

JULY 2012

**President:**

**Dave Manara, Kudan**  
(9<sup>th</sup> Degree Black Belt)

**Vice President:**

**Ray Kennedy, Rokudan**  
(6<sup>th</sup> Degree Black Belt)

**Technical Directors:**

**Jose-Carlos Garcia, Sichidan**  
(7<sup>th</sup> Degree Black Belt);  
**Ian Mador, Godan**  
(5<sup>th</sup> Degree Black Belt)

**Director:**

**Steve Borda, Sichidan**  
(7<sup>th</sup> Degree Black Belt)

**Communications Director &  
FOCUS Editor:**

**Robb Dods, Rokudan**  
(6<sup>th</sup> Degree Black Belt)

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**Director:**

**Ron Sheyan, Rokudan**  
(6<sup>th</sup> Degree Black Belt)

**Caribbean Director:**

**Freeman Thurston, Rokudan**  
(6<sup>th</sup> Degree Black Belt)

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**Director:**

**Michael McCarthy, Rokudan**  
(6<sup>th</sup> Degree Black Belt)

**Web Site Director:**

**Leaton Bernard, Godan**  
(5<sup>th</sup> Degree Black Belt)

**Training Camp Director:**

**Vanessa Ferreira, Sandan**  
(3<sup>rd</sup> Degree Black Belt)

**INTRODUCTION**

What a great summer we are having in Southern Ontario! I love the heat. We do not have air conditioning – that's right; we actually survived without it (never have had it) by opening up the windows, using ceiling fans and, when we really need to, staying in the cool basement or having a refreshing quick rinse in the shower before going to bed (OK, too much information, I'll stop here, except to say you should see my electrical bill – I bet it is real low compared to most of you out there). We have so few really hot days in the year that we prefer to soak up the heat for winter; but I digress.

My wife Monica and I went to the Annual Training Camp this year and really enjoyed it. We brought along one of my granddaughters, **Jadzia**. Once again, we had super weather. Everyone should be planning for next year's camp. It is going to be something special, I am sure, since it will be the **40<sup>th</sup> Annual Training Camp!**

There were two recipients of the SHINTANI AWARD this year; congratulations to Sensei **Ian Mador** Godan and **Chester Buczek** Sandan. The Best Attendance Award for Camp this year was a three-way tie! Congratulations go to the Ryerson Club, the Ajax-Pickering Club, and to the Port Perry Club – which makes FIVE for them since 2000!

Sensei **Lenore Eng** has provided an update to the West End dojo. The location remains open and will now be referred to, under Sensei **Steve Borda's** direction, as Seikikai Martial Arts (Maingate).

Also, there is a flyer for BAHAMAS 2013!!! It will be warmer time in March or April next year. Start saving those pennies!

In the Toronto Winter Tournament table in the last FOCUS issue I missed listing Port Perry's **Bill Swan** who won 2<sup>nd</sup> place in the Men's White/Yellow Kumite category. Well done Bill! (...and sorry about that).

I added a special last item, towards the end of this issue – a highlight of Sensei **Eric Bergman's** new book 5 Steps to Conquer 'Death by PowerPoint'. Read about it and be sure to order it. It will change your professional life.

Enjoy! > EDITOR ROBB DODS

TORONTO WADO-KAI KARATE CLUB LTD.

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## NEWS FROM CLUBS

The Clubs In This Issue: Edmonton, Clarington, Brooklin-Whitby, Port Perry, Laurentian, Oshawa-Whitby, Bloor Street, Ryerson, and Seikikai (Maingate)

### EDMONTON Karate Clubs, Edmonton AB

**Sensei Randy James,**  
**Rokudan**  
(6<sup>th</sup> Degree Black Belt)

**Sensei Andre Beauregard**  
**Godan**  
(5<sup>th</sup> Degree Black Belt)

J.H. PICARD SCHOOL KARATE  
CLUB

TUESDAYS & THURSDAYS:  
7:00 – 9:00PM

GLENORA COMMUNITY HALL

NORTH POINTE COMMUNITY  
CHURCH

Sensei **Manara** visited Edmonton on May 5<sup>th</sup> and 6<sup>th</sup>. We arranged children's workshops on Saturday and Sunday morning and a youth/adult workshop in the afternoons. Sensei's visit was appreciated and several of his drills will be incorporated into our routines.

Sensei also spent time on kumite drills and free sparring at the end of Sunday's youth/adult session. What many students appreciated was the question and answer period at the end of our session. It was good to hear Sensei's views and history as many students had not had the privilege of meeting Sensei at prior workshops. Along with a good representation of coloured belts, we had a good Black Belt turnout from various clubs: Sensei **Denis McGrath, Bill Hynes, Don Mackenzie, Andre Beauregard, Ken Buck, Julien Gorda, Gord Slemko, Mark McSweeney, Steve Henrich, Brian Chan** and **Randy James**.

Of note; Sensei Ken Buck from our Edmonton Glenora Club was awarded his Yodan from Sensei Manara. We are looking forward to Sensei's next visit and want to encourage anyone to come for a visit; we'd love to have you.

Below is a picture taken at our Saturday evening dinner at the Mikado in Edmonton, where Sensei Ken Buck was presented with his Yodan; (L to R) Sensei James, Buck, Manara, and Beauregard.

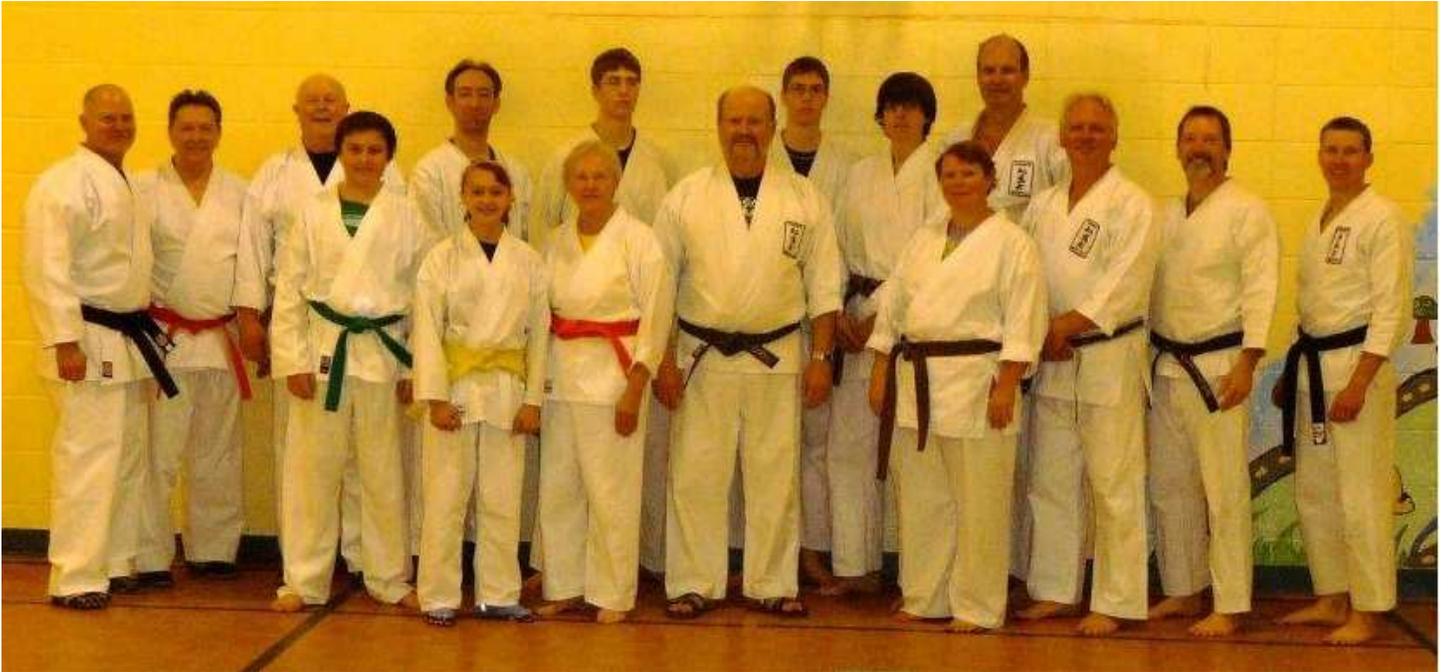




EDMONTON Karate Clubs,  
Edmonton AB

Edmonton Wado-Kai also had our annual end-of-season pot luck. Approximately 40 students and family members were on-hand. The weather did not cooperate, but we had fun inside. The only downside was the inability to play our annual bocce tournament; still, everyone had a good time. Sensei Ken Buck's drop-in classes over the summer have proven beneficial. This summer Sensei Ken will be facilitating summer classes with the assistance of Sensei **Ed Young**.

**Our Youth/Adult Sunday May 6<sup>th</sup> Workshop Crew**



Below is a group shot of the kid's workshops May 5 & 6 with Sensei.  
(L to R) Black Belts: Randy James, Sensei Manara, Brian Chan, and Andre Beauregard.





EDMONTON Karate Clubs,  
Edmonton AB

**This is an action shot of our kid's workshop on May 5<sup>th</sup>  
at the Glenora Community Hall in Edmonton.**



**Our Sunday May 6<sup>th</sup> kid's workshop**





**CLARINGTON  
Karate Club,  
Courtice ON**

**Sensei Derek Barton,  
Nidan**

(2<sup>nd</sup> Degree Black Belt)

**Sensei Weldon Zabizewski,  
Nidan**

(2<sup>nd</sup> Degree Black Belt)

MONDAY AND WEDNESDAYS:  
6:30 – 8:00PM

Summer is here and Clarington will once again take a break for August; a well-deserved break. We will return on September 10<sup>th</sup>.

Once again the spring Training Camp was a success, great classes and camaraderie. Clarington was represented by Sensei's **Vanessa, Heather** and **Weldon**, and joining us were **Jonathan** and **Corey**.

We are all looking forward to next year, and to the 40<sup>th</sup> Anniversary. Everyone should mark their calendars and plan on attending this special event.



**Enjoying a wonderful sundown  
after a long day on the beach!**



CLARINGTON Karate Club,  
Courtice ON

**Congratulations to all the following on a successful ranking.**  
Have a safe summer and see you all in September.





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

**Sensei Ron Sheyan,**  
**Rokudan**  
(6<sup>th</sup> Degree Black Belt)

**C.O. Heather Cant-  
Woodward, Yodan**  
(4<sup>th</sup> Degree Black Belt)

MONDAY AND THURSDAY:  
7:00 – 8:30PM

**Thornhill - Winter 2012 Invitational Tournament**

On Saturday, February 25<sup>th</sup>, a group of students from the Brooklin-Whitby dojo attended the "Winter" tournament held in Thornhill. THANK YOU for your participation! A write-up for those who attended from our "Children's Class" was included in the April 2012 issue of FOCUS. Pictured below are the students who attended from the "Family Class".

Back Row (L-R): **Aidan** and **Gillian**. Front Row: **Jarrold, Marc, Jerod, Madeline** and **Liam**.



**Sensei Manara Pays Our Club A Visit**

It was an honour and a pleasure to have Sensei Manara visit our dojo on the 19<sup>th</sup> of March and to instruct both classes (Children's class and Family class) that evening. Throughout both classes Sensei talked about, demonstrated, and drilled the fundamental core principles that all karate-kas should be working on to develop excellent technique. Thank you Sensei for taking the time to share your thoughts, wisdom, and experience with all of the students. It was greatly appreciated.

**Children's Class**





BROOKLIN-WHITBY Karate Club, Brooklin, ON

### Family Class



**Congratulations to ALL OF THOSE who have recently tested for their new ranks!!! We have had several gradings during the Spring. Pictured below are all those who passed their test and moved on to their next belt level.**





BROOKLIN-WHITBY Karate Club, Brooklin, 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 Monday 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 "News, Events, Cancellations" tab for further details.

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

**Sensei Ron Ruskay Godan**  
(5<sup>th</sup> Degree Black Belt)

SCOUT HALL

SUNDAY AND TUESDAY:  
7 – 8:30PM

PPWK is on hiatus for July and August. Fall classes start September 4, 2012

Congratulations to Alex on his ranking to Yellow Belt



The Training Camp was well attended by PPWK. As a result **PPWK** tied with **Ajax-Pickering** and **Ryerson** for the "**BEST ATTENDANCE AWARD**" for 2012. This is the fifth time the PPWK has won the "BEST ATTENDANCE AWARD" since 2000. Congratulations to all three clubs!

Congratulations to Sensei **Ian Mador** and **Chester Buczek**, recipients of the "**SHINTANI AWARD**".

On June 19<sup>th</sup>, the children's class put on a demonstration for their parents and family members. Each student received an Achievement Certificate from Sensei **Frank** and Sensei **Jan**.



**We wish everyone a safe and happy summer!**



PORT PERRY Karate Club,  
Port Perry ON

We would like to introduce you to the new addition to the Ruskay family. **Logan James Ruskay**, born June 19, 2012. Weight 9 lbs 12 oz. Parents are **Ryan** and **Melissa Ruskay**. Pictured here with, Big Brother is **Liam**. The proud grandparents are **Ron** and **Roseann Ruskay**.



Many of the senior karate-kas will remember Sensei **Michele Mueller** (Vanheiningen). Michele started her karate training at PPWK in 1983. When Michele retired from karate in 1994, she was Club Head of PPWK and held the rank of Sandan. Michele now devotes her time to training and teaching at her farm, Cedar Valley Stables, and she became an award winning competitor in equestrian events in the U.S. and Canada.

Michele has been working on qualifying to compete as a member of the Canadian Olympic Equestrian Team in London in 2012.

**In late June Michele and her horse, Amistad, were selected as members of the Canadian Equestrian Team for the London Olympic Games July 27 – August 12, 2012.**

Michele and Amistad are currently training in Virginia with the Canadian Equestrian Team before heading to London for the Olympic Games. We are all proud of Michele and wish her well at the London Olympic games. If you wish to donate to help Michelle's journey, visit her web site for more information.

<http://michelemuellereventing.com>





## LAURENTIAN VALLEY Karate Club, Pembroke, ON

**Sensei Marg Michael Godan**  
(5<sup>th</sup> Degree Black Belt)

**Sensei Jim Sullivan Godan**  
(5<sup>th</sup> Degree Black Belt)

TUESDAY & THURSDAY:  
6:30 – 8:00PM

On July 3<sup>rd</sup> Sensei **Jan Longo** Nidan (2<sup>nd</sup> Dan) and **Frank Murphy** Godan (4<sup>th</sup> Dan) from the Port Perry Wado-Kai Club paid us a visit. Sensei Jan started the class with the opening warm-up and got us all sweating and ready for some fun Kihon Kumite, which Sensei Frank took us through.

**Gavin** was able to get in on bigger **Ben's** ribs while Ben had trouble reaching under Gavin's punch, but was able to re-direct his counter to the head. Meanwhile **Kara** showed good control with blocks of **Wendy's** attacks and her own counters. Finally, Wendy was able to focus on her opponent's eyes as she delivered her attacks and counters. Everyone enjoyed the class.

Thank you Sensei Frank and Jan for taking the time to come and teach a class. We hope that you will come back again!



## OSHAWA-WHITBY Karate Club, Oshawa ON

**Sensei Jose-Carlos Garcia, Sichoan**  
(7<sup>th</sup> Degree Black Belt)

**C.O. Theresa Virgin,**  
1<sup>st</sup> Kyu (Brown Belt)

### YWCA CENTRE

ADULTS: TUESDAY &  
THURSDAY:  
7PM TO 8:30PM

CHILDREN:  
TUESDAY & THURSDAY:  
6:30PM TO 8PM

Summer is well upon us and at times during class we all long for an air-conditioned dojo.

On May 15, 2012 much respected and much loved Sensei **Joe Fagundes** hosted his final class at the Mississauga West-End Dojo. Sensei Joe, a very active member in the laido community, will be devoting more time perfecting his craft; and we wish him great success, not that he needs it, 'cause he simply rocks at everything he does' !

**Sue**, Sensei **Kathryn** and **Michael K.** all attended the farewell, representing the Oshawa Wado members. Sensei Joe holds a very special place for all members of the Oshawa club, but especially Kathryn, since it was Sensei Joe who ranked her at the age of 13 for her Red belt (Jr. Shodan) and again at 16 when she ranked for Shodan. Sensei Joe's devotion, passion and patience is not only an inspiration, but a mindset that continues to bring out the best in all of us.

It has been a pleasure working alongside the members of the West End club, either at tournaments, clinics, or simply visiting the West End for one of their classes, and we look forward to more in the future as they





OSHAWA-WHITBY Karate Club, Oshawa ON

continue their training alongside Sensei **Steve Borda** of the Seikikai Martial Arts at the Etobicoke Olympium. Great kinship has been made over the years and we wish Sensei Joe much success and happiness. We are told that Sensei Joe will still be present at Wado events and look forward to seeing him at our December tournament.

On May 26, 2012 Sensei **Kathryn** and **Michael** were both able to participate in the invitational Shintani Memorial Tournament. Both of them returned with medals; Kathryn, 3<sup>rd</sup> in kumite and 3<sup>rd</sup> in open kata. Michael received 2<sup>nd</sup> in kata. Our congratulations to both our Sempai.



No new marriages or babies on the horizon, so we will sign off for now. Wishing all members a safe, healthy and happy summer.

## BLOOR STREET Karate Club, Toronto ON

**Sensei Leaton Bernard**  
Godan

(5<sup>th</sup> Degree Black Belt)

**C.O. Nadia Corrado, 1<sup>st</sup>**  
Kyu  
(Brown Belt)

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

A warm welcome to new Karate-kas **Victor Apps** and **Chris Cameron**.

Sensei **Leaton Bernard** offered free beginner classes at the Bloor Street Club for the month of May. These classes included the very basics as well as self-defense scenarios, and generated some interest in people who always wanted to try a class, but were previously intimidated to do so.

On May 17, 2012, some of Sensei Leaton's Karate-kas participated in a Karate Demo at Cosburn Public School. The students were in awe, watching the execution of drills, katas and sparring. This was an interactive event with students trying out an array of self-defense moves and some brave students even managed to break some boards!!

The Bloor Street Club will be taking a bit of a summer break with the Wednesday evening classes being cancelled for the months of July and August.

The lunch hour classes on Tuesdays and Thursdays will continue. All classes will resume on September 4, 2012.

Conveniently located near Yonge and Bloor, in the Manulife Financial Fitness Centre, The Bloor Street 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 Club 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.



<p>BLOOR STREET Karate Club, Toronto ON</p>	<p>On your visit, please keep in mind that shower facilities, towels and soap are available for your use, however the fitness equipment is reserved for Fitness Centre members only.</p>
<p><b>RYERSON Karate Club, Toronto, ON</b></p> <p><b>Sensei Leaton Bernard, Godan</b> (5<sup>th</sup> Degree Black Belt)</p> <p>Assistant Instructors: <b>Michael Boisvert, Shodan</b> (1<sup>st</sup> Degree Black belt) <b>Tiago Magalhães, Shodan</b> <b>David Zvekic, Shodan</b></p> <p>MONDAY &amp; WEDNESDAY: 7:30 PM – 9:00 PM SATURDAY: 10:00 AM – 12:00 NOON</p>	<p>Congratulations to the following karate-kas on attaining their next rank: <b>Arun Makhija</b> – Brown belt (1st Kyu) and <b>Nicholas Hokoon</b> – Yellow belt (5th Kyu).</p>  <p>We also welcome back <b>Matthew Ellis</b> (2<sup>nd</sup> Kyu) and our newest karate-ka – <b>Boomethiyan Nadesan</b>.</p> <p>Our schedule continues as noted at the following link and all are welcome: Refer to the “Club Listings and Contacts” link on our website at <a href="http://torontowadokai.com/">http://torontowadokai.com/</a></p>
<p><b>SEIKIKAI Martial Arts (Maingate), Mississauga, ON</b></p> <p><b>Sensei Steve Borda, Sichidan</b> (7<sup>th</sup> Degree Black Belt)</p> <p>TUESDAY &amp; FRIDAY: 6:30 PM – 8:00 PM</p>	<p>Over the last four months, West End Wado-Kai has gone through a tremendous transformation and growth period. The end of April found us wishing our dear Sensei <b>Joe Fagundes</b> all the best with his continued martial arts journey, which now includes laido. The event was celebrated with a warm send-off and 'dedication class'. Sensei Joe's first student and daughter Sensei <b>Victoria</b>, began the warm-up, followed by 'kickbutt' instruction from Joe for all his dojo students, karate-ka friends and respected sensei from over the decades. The energy was almost palpable. All were there to be roused by his energy, enlightened with his knowledge and show their support. The event had a sentimental touch with the presence of his parents as spectators.</p> <p>For decades they had heard his tales and enthusiasm for karate, but it was the first time they had ever seen Sensei Joe in action, doing what he loves so much, and truly 'in his element'. A plaque was presented to Sensei Joe on behalf of Sensei Manara, for his dedication to TWKK over the years. A hard cover photo book of the West End Wado-Kai events over the years was presented and signed by all in attendance, with heartfelt thoughts and wishes. As well, two CDs were presented. The first of Japanese music that we always play at our karate dojo door, and a second of 'The Last Samurai' to represent his new laido direction.</p>

SEIKIKAI (Maingate) Martial Arts, Mississauga ON



On May 7<sup>th</sup> three of our karate-kas performed for their ranking. With all the recent dojo transitions, leadership changes, training disruptions and location/floor familiarization, we knew it was a lot for them to handle, BUT they each brought intensity, passion and power to their performance and technique. A true testament that focus and preparation can get you through chaos and adversity.



SEIKIKAI (Maingate) Martial Arts, Mississauga ON

We look forward to their eager leadership aspirations with the new direction and future of our dojo. Congratulations to **Chloe B.** (Jr. Shodan), and (L to R) **Anrui Chen** and **Marc Lefebvre** (Shodan).



With Sensei Joe's departure, we were fortunate to have Sensei **Steve Borda** (Sichidan) step up to lead and guide the 'Seikikai Maingate' location. We know we are in good hands with his vast knowledge, ample patience and lifelong dedication to martial arts. All karate-kas have spent the last few months transitioning curriculums, leadership and classes, but with every step of the way the leadership team of black belts and kyu belts at 'Seikikai Olympium' have welcomed and gently embraced our students as part of the family. Both locations now have a choice of training four days a week, air-conditioning and an option of hardwood flooring or tatami mats. I think everyone looks forward to the Sunday class which combines both dojos. We feel safe and challenged within their midst with ample room to grow as martial artists and individuals. A heartfelt thank you from 'Maingate' to 'Olympium'.



June 15-17<sup>th</sup> – a tight group of dedicated students enjoyed another Wasaga weekend. It's our time to bond with other dojos, share cabins, bonfires and karate training with fellow karate-kas, as well as have fun go-carting and twirling sparklers on the beach. It was a touching weekend with our newly combined dojos of Seikikai 'Olympium' and 'Maingate' locations fully enjoying each other's company. We look forward to the 40<sup>th</sup> anniversary of the Wasaga Camp.

## CONGRATULATIONS TO THE NEW BLACK BELTS

The following karate-kas were promoted in May 2012.

Ajax - Pickering

**Erik Livingston** - promoted to Jr Shodan-Ho  
**Paul S.** - promoted to Jr Shodan-Ho  
**Kevin Zhou** - promoted to Nidan  
**Sean Z.** - promoted to Jr Shodan-Ho

Booklin - Whitby

**Alex German** - promoted to Shodan  
**Chloe S.** - promoted to Jr Shodan-Ho

Edmonton

**Ken Buck** – promoted to Yodan

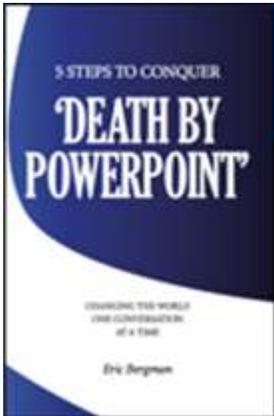
Seikikai Martial Arts (Maingate) [Previously West End]

**Chloe B.** - promoted to Jr Shodan  
**Marc Lefebvre** - promoted to Shodan  
**Anrui Chen** - promoted to Shodan

Thornhill

**Jasmine M.** - promoted to Jr Shodan-Ho  
**Rafael K.** - promoted to Jr Shodan-Ho  
**Tristyn H.** - promoted to Jr Shodan-Ho

### 5 STEPS TO CONQUER 'DEATH BY POWERPOINT' By Eric Bergman



If anyone makes presentations at work or at school (and who doesn't these days for meetings, sales, teaching, etc) Sensei **Eric Bergman's** new book is a must-read!

Eric is a guru when it comes to communication and presentation skills. Read his book and you will understand why. It is even apparent his martial arts training comes into play in a humorous way, when in one exercise he suggests that the client / "student" is to do 10 pushups for every extra word given in an answer to a question, that is more than 10 words.

**This is a MUST-READ for everyone who does presentations**

His Message: *Enough is enough with using PowerPoint (and like tools).* **Get back to having a conversation** with your audience and stop boring everyone to death (my paraphrasing, but read the *Audience Manifesto* and you will have to agree).

Eric exposed me to this way of thinking many years ago, but I only occasionally put what I thought he meant into practice. Now, having read his book, I am so encouraged to go forth without PowerPoint that I am actually excited to do presentations and more teaching just to prove his point.

I also highly recommend this book for our young karate-kas, especially those at University or College, or who are just starting out in a new career. You can be part of a new revolution; as the subtitle of the book says: ***Changing the world one conversation at a time.***

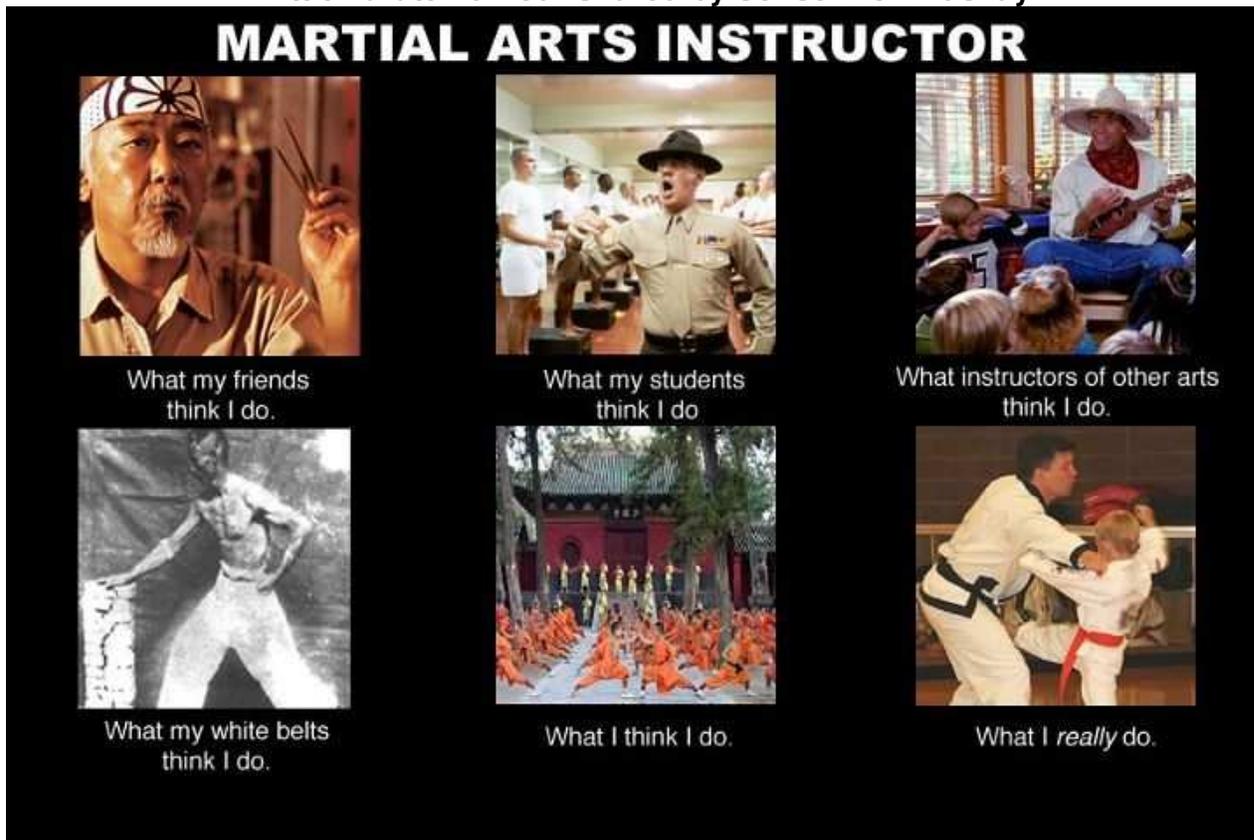
You can purchase Eric's book on line at Amazon.com or at CreateSpace. Do it; you'll be so glad you did! You can check out the release of the book at [www.FiveStepsToConquer.com/media\\_room.html](http://www.FiveStepsToConquer.com/media_room.html)

Media Release: **New book challenges logic of slide-driven presentations**  
*"A window to the future of this important human activity"*—John Sweller, Ph.D.

Visit Eric's web site <http://www.fivestepstoconquer.com/index.html>



A little karate humour shared by Sensei Ron Ruskay



**TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS**

AJAX-PICKERING – Eric Bergman & Julie Bergman  
 BAHAMAS/CARIBBEAN AIKIWA – Freeman Thurston  
 BEAUBASSIN (Halifax) – Dan Duce & Kim Duggan  
 BLOOR STREET (Toronto) – Leaton Bernard  
 BROOKLIN-WHITBY – Ron Sheyan  
 CALGARY – Steve Henrich  
 CLARINGTON – Derek Barton & Weldon Zabizewski  
 EDMONTON Clubs – Randy James & Andre Beauregard

LAURENTIAN VALLEY – Margaret Michael & Jim Sullivan  
 OSHAWA-WHITBY – Jose-Carlos Garcia  
 PORT PERRY – Ron Ruskay  
 RYERSON (Toronto) – Leaton Bernard  
 SEIKIKAI MARTIAL ARTS (Etobicoke) – Steve Borda  
 SEIKIKAI MARTIAL ARTS (Maingate) – Steve Borda  
 THORNHILL – Dave Manara  
 UNIONVILLE – Dave Manara

**TORONTO WADO-KAI SENIOR DAN COUNCIL**

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

# Join the fun **Grand Bahamas 2013**

with Bahamas & Toronto Wado Kai

March 8-15 or April 5-12, 2013

For more information please contact Lenore & Veronica: bahamamamas@live.com



## Variety of Events:

### Social:

Welcome reception  
Lunch & Press Conference  
Group Excursions  
Booze Cruise  
Final Award Presentation Night

### Karate Training:

Seminars on the beach daily  
TWKK & BWKK Group training  
Wado Kai Karate Tournament  
Workout facilities available

### The Island:

Lucaya Market  
Kayaking Mangroves  
Horseback riding  
Booze cruise  
Lucaya National Park  
Spectacular beach



## Viva Wyndham Resort, Fortuna Beach, Freeport, Bahamas

- 1,200 feet of white sands
- Surrounded by tropical forests & park land
- ONLY all-inclusive resort on the island
- 276 recently renovated guest rooms
- Rooms have a balcony & garden or ocean view, satellite TV, two queen-sized beds
- **Viva Circus, acrobatic performances & interactive trapeze lessons.**

### Included:

- All food and drinks
- Full breakfast, lunch and dinner
- Snacks from 3-6pm and from 10pm-5am
- All taxes, surcharges, gratuities
- Fruit service on the beach & by the pool
- Unlimited cocktails, drinks and wines
- Welcome cocktail
- Activities & Entertainment
- Unlimited non-motorized sports
- Gym
- Discotheque
- Caribbean dance lessons
- Theatre
- Viva Wyndham Kid's Retreat
- Lounge chairs and towels on the beach

**Check out the website!**

[www.wyndham.com](http://www.wyndham.com)

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