Sat: 9:00 - 10:00am - Children, 10:00 - 11:30pm Juniors / Adults

We have a core group of visitors from the other Markham area dojos and some from my Manulife dojo as well who live in the general area. Please inform your students of the location and that we welcome them for extra classes and a chance to train with some karate-kas from another dojo.

Markham dojo location:

Grace Anglican Church, 11 Parkway Ave

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



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**OSHAWA-WHITBY Karate Club, Oshawa/Whitby ON:** Well, summer has come and gone (what there was of it!) and we are back to regular schedules with work, school and karate.

On Canada Day July 1<sup>st</sup>, Oshawa Wado-Kai was invited to participate in the annual Canada Day celebrations at Lakeview Park in Oshawa. We all enjoy participating in the demonstration (yours truly was the announcer), and we also got excellent feedback from the audience. It was a great day, perfect weather and a good turn out.



**Whole Group warm-up punches**



**Side-kick demonstration**

We have held numerous rankings over the past few months, and the following is the list:

2008 New Ranks

Yellow Belts: **Amanda Popert, Jay Popert**

Orange Belts: **Trieu Le, Tyler Scott**

Green Belts: **Blake Smith, Sue Kuczkowski**

Blue Belts: **Jenna Chanko, Nicolas Sampedro, Brian Smith**

Brown Belt: **Theresa Virgin**

Nidan (2<sup>nd</sup> Dan): **Ryan Weatherilt, Patrick Sullivan**

Congratulations to all the new belts!

It is that time of year again to start thinking about the Children's Tournament in Oshawa on December 6, 2008. Below is a flyer with the details. As always, we will enlist help from all Toronto Wado-Kai in order to make this another successful event. More information on this will be sent out.

Congratulations to newlyweds Sensei **Derek Barton** and his lovely wife **Melissa**, and **Ryan Burnett** and his lovely new bride **Karen**. No new babies this issue! > **THERESA VIRGIN 1<sup>ST</sup> KYU**



**Sparring Demonstration**  
Sensei **Anna Galant**, Shodan-Ho **Keith Munro**

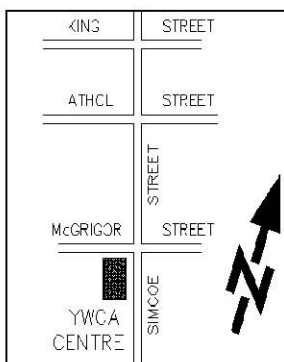


**Board breaking demo**  
Sensei **Derek Barton**, Sensei **Jennifer Virgin**, Adora Moore



# OSHAWA WADO-KAI INVITATIONAL JUNIORS TOURNAMENT

COMPETITORS SHOULD  
ARRIVE AT 12:30 PM TO  
REGISTER & CHANGE



**YWCA Durham Family  
Programs Centre**  
1 McGrigor Street  
Oshawa, Ontario

**SATURDAY  
DECEMBER 6, 2008  
1:00 P.M. TO 4:00 P.M.**

*Sponsored by:*  
The Optimist Club of Oshawa  
HMV  
YWCA Durham

COMPETITORS: KATA & KUMITE (FREE)  
SPECTATORS: (FREE)



**PLEASE:**  
Bring in  
Non-perishable Food  
or  
Toys for the  
YWCA Emergency Housing

WAD00011.DOC

**EDMONTON Karate Clubs, Edmonton AB:** Summer was great. My wife and I played some golf in Vegas. Being a Volunteered Auxiliary Constable with the RCMP allowed me to patrol on bicycle a good part of the summer. We were busy!

Back to school meant back to karate training, although I had been training every Tuesday since mid-July until the end of August. Usually, I get all summer months with training in karate. This year was different. Registrations are on the increase, but that usually stabilizes after the first month, then we get a better picture of what the new year (September 2008 to June 2009) will look like. More girls are registering. Some karate clubs had to be delayed due to school renovations and school gymnasium rental policies and politics. I'm still managing the same karate clubs (J.H. Picard School (youths and adults), Notre-Dame, Sainte-Jeanne-D'Arc, Père Lacombe, Frère Antoine, Grandin Schools (all children clubs). A school principal approached me to open a karate club at his school (St. Stanislaus School). So, I guess you can say that I am a full-time karate instructor (although I have been since 1993). All are smaller karate clubs that are taught mostly in French. I have three Shodan-Ho's that assist me at some of the clubs. > **SENSEI ANDRE BEAUREGARD, YODAN**

Here are the locations and times:

**J.H. Picard karate club** – Tuesday and Thursday, 19:00 to 21:00, Instructors – André Beauregard, Yodan and Shodan- Ho's Patrick Learmonth, Patrick de Montigny and Brian Chan

**Notre-Dame karate club** – Monday, 15:30 to 18:30, Instructor – André Beauregard, Yodan and Patrick Learmonth, Shodan-Ho

**Frère Antoine karate club** – Tuesday, 15:45 to 17:00, Instructors – André Beauregard, Yodan and Patrick Learmonth, Shodan-Ho

**Sainte-Jeanne-D’Arc karate club** – Wednesday, 15:45 to 17:00, Instructors - André Beauregard, Yodan and Shodan- Ho’s Patrick Learmonth and Patrick de Montigny,

**Grandin karate club** – Thursday, 12:00 to 13:15, Instructors - André Beauregard, Yodan and Brain Chan, Shodan-Ho

**Père Lacombe karate club** – Thursday, 14:00 to 15:45, Instructor - André Beauregard, Yodan

**St. Stanislaus karate club** – Friday, 15:30 to 16:45, Instructor - André Beauregard, Yodan

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**CLARINGTON Karate Club, Clarington ON:** On September 3<sup>rd</sup> we started a junior karate class for ages 5 to 7 years old. These are our first students.



First Row: **Emily Cowan, McKenna Tughan, Lucas McLeod and Lucas Santos.**  
Second Row: **Hailey Storey, Stephen Cluett, Samuel Santos and Lexie Kimmerer.**  
In Back: **Sensei Vanessa**

***Welcome New Students:***

**Stephen Cluett, Emily Cowan, Shelby Dougherty, Lexie Kimmerer, Lucas McLeod, Hailey Storey, Noah Swan, Micheal Karski, Clemence Ngandu, Jeremie Ngandu and Emily Simpson**

***Web Site:***

Huge thanks to Sensei Ron for the maintenance of our web site please visit our web site at: <http://ca.geocities.com/karate@rogers.com/clarington>.

Congratulations to the following students on their recent promotion:

5 <sup>th</sup> Kyu - Yellow	4 <sup>th</sup> Kyu - Orange	1 <sup>st</sup> Kyu - Brown
Benjamin Singh Victoria Singh	Madeleine Connors Miranda Simpson	Isabelle Chartier



Front Row - **Ben and Victoria**  
Back Row – **Sensei Steve, Sensei Christelle, Isabelle, Maddy, Miranda and Sensei Weldon**

5 <sup>th</sup> Kyu - Yellow	4 <sup>th</sup> Kyu - Orange
Leighton Tomlinson Nathan Wallace	Shauna Palmer



Front Row: **Shauna, Leighton, Nathan**  
Back Row: **Sensei Weldon, Sensei Ken, Sensei Steve**

> C.O. SENSEI WELDON ZABIZEWSKI, SHODAN

**RYERSON Karate Club, Toronto ON:** 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 under the direction of Sensei **Michael McCarthy Godan**.

Monday 7:30 pm – 9:00 pm  
Wednesday 7:30 pm – 9:00 pm  
Saturday 10:00 am – 12:00 noon

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 Saturday of every month plus Guest Seminars on the last Saturday of every month.

### **August Guest Seminar: laido**

August 23: Sensei **Tracy Sheppard** (4<sup>th</sup> Dan: JCCC laido Club) led an excellent class, including an overview of the different schools of laido, introductory drills using bokutu (wooden swords) and a demonstration of kata from the Muso Jikiden Eishin Ryu.

Following class, we were able to reflect on the importance of intensity, focus and correct stance in laido and the ways in which these characteristics are shared with Karate.

To learn more, please visit: <http://www.jccciaido.com>.

### **September Guest Seminar: Goju Ryu Karate**

September 27: Sensei **Chris Stafford** (4th Dan: Toronto Goju Ryu) led a fast-paced and exciting class that focused on the Saifa kata. In addition to the Saifa, kata, we engaged in a wide range of partner drills that centered on Sensei Stafford's personal Bunkai.

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>.

**Future Guest Seminars:** We look forward to a Jujutsu Guest Seminar led by Sensei **Neil Moir** in October, as well as a follow-up laido Guest Seminar for senior belts led by Sensei Tracy Sheppard.

**Announcement:** Congratulations to **Michael Boisvert** who has been promoted to the rank of Shodan-Ho. Michael has proven himself a strong contributor to our community and we look forward to his ongoing involvement.

**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](mailto:michael039@sympatico.ca).

**Osui! > C.O.S MATTHEW ELLIS & TIAGO MAGALHÃES**

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### **BROOKLIN-WHITBY Karate Clubs, Brooklin/Whitby ON: 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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## **A CHANGE OF DIRECTORS**

We want to thank Sensei **Michael McCarthy** Godan for his years of service as Program Director, Web Site in leading the development of the Toronto Wado-Kai web site and the creative volunteers who have helped him over the years.

Sensei **Leaton Bernard** Yodan, has agreed to take on this role and, by doing so, is stepping down as Training Camp Director.

Sensei **Vanessa Connors** Nidan has enthusiastically agreed to assume the role of Training Camp Director.

Thank you all for volunteering your talent and time; and another big thank you to all our volunteers who help at the dojos, the tournaments, Camps, etc. Our organization is strong because we have such keen support from you all and it is very much appreciated.

## **BAHAMAS, HERE WE COME!**

**Wow! We're going to the Bahamas! Who wants to come?!**

There have been numerous past trips to the Bahamas by instructors and some volunteers over the years, but it has been quite awhile since there has been an organized trip open to all the clubs. Back in 1992 we had a delegation of 24 karate-kas and family members attend. It was a week-long event packed with karate events, cruises, snorkeling, horseback beach riding, scuba diving, straw markets, casinos, (Pain Killers at Pussers Bar) excitement of all sorts; you name it, we did it!

We are organizing another trip for the winter for 2010. That's about a year and a half off, but time flies so we are announcing the trip now to allow time for people to plan and save for the event. There are some logistics issues in transporting students around for demonstrations and special events, so we will plan for 25 actual karate-ka participants, but that does not necessarily limit the number of family members who could also attend for a holiday away.

More information will be forthcoming as we begin the planning. Stay tuned for special announcements and more in later issues of FOCUS.

## **BAHAMAS COORDINATOR NEEDED!**

**So, we're going to the Bahamas. How are we going to do this?**

We are looking for a volunteer(s) to fill the role for Bahamas Coordinator. You will have support from other volunteers, the Communications Director, Sensei Manara and of course Sensei Freeman Thurston. If more than one person would like to take the lead as a team, even better. This is an excellent leadership opportunity for a Black Belt. The lead role should be a Black Belt, but support to the Coordinator can be any belt level. This could even be a great addition to someone's resume showing your abilities to coordinate large events.

What's involved? Well, actually you will be part of developing that, but essentially it will include things like coordinating the list of people from the various clubs who want to go, establishing an air group rate, charter or package deal, organizing the accommodations, organizing the team once we are down there; that sort of thing.

If you are interested, speak to your Sensei and/or send an email to [twkk@psstnetwork.ca](mailto:twkk@psstnetwork.ca). We need someone soon to begin the defining the trip. Hopefully by the next issue of FOCUS in December we will have an announcement of who the coordinator will be.

## STILL A WARRIOR!!

By Nadia Corrado, 3rd Kyu, Manulife

A year ago on September 4, 2007 I had major surgery to remove a 4 cm benign tumor from my brain [see article "I Am A Warrior" in FOCUS December 2007]. It's hard to believe that a year has passed so quickly, yet it has been a very slow and difficult road to recovery.

I returned to work three months after my surgery. I received a very warm welcome from my co-workers and friends in the gym. Some people were very hesitant to approach me and speak to me because they didn't know my state of mind. Once I broke the ice by stating that my head was normal, they would laugh and breathe a sigh of relief.

During this time I would experience periods of sadness and loss. These feelings would appear unexpectedly, especially when I spoke to others about my experience. I started feeling sorry for myself and asking 'Why did this have to happen to me?'

My hair fell out in clumps. The doctor explained that in traumatic situations the hair goes into its resting stage because the body does not need hair for survival and uses the protein that normally would go to the hair to do everything in its power in order to survive. I had pain in the back of my neck. My head was not completely normal because I had to be careful when I got up or I would feel a sort of "head rush." I also felt a pressure at the top of my skull, on both sides. My family doctor was not concerned about these symptoms and attributed them to the recovery process. He did, however, refer me to a physiotherapist. This helped in regaining the range of motion in my neck.

Although I was experiencing these symptoms, I wanted so badly to feel "normal" again. I was happy to be at work and be able to perform my duties and I pushed myself by going to the gym everyday. I started attending the Karate classes, as doing so made me feel strong and alive. I was pleasantly surprised when the katas came back to me. As I mentioned in my earlier submission, Karate had given me the physical and mental strength to deal with this surgery, so I thought it was important to get back into it. As a matter of fact, when I met with the neurosurgeon last year, the first thing I asked him was if I would

be able to do Karate after my surgery. He responded with a big smile, "You can even go bungee jumping, if you want". I knew right then and there that I would be OK, if I was able to do Karate.

**Karate had given me  
the physical and mental strength  
to deal with this surgery**

Although I felt apprehensive at first, thinking that I would have limitations, I slowly and cautiously worked my way back to the level I was at before my surgery.

Today, my neck is not completely pain-free and I do feel tightness in my head and neck, especially during stressful times. I am trying to reduce stress. I have been taking advantage of massage therapy and trying to get more sleep, and I go to the gym every day and try to surround myself with happy, positive people. I find that Karate helps me de-stress and forget that I was debilitated for a time in my life.

Besides a little tightness in my neck, I would say that I'm back to "normal." I use quotations because I think one cannot go through this type of ordeal without emerging unscathed or unchanged. As a precautionary measure, I must have an MRI yearly. My first one is just around the corner, and I do admit that I'm feeling a little apprehensive.

A year later I still ask myself, 'Why did this happen to me?' I think I now know the answer. The reason this happened to me is to make me stronger so that I can handle the rest of my life. Not only does something like this make you stronger, it also reminds us of the frailty of life and how lucky we are every morning when we wake up and are able to go to work. I couldn't have survived this ordeal without the support of my family, friends and co-workers. I feel I'm truly blessed with everything I have in my life.



As I write this, my father has been in hospital for the past five months after having suffered two debilitating strokes. This situation is very stressful and difficult for my whole family, even more so than my surgery. I would not be able to deal with this situation as well as I am if I hadn't endured my brain surgery several months prior. I feel I am ready to confront anything that may come my way. After all, **I am still a warrior!**

## IN MEMORIAM

We are remembering a past Port Perry karate-ka, **Frank Wojcik**. He and his children Helen and Thomas trained in Port Perry under Sensei Robb Dods, with Sensei Ron Ruskay and Frank Murphy in the late '80's and early '90's. Frank, 57 years of age, died in a car crash September 19, 2008. The following is a clip from The Scugog Standard.

*Mr. Wojcik sold his BMW 327 in 1978 in order to pay off authorities in then Communist Poland so he could leave the country. Immigrating to France he was joined there by his wife and the first of his children was born there. The family moved to Canada in the early 1980s and Mr. Wojcik was just recently able to rebuild another BMW 327 and participate in a BMW vintage rally in the United States.*

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### A Few More 2008 Training Camp Pictures:



## CALENDAR OF EVENTS

### TWKK YUDANSHA SCHEDULE - 2008

DATE		EVENT	LOCATION
OCT 15	Wednesday	YUDANSHA	UNIONVILLE, Markham
OCT 18 9:30am	Saturday	TOURNAMENT	Thornhill Community Centre
NOV 3	Monday	RANKING	UNIONVILLE, Markham
NOV 12	Wednesday	YUDANSHA	UNIONVILLE, Markham
DEC 10	Wednesday	YUDANSHA	UNIONVILLE, Markham

All Yudansha Classes and Rankings are at 7:30PM unless otherwise noted. For more information check with your Communication Officer as the event month grows nearer. Maps for dojo locations are sent out about 3 weeks prior to the event. Schedule posted at TWKK web site: <http://ca.geocities.com/twkk@rogers.com/yudanshaschedule.htm>. A reminder will be sent out monthly.

## TWKK DIRECTORS & SENIOR DAN COUNCIL

<u>Toronto Wado-Kai Karate Club Ltd.</u> Phone and Fax: (905) 513-9446	Senior Dan Council:	
<b>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 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>Joel Cohen, 5<sup>th</sup> Dan</b> <b>Randy James, 5<sup>th</sup> Dan</b> <b>Ian Mador, 5<sup>th</sup> Dan</b> <b>Tony Marziliano, 5<sup>th</sup> Dan</b> <b>Larry O'Grady, 5<sup>th</sup> Dan</b> <b>Ed Young, 5<sup>th</sup> Dan</b> <b>Andy Basacchi, 4<sup>th</sup> Dan</b> <b>Andre Beauregard, 4<sup>th</sup> Dan</b> <b>Eric Bergman, 4<sup>th</sup> Dan</b>	<b>Biller Ching, 4<sup>th</sup> Dan</b> <b>Nelson Coish, 4<sup>th</sup> Dan</b> <b>James Darker, 4<sup>th</sup> Dan</b> <b>Joe Fagundes, 4<sup>th</sup> Dan</b> <b>Steve Henrich, 4<sup>th</sup> Dan</b> <b>Margaret Michael, 4<sup>th</sup> Dan</b> <b>Alex Nguyen, 4<sup>th</sup> Dan</b> <b>Ron Ruskay, 4<sup>th</sup> Dan</b> <b>Jim Sullivan, 4<sup>th</sup> Dan</b>

### TORONTO WADO-KAI CLUBS AND SENSEI

Ajax-Pickering – Eric Bergman	Manulife (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<

TORONTO WADO-KAI KARATE CLUB LTD.  
 twkk@psstnetwork.ca / www.torontowadokai.com



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# FALL KARATE TOURNAMENT

**SATURDAY, October 18<sup>th</sup>**  
**THORNHILL COMMUNITY CENTRE**  
NE Corner of Bayview Ave. and John St. (N. of Steeles Ave.)

**REGISTRATION:** 9:30 AM  
**TOURNAMENT START:** 10:00 AM  
**FINISH:** 12:30 - 1:00 PM

Please arrive on time, dressed and registered by 9:30 AM and loosen up before start time!

## TOURNAMENT FEES

<b>PARTICIPANTS:</b>	<b>\$25.00</b>	<b>One Price For Kata and/or Sparring</b>
<b>SPECTATORS:</b>	<b>\$ 5.00</b>	<b>Adults</b>
	<b>\$ 3.00</b>	<b>Children 12 and under</b>



For More Information Contact Sensei Robb Dods

**PSST...Network**

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