



JULY 2011

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(9th Degree Black Belt)

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(6th Degree Black Belt)

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Leaton Bernard, Godan
(5th Degree Black Belt)

Training Camp Director:

Vanessa Connors, Sandan
(3rd Degree Black Belt)

INTRODUCTION

Once again we have some news about the annual Training Camp. Sensei **Leaton Bernard** has put a nice summary together to share the weekend experience with everyone. There were new senior ranks awarded at Camp, along with two recipients of the Shintani Award.

We have some good updates from the dojos. The summer is a time when some dojos shut down for a month or two. We will look forward to hearing from everyone in the next issue on how the summer progressed and what startup events went on getting the dojos focused for the fall season.

"The delight in owning is in the sharing with others." Many thanks to Sensei **Margaret Michael, Ron Sheyan, Ron and Ryan Ruskey** and **Leaton Bernard**, the 'photographers' who captured the Moments of Wasaga and generously took the time to upload those images to the TWKK Flickr account to share with everyone. You can access the photos on the TWKK website.

The shots below are some pictures shared from the winter tournament in Thornhill; a couple of serious sensei caught in the act of judging. > **EDITOR ROBB DODS**



TORONTO WADO-KAI KARATE CLUB LTD.

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Toronto Wado-Kai Annual Training Camp 2011

Greetings fellow karate-kas! The following is a "summary" report on the 38th annual Karate Training Camp 2011 (June 17-19):

The annual Karate Camp continues to be a rewarding and successful experience for all participants. I was especially anticipating the new workout sessions introduced this year – the usual two hour workouts consisted of two seminars each! (More on this later).

The ride up to camp is always a relief from the city life, along with the anticipation of mingling in such a relaxing and different atmosphere. The arrival is always the same – smiling faces and hearty greetings that make you feel like you are at "karate camp home" again.

Friday night's usual campfire kindled togetherness. Sleep came late (early morning) for some of us who could not get enough of the tales and jokes we strung together.

Although we experienced a smaller volume of camp attendees, the group camaraderie was the same.

I am not sure how many "enthusiastic" karate-kas Sensei **Michael McCarthy** was able to cajole into that early Saturday morning Wasaga Wado Karate Camp "fun" run, but I and several others certainly slept through that adventure / ordeal. You might recall we had just completed our extended bonding ritual with karate-kas around the campfire just a few hours before.

Sensei **Manara**'s usual Saturday morning welcome included another two honourable presentations of the Shintani Award! This year's recipients were Ajax-Pickering's husband and wife team of Sensei **Julie** and **Eric Bergman**. Sensei Manara presents the Shintani Award to black belts whom he feels personifies sincerity, humility and dedication – the traits of his late Shintani Sensei. Congratulations Sensei Eric and Julie!



I had the opportunity to present Sensei **Ron Ruskay** and the Port Perry dojo with the prestigious Camp Participation Award; presented to the dojo with the highest volume of students from a single dojo! The Port Perry dojo had just over 50% camp attendance, including intermediate and senior karate-kas. Congratulations Sensei Ruskay and the Port Perry dojo! Ryerson was a close second – Congratulations to my bunch of Merry-men!

A 15 minute warm-up was followed by the seminars. I had mentioned the usual three two-hour workouts were being



replaced with two seminars, each taught by our very own senior Toronto Wado-Kai instructors, and our leader Sensei Manara.

The seminars:

1. Tai Sabaki – Sensei **Borda**
2. Advanced Takedowns – Sensei **Fagundes**
3. Kuzushi (breaking balance) – Sensei **McCarthy**
4. Kendo – Sensei **Kennedy**
5. Hiji Hiza – Sensei **Sheyan**
6. Strategic Sparring – Sensei **Manara**



These seminars included techniques that:

- are primarily used to avoid an attack and put the defender in an advantageous position;
- involves off-balancing an opponent and bringing him or her to the ground;
- break an opponent's balance by destabilizing him / her to a position that drastically destroys the ability to regain their balance;
- exemplify the "Way of The Sword" and simulating the art of sword-fighting using the shinai – an effective extension of our "empty hands";
- involves a two-person knee and elbow drill with effective and amazing flow with practical and precision striking;
- Sensei Manara's effective development and use of strategies derived from an arsenal of Wado-Kai karate, as well as insights into the key fundamentals that link the various seminars' martial arts.

You will have to engage a camp participant or the sensei listed above to get the details. They were FUN and exciting, intense, informative, jaw-dropping awesome, effective and accurate, practical, explosive, electrifying. It was interesting how each seminar flowed into the next, as well as the extension each is to our own traditional Wado style.

The sandy beach provided a suitable environment as the sand, as a floor, proved to be friendly and forgiving. We took turns being the "willing" victims of the various instructors – a role that adds an invaluable insight into the techniques! We were the object of many passersby in our white gi's, various headgear, fashionable sunglasses, and display of interesting techniques. The weather was conducive to the activities with frequent water breaks, refreshing lake breezes, and soothing lapping waves.

In between classes and early Sunday morning, karate-kas and instructors made appropriate use of the beach for various, unscheduled martial arts sessions with the Bo, yoga, and kata; while others enjoyed the lake, sun bathed, or just relaxed and chit chatted. Some of us even took a ride into town and supported the local vendors with some time-critical patio time.

☺



Following the 4th seminar, we had the usual Annual Potluck Supper. This event was as exotic as usual – there are definitely undiscovered Wado-Chefs in our karate community! Many thanks to those who brought BBQs and the excess desserts for the campfire.





The exotic potluck supper was followed by this year's Annual Wasaga Invitational Go-Kart Challenge! This brought out the Road Warrior in most of us! I have never experienced so much raw "sparring" on the track. Some of us were certainly using the car as a "shinai" – there were some controlled, but fatal samurai cuts! BUT all in good FUN, which was clearly evident as we recalled the day's activities over the campfire, again into the wee hours of the morning.



Sunday morning seminars were preceded by the awarding of some significant senior level Yudansha promotions to Sensei **Frank Murphy, Eric Bergman, Leaton Bernard, Biller Ching, Joe Fagundes, Marg Michael, Ron Ruskay, Jim Sullivan, and Michael McCarthy**. The emotional speeches were an insight into, and confirmation of the love and desire we each possess for our Wado-Kai community, and our support for our "younger" colour belts – our future leaders.

Amongst the opportunities for all the other belt levels to meet, train and converse with any of the available black belts in a tranquil atmosphere, was the opportunity for all karate-ka to socialize and experience the true fellowship of the Toronto Wado-Kai.

Whether or not you were present at this year's Camp, please take some time to engage a fellow karate-ka and share your experience from this or a previous camp. If you have never been, ask questions and get different perspectives from those who have attended. If you have feedback, suggestions or concerns, please direct them to me or any member of our karate organization with whom you would prefer to bring this forward. We are especially interested in hearing from the first-timers and more of the kyu belts, but no restrictions! Please encourage all participants to provide feedback.

This report is just my recollection. We will get other reports in FOCUS I'm sure.

Below are two links that will help capture the experience:

1. 2011 Camp pictures compiled on Flickr: <http://www.flickr.com/photos/33364500@N06/sets/72157627014654830/>
2. The upcoming July FOCUS Newsletter: http://torontowadokai.com/?page_id=73

Thanks all for making this another successful and rewarding experience.

In harmony,

Sensei **Leaton Bernard**, along with Sensei **Vanessa Connors**, Camp Director.



CONGRATS TO THE NEW SENIOR DAN COUNCIL RANKS

Ajax-Pickering: **Eric Bergman** - promoted to Godan (not pictured)
Bloor Street & Ryerson: **Leaton Bernard** – promoted to Godan
Port Perry: **Ron Ruskey** - promoted to Godan; **Frank Murphy** – promoted to Yodan
Laurentian Valley: **Margaret Michael and Jim Sullivan** - promoted to Godan
TWKK: **Michael McCarthy** – promoted to Rokudan
Thornhill: **Biller Ching** - promoted to Godan
West End: **Joe Fagundes** - promoted Godan



CONGRATS TO THE NEW BLACK BELT RANKS

Ajax-Pickering: **Julianna Giordanella and Halle Livingston** - promoted to Shodan
Brooklin-Whitby: **Wade Wiseman** – promoted to Shodan
Clarington: **Corey Martin and Samantha Rockbrune** - promoted to Shodan-Ho
Oshawa-Whitby: **Nicolas Sampedro** - promoted to Jr Shodan (Red Belt)



NEWS FROM CLUBS

WEST END Karate Club, Mississauga ON

Sensei Joe Fagundes
Godan
(5th Degree Black Belt)

C.O. Lenore Eng, Shodan
(1st Degree Black Belt)

TUESDAY & FRIDAY:
ADULTS/CHILDREN
6:30 – 8:00PM

SUNDAY:
ADULTS: 6:00 – 7:30PM

We have had a busy dojo since the last Focus. April 10th, West End Wado-Kai and Sendokan Aikido hosted a brief memorial for the Japan relief fundraiser. Our original goal was to make 1000 cranes for \$3,000 of donations. With the amazing combined efforts of many hands, the final total was \$7,900 raised and 2,600 origami cranes folded!

They were painstakingly strung and made into a huge mobile and work of art. I personally want to thank all the enthusiastic students of West End who took sheets of simple paper home, returned beautiful flocks of cranes, those who roused family and friends to donate, and to thank **Sylvia Von Bulow** and **Weldon Zabizewski** for enticing Konica/Minolta to become a sponsor. Many thanks to all the karatekas and friends who supported the Red Cross and plight of the Japanese people. Every class we glimpse at the huge colourful mobile icon hanging in the dojo and reflect upon the hearts that came together to help others in need. ☺ Thank you!



April 15th, West End had the pleasure of sharing the mats and some drills with Sensei **Jose-Carlos** and the Oshawa dojo who made the long trek out to Mississauga. Sensei **Joe** was only too happy to 'demonstrate' two hours of self defense and takedowns with Sensei Carlos. The two



WEST END Karate Club,
Mississauga ON

'latin-blooded' sensei showed us intensity and technique, yet seemed to smile and have fun through the entire battle. It was a treat to see sensei enjoying karate so much. The feeling was infectious to all the students. We look forward to more combined classes with Oshawa.



Congratulations to our most recent grading graduates. **Michael M** (Blue belt) and **Kalin K** (orange belt). Michael's inner strength and Kalin's dedication to precision, should serve them well on their karate journey.





WEST END Karate Club,
Mississauga ON

Once again members of West End eagerly joined the annual Wasaga Karate Retreat! The weekend always proves to be filled with shared camaraderie, yummy food, 'killer' go-cart racing, bonfire, and sparklers/pyramids on the beach. This year we were treated to a fantastic array of seminars taught by senior dans and one final seminar by Sensei **Manara** encompassing all the seminar concepts and strategic sparring. We couldn't have asked for better weather and an even better group of karatekas to share the experience. In the photo are Sensei **Joe Fagundes, Andrew Rizzetto, Victoria Fagundes, Lenore Eng** and **Joanna Gussman**.

**PORT PERRY
Karate Club, Port
Perry, ON**

Sensei Ron Ruskay Godan
(5th Degree Black Belt)

SCOUT HALL
SUNDAY AND TUESDAY:
7 – 8:30PM

PPWK is enjoying their new dojo location at the Port Perry Scout Hall. Port Perry sends its congratulations to all who were promoted at the Training Camp. Congratulations to **Eric** and **Julie Bergman**, recipients of the "SHINTANI AWARD". We wish everyone a safe and happy summer.

In the last issue we missed the picture of **Haley, Brandon** and **Ethan** at their ranking.



Congratulations to **Nancy** and **Amanda** on their ranking to Blue Belt.



PORT PERRY Karate
Club, Port Perry ON

The Training Camp was well attended by PPWK. As a result PPWK won the "BEST ATTENDANCE AWARD" for 2011. This is the fourth time the PPWK has won the "BEST ATTENDANCE AWARD" since 2000.



Congratulations to Sensei **Frank Murphy** on his promotion to 4th Dan and to Sensei **Ron Ruskey** on his promotion to 5th Dan.

Congratulations to **Chelsea Dowson**, who was presented with the OUTSTANDING ACHIEVEMENT AWARD from the club. This is awarded to a PPWK student who is a Black Belt, graduated from high school as an Ontario Scholar and is continuing their education at a college or university.





PORT PERRY Karate Club, Port Perry ON



On July 1, 2011, PPWK had an information booth at the Canada Day celebrations in Palmer Park in Port Perry. We had many inquiries about our fall classes starting September 6, 2011.

Congratulations to Sensei **Russ Gowans** and **Nancy Rickard**. They will be married in July 2011.



Sensei Ron and Grandson **Liam** at Training Camp



**EDMONTON
Karate Clubs,
Edmonton AB**

**Sensei Randy James,
Rokudan**
(6th Degree Black Belt)

**Sensei Andre Beauregard
Godan**
(5th Degree Black Belt)

J.H. PICARD SCHOOL KARATE
CLUB

TUESDAYS & THURSDAYS:
7:00 – 9:00PM

GLENORA COMMUNITY HALL
NORTH POINTE COMMUNITY
CHURCH

On May 7th, 2011, the Edmonton Karate Schools held their annual karate tournament for children and youths. We would like to thank the parents, sensei, and karate students who volunteered and helped making this event a great success.

We also like to thank Sensei **Mark McSweeney**, from the Calgary Karate club, for driving all the way to Edmonton to help out as a judge. We greatly appreciated your help and your presence. We had 85 students participating at the tournament representing nine karate clubs (Glenora, Grandin, Notre-Dame, Frère Antoine, Sainte-Jeanne-D'Arc, Msgr. William Irwin, Père Lacombe, J.-H. Picard and St-Stanislaus karate clubs). The following are the tournament results. > Sensei Andre Beauregard

It was a very good day, lot's of positive comments from parents about how organized and well run the tournament was; nicely done, Sensei Andre! > Sensei Randy James

White belts (group 1) boys	White belts (group 2) boys	White belts (group 3) boys
Kata G – Jack Price S – Léo Perron B – Romulo Mesquita	Kata G – Scott Chychrun S – Kevin Langlais B – Philip Mancev	Kata G – Daniel Pereira S – Andrei Georgescu B – Chase Leclair
Kumite G – Jack Price S – Jacob Yurechuk B – Maxence Guay	Kumite G – Matthias McCaffery S – Kevin Langlais B – Scott Chychrun	Kumite G – Joe Hawkins S – Daniel Pereira B – Matthew William
White belts (group 1) girls	White belts (group 2) girls	White-Yellow belts boys
Kata G – Maya McCaffery S – Sophie Langlais B – Moira Laing	Kata G – Brigitte Dempsey S – Katherina Hewitt B – Veronica Elias	Kata G – Luke Gechel S – Alexander Gobeil B – Bryn Dickner
Kumite G – Maya McCaffery S – Leyla McCaffery B – Sophie Langlais	Kumite G – Brigitte Dempsey S – Veronica Elias B – Isabelle Lyne	Kumite G – Luke Gechel S – Nicolas Boutin B – Joel Warrington
White-Yellow & Yellow belts (girls)	Yellow belts boys	Yellow-Orange & Orange belts girls
Kata G – Kara Bourque S – Mackenzie Sermet B – Kiera Spilak	Kata G – David Woltersdorf S – Nicholas Price B – Jacob Louie	Kata G – Erica Hudon S – Magan Belland B – Chantal Boudreau
Kumite G – Tessa Woltersdorf S – Mackenzie Sermet B – Kerra Bourque	Kumite G – David Woltersdorf S – Dylan Tremblay B – Nolan Laing	Kumite G – Erica Hudon S – Chloée Lamache B – Allie Marshall



Yellow-Orange & Orange belts boys	Orange, Green & Green-Blue	Green & Blue belts boys
Kata G – Liam Martindale S – Filip Stefanovich B – Jean-Claude Bird	Kata G – Chloée Lamache S – Mireille Stoszak B – Marissa Bayne	Kata G – Jacob Brown S – Gabriel Fletcher B – Cale Candelora
Kumite G – Liam Martindale S – Filip Stefanovich B – Lambert Guay	Kumite G – Anne-Charlotte Côté S – Marissa Bayne B – Mireille Szostak	Kumite G – Enzo Bonneau S – Alexandre Maxwell B – Braedan Belland

**CLARINGTON
Karate Club,
Courtice ON**

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

Sensei Weldon Zabizewski,
Nidan
(2nd Degree Black Belt)

MONDAY AND WEDNESDAYS:
6:30 – 8:00PM

Congratulations to all those who successfully ranked in June. Thank you to Sensei **Vanessa** and **Heather** for helping us with this massive ranking. Everyone worked hard and showed us their very best. Keep up the hard work!

To yellow: **West, Sophie, Devina**
 New Green: **Emily, Camille, Ashley**
 On to Blue: **Eric, Lianne, MacKenzie**
 Brown: **Robin, Leighton, Victoria**



Thank you, to all the organizers of Camp 2011; the best camp ever! The seminars, the weather, the people, the food; the best workout had to be “the Yoga” on Sunday morning. How can we outdo ourselves next year? We can’t wait to see. We hope more people can join us for camp 2012.

Clarington will be taking a well deserved rest for August; all dojos are invited to join us in July or anytime during the year. Have a great summer!



**BROOKLIN-
WHITBY Karate
Club,
Brooklin, ON**

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

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

Recent Gradings!!!

It's been a busy few months. Congratulations to ALL OF THOSE who have recently tested for their new ranks!!!

Also a **BIG THANK YOU** to the Sensei who assisted with all of these gradings. You are a FANTASTIC bunch!!!

April 28: Cecilia, Marie, Matthew, Jerod



May 5:

Back Row: **Bishop, Zachary, Ronin, Justin**
Front Row: **Andrew, Dorian, Tyler, Kadin**



> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



BROOKLIN-WHITBY Karate Club, Brooklin, ON

May 9: Wade receives his Shodan rank!



May 16: Shane, Jordan, Fiona, Mark





BROOKLIN-WHITBY Karate Club, Brooklin, ON

May 26: Laura, Hannah, Liam, Jessica, Alissa



May 30: Abby, Aidan, Ella, Barry, Amelon



Summer Training

The Brooklin-Whitby Karate Club runs on Thursday nights only during the months of July and August. All clubs are invited to come out and train with us especially students who belong to clubs that shut down for the summer. There is NO charge to participate. Please visit www.brooklinkarate.com for times and location.

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.



**SEIKIKAI MARTIAL
ARTS Karate Club,
Etobicoke, ON**

Sensei Steve Borda
Sichidan
(7th Degree Black Belt)
C.O. Sensei Veronica
Cizmar Shodan
(1st Degree Black Belt)

We had a large group that has recently been promoted to green belt.

Congratulations to these fine students! (Just imagine the green belts on their gi - my photoshop is not that great) **Branislav, Noah, Rachael, Jessica, David, Keyomi, Nathan** and **Lamiya** with Sensei **Larry** and Sensei **John**.



Joshua's dad told him to get ready for karate class. As you can see, he packed all his necessary equipment. Too cute!





**LAURENTIAN
VALLEY Karate
Club, Pembroke,
ON**

**Sensei Marg Michael
Yodan**
(4th Degree Black Belt)

Sensei Jim Sullivan Yodan
(4th Degree Black Belt)



Our club had a ranking in May.

Chipper with her new orange belt on,
Sensei **Jim Sullivan** and **Courtney**
wearing her new green belt.
Congratulations to both of you on
your new ranks!



< Sensei **Jim Sullivan** receiving his
4th Dan certificate from Sensei **Dave
Manara**.

Congratulations also go to Sensei
Jim Sullivan and Sensei **Marg
Michael** on their ranking to Godan,
which they both received at karate
camp on June 19th.

The students are looking forward to
Sensei **Ron Sheyan's** class in July
and Sensei **Frank Murphy's** visit in
August.



BLOOR STREET Karate Club, Toronto ON

Sensei Leaton Bernard
Godan
(5th Degree Black Belt)

C.O. Nadia Corrado,
Shodan-Ho
(Preliminary Black Belt)

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

Announcements:

The Bloor Street Karate Club acknowledges our newest member: **Vladyslav Kyrychenko**. According to Sensei, "*Vlad has shown good potential and enthusiasm, and is poised to reap the benefits of our intense karate program. Like all karate-kas, he brings unique abilities that have proven beneficial to our Bloor St dojo.*"

Congratulations are in order for **Sophie Benemacher** on her promotion to Orange Belt on April 20, 2011. Sensei noted "*Sophie's appearance might be deceptive to some --- she walks softly but carries a big heart and a huge arsenal of techniques.*"

Congratulations to Sensei **Leaton Bernard** on his promotion to 5th Degree Black belt. A few of his students celebrated this impressive milestone at *Masa's* on June 29th. Following are some pictures from this event as well as reflective comments from the karate-kas.

"Congratulations to Sensei Leaton. With his guidance, leadership and support, he has helped me grow into the confident karate-ka Shodan I am today. He truly deserves his promotion and [I] look forward for many more years of training with him!"



"Sensei has not only helped me in the Karate sense. When I was in between jobs, he provided me with much needed guidance and advice, as well as providing a good reference when needed. He has been a great inspiration both inside and outside of class."

"Being a perfectionist, Sensei inspires us all to always do our best and to never say the words "I can't". He is tough and strong, like a locomotive, on the outside, but is kind and gentle on the inside. A true friend to all his karate-kas, he helps instill the karate values in all aspects of our lives."

Conveniently located near Yonge and Bloor Streets, in the Manulife Financial Fitness Centre, the Bloor Street Karate Club is designed to fit the typical busy corporate schedule. This dojo provides a perfect venue for corporate employees in 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 Bloor Street Karate Club welcomes all new, existing and previous karate-kas. For security reasons, please contact either **Nadia Corrado** or Sensei Leaton Bernard before attending any classes.

BAHAMAS/ CARIBBEAN AIKIWA Karate Do / Kubudoh Association

Sensei Freeman W.
Thurston, Rokudan
(6th Degree Black Belt)

CENTRE

MONDAY & FRIDAYS:
5:30 – 7PM

SATURDAYS: 10AM – 12PM

YMCA

MONDAYS & WEDNESDAYS: 4 –
5PM

SATURDAYS: 1 – 2PM

Sensei Freeman welcomes the visit of senior Wado-Kai Karate students at June 1st, 2011 Centre Dan certificates awards presentations.

Visiting were siblings **Chrisselyn**, and **Gadareth Higgs** who also brought greetings from brothers **Gadryn** and **Genymphus Higgs**, both still at Universities in the USA – Gadryn pursuing a PhD. in Mechanical Engineering, while Genymphus continues toward a Masters Degree. Chrisselyn leaves for university in August, while Gadareth leaves within a couple of weeks to continue his studies towards a PhD. - also in Mechanical Engineering. All of the "clan" are Shodan ranked (karate & kubudo), role models for our community programs in the Region, and proud of their TWKK/BACWKK training, background, and legacy.

"On behalf of all of us, including our family who have supported us as three- and four-year olds, still in pre-school when Sensei Freeman first accepted us as students, we look forward to continuing with, and upholding the goals and aspirations of Bahamas & Caribbean Aikiwa Wado-Kai Karate, and play any role necessary for the overall success of the organization", Sensei Chrisselyn and Gadareth assured Sensei Freeman, and gathered invited guests and Centre administrative officials.

> FOCUS <

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BAHAMAS/ CARIBBEAN
AIKIWA Karate Do /
Kubudoh Association

Sensei freeman presented (belatedly) Nidan certificates to Sensei **Earlin Bowe, Jr.**, and Sensei **Dr. Haywood Romer** – both 20 years-plus students of AIKIWA KARATE and faithful supporters of Wado-Kai Karate youth and young adults programs in our islands communities.





BAHAMAS/ CARIBBEAN
AIKIWA Karate Do /
Kubudoh Association

We hosted international visitors to our shores the beginning of May and participated with associates in major seminar offerings to local and regional martial arts community representatives. There is much support amongst the group to make this effort an annual event for the Bahamas.



Post Script from Edmonton Wado-Kai

Our annual Edmonton Wado-Kai picnic was held on June 30. A good time was had by all; the weather held and it was a great opportunity to connect with our different clubs.





TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS

AJAX-PICKERING – Eric Bergman, Julie Bergman	BLOOR STREET (Toronto) – Leaton Bernard
BAHAMAS/CARIBBEAN AIKIWA – Freeman Thurston	OSHAWA-WHITBY – Jose-Carlos Garcia
BEAUBASSIN (Halifax) – Dan Duce, Kim Duggan	PORT PERRY – Ron Ruskay
BROOKLIN-WHITBY – Ron Sheyan	RYERSON (Toronto) – Leaton Bernard
CALGARY – Steve Henrich	SEIKIKAI MARTIAL ARTS (Etobicoke) – Steve Borda
CLARINGTON – Derek Barton, Weldon Zabizewski	THORNHILL – Dave Manara
EDMONTON Clubs – Randy James, Andre Beauregard	UNIONVILLE – Dave Manara
LAURENTIAN VALLEY – Margaret Michael & Jim Sullivan	WEST END (Mississauga) – Joe Fagundes

TORONTO WADO-KAI SENIOR DAN COUNCIL

Kudan (9 th Degree Black Belt)	Dave Manara
Shichidan (7 th Degree Black Belt)	Steve Borda, Jose-Carlos Garcia
Rokudan (6 th Degree Black Belt)	Randy James, Ray Kennedy, Michael McCarthy, Ron Sheyan, Freeman Thurston
Godan (5 th Degree Black Belt)	Andre Beauregard, Eric Bergman, Leaton Bernard, Biller Ching, Joel Cohen, Robb Dods, Joe Fagundes, Ian Mador, Tony Marziliano, Margaret Michael, Larry O'Grady, Ron Ruskay, Jim Sullivan, Ed Young
Yodan (4 th Degree Black Belt)	Andy Basacchi, James Darker, Steve Henrich, Frank Murphy, Alex Nguyen, Anthony Woodward