

JULY 2013

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(9th Degree Black Belt)

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(6th Degree Black Belt)

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Vanessa Ferreira, Sandan
(3rd Degree Black Belt)

INTRODUCTION

The **Annual Training Camp**, once again, was a big hit for its **40th** year. There is plenty to read as Sensei **Vanessa Ferreira** has provided us with a run-down of the weekend.

There is a special item in this edition of FOCUS for everyone: an invitation to our September Dinner to honour **Sensei Dave Manara's 50th Year in the Martial Arts!**

The Wasaga Beach Training Camp is not the only time and place that the karate-kas spend special time with Sensei Manara. This being the 40th year of Camps, we also wanted to note that Sensei has, over the years, been visiting east, west and south for clinics. Sensei recently went west to visit the Edmonton Karate Club, east to visit the Beaubassin Karate Club, and there was the Bahamas 2010 event. You can read more about Sensei's visits in News From Clubs. > **EDITOR ROBB DODS**



TORONTO WADO-KAI KARATE CLUB LTD.

TORONTO WADO-KAI WEB SITE: WWW.TORONTOWADOKAI.COM

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Hold The Date For “An Evening with Sensei Dave Manara”

Keep the evening open in your calendar for **Saturday, September 21st, 2013** and plan to attend *An Evening with Sensei Dave Manara*. We have organized a special dinner event to honour Sensei's 50th year in the Martial Arts. Everyone come out, celebrate and enjoy the festivities!

The price is \$70 per person. The price includes a reception, dinner held in the elegant 'Porta Bella Dining room', and after dinner you are invited down the hall to continue festivities at the 'Avenue Night Club' for dancing and 'night life'.

Tickets can be purchased on-line* at: www.somelikeitvintage.com/twkk.html

Seating is limited and tickets are already being purchased!

Don't be disappointed; book early!



Pictures are of the venue at the Riviera Parque Dining, Banquet & Convention Centre
2800 Hwy #7 W., Vaughan, ON.

* Note: If you wish to purchase tickets over the phone, you must click on the link to the website first and follow the instructions.

Annual Training Camp was a Great Success!

Well, another Karate Training Camp has past and as usual, this one turned out to be an incredible learning experience as well as an enjoyable gathering of past and present students. There were over 75 people actually booked for the Camp this year, but many current karate-kas and 'old timers' showed up on Saturday for the opening session. Among the faces from the past were **Rob Stark**, **David Oliver**, **Jym Strickland**, **Paul Bird**, and Paul's parents **Margaret** and **Gary Bird**, and Sensei **Freeman Thurston** came up from the Bahamas to try out the Wasaga Beach again (see pictures next page). We should note that it was Paul's suggestion many years ago that Sensei Dave check out the Sand 'n' Surf location for the Camp where the Bird family vacationed for many years. TWKK has been here ever since.



This year marked the 40th annual Training Camp...

...and we, therefore, had many reasons to celebrate this amazing landmark. Forty years of Sensei Manara leading a strong organization filled with dedicated leaders who devote their time and energy to help students develop their skills and focus their talents is reason enough to celebrate...and celebrate we did!

On Friday, June 14th the karate camp attendees descended upon the Sand 'n' Surf Cottages at Wasaga Beach and everyone got themselves comfortably settled into their humble abodes. On Saturday morning at 8am we heard Sensei Mike McCarthy's rousing call to run and a select group of early risers followed along as Sensei Mike ran up and down the beach, pausing at each end to punish those devoted to his cause with a mini boot camp.

Prior to the workouts on Saturday morning Sensei Manara held presentations for the Shintani and Attendance Awards. The Shintani Award was presented to two extremely deserving people and our congratulations go out to Sensei **Weldon Zabizewski** from Clarington and Sensei **Lenore Eng** from Seikikai (Maingate) for their sincerity, dedication and humility.

Our congratulations also go out to the Ryerson Club as Sensei **Leaton Bernard** was presented with the coveted Attendance Award for them to enjoy again this year.

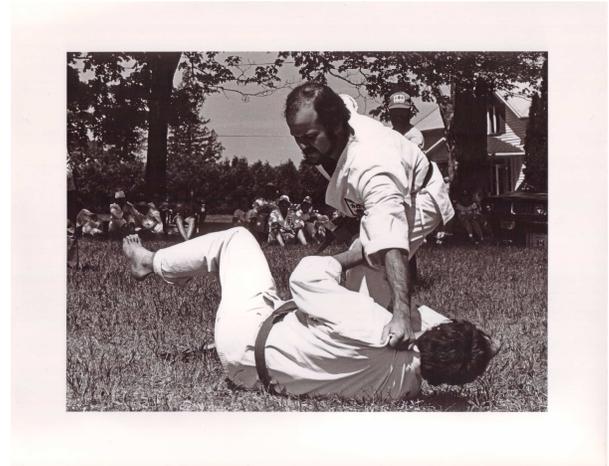




Sensei **Dave Manara** was presented with a *Certificate of Recognition* by the Mayor of Wasaga Beach, the Honourable **Cal Patterson**, who was bedecked in a new gi for the occasion. Sensei, in turn, presented Mayor Patterson with a honorary black belt. Sensei also received a *Certificate of Recognition* from Toronto Mayor **Rob Ford** and one from the Premier of Ontario, the Right Honourable **Kathleen Wynne**.



Sensei was then presented with a recognition plaque from Sensei **Jennifer Virgin** on behalf of Sensei **Jose-Carlos Garcia** of the Oshawa Club.



A key highlight was the Camp Memories book that Sensei **Vanessa Ferriera** specially created and handed out to all the participants and visitors to the Camp. Many donations of 'historic' pictures were provided for this *object d'art*.



As you can see, there was plenty of action before we even got started on our training seminars.

A heartfelt thank you goes out to Sensei **Dave Manara**, Sensei **Eric Bergman**, Sensei **Leaton Bernard**, Sensei **Ray Kennedy**, Sensei **Ron Sheyan**, Sensei **Larry O'Grady** (and his nephew **Donald O'Grady** for agreeing to be kicked and punched while wearing the Red Man suit), Sensei **Mike McCarthy** and Sensei **Steve Borda**.

Sensei Eric led a 'Teaching Others Effectively' seminar; Sensei Leaton, a Refresher in Sparring; Sensei Ray taught 'Part 2 of his Kendo workshop'; Sensei Larry, a 'Real Impact' seminar; Sensei Ron helped us 'Defend the Box' and Sensei Manara taught a 'Shin' Kihon Kumite seminar. In addition, Sensei Mike McCarthy and Sensei Steve Borda both taught 'Weapons on the Beach'. All seminars were informative, extremely enjoyable and very interesting.

In keeping with tradition, the huge potluck dinner saw a massive spread of incredible food laid out before us and it was topped off with a congratulatory cake presented to Sensei Manara for his 40 years of leading Training Camp.



Sensei Lenore led the way on the Go-Kart track and upon the groups' return we wound down the evening with a twenty minute slideshow of past and present students through the forty years of Training Camp and a great bonfire to keep the mosquitoes at bay.



On Sunday morning the rain let up just in time for the final two seminars of Training Camp and Sensei **Manara** thanked all in attendance for making this 40th year a great success.

Organizing this training camp is a team effort and could not be accomplished without the help of many individuals. A very special thank you goes out to Sensei **Manara**. None of this would take place without him. In addition, a huge heartfelt thank you goes out to Sensei's **Larry O'Grady**, **Rob Stark**, **Robb Dods**, **Lenore Eng**, **Leaton Bernard**, **Ron Sheyan**, **Marg Michael** and **Weldon Zabizewski**. Thank you for helping to make this 40th Training Camp an AMAZING experience for all who could attend!!!

I hope to see you all next year to celebrate FORTY-ONE-DERFUL YEARS!!!! > In harmony, Sensei **Vanessa Ferreira**, Camp Director, Clarington Wado-Kai. For more pictures go to www.flickr.com/photos/33364500@N06/sets





Above: Some of the Happy Campers!

For a change (no pun intended) some of this year’s participants stayed off-site. Sensei Manara arranged for a spare cabin for visitors to have use of the washroom and changing facilities, which was much appreciated.

Contemplations of Camp

Here are some shared participant reminiscences of Camp this year:

“Even though I was there only Saturday, this was the most memorable camp! I would suggest inviting all of the ‘old timers’ every year, as it gives us a chance, on a yearly basis, to see each other. Great time!” > Sensei **Tony Marziliano**

“I just have a simple, straightforward reflection: I couldn't imagine my karate practice without camp. Each year we come back with important lessons, stronger relationships, and a new perspective on how to improve as a student.” > Sempai **Joanna Gussmann, Shodan**

*“(Sensei) Dave....thanks for another memorable TWKK Camp experience! And, to **all** who were so pivotal in making my visit ‘one for the books’, again, please thank them on my behalf. Yes...I gradually recovered from myriad ‘aches and pains!’ of high-intensity, keenly-focused training and technical sessions offered/presented by our organization's experts in each area. Disregarding aging, of course, I fared very fairly well!*

*“I benefitted immensely from different approaches to fostering basic training goals amongst all dojos heads, allowing for ‘personalities’ to emerge, yet consistent within TWKK-established norms and expectations. Therein lays the **STRENGTH** of our organization.*

“I am sure you always note I make special efforts in observations... on all my visits. These are to establish my take on the ‘core’ tenets, and any shifting of same since my last reviews. I am pleased to note a consistency in our original core ideals that are quite compatible with directives, even in a 21st century world where ‘change for change sake’ prevails with the younger generations!

*“Of course, the **GLUE** that holds all of this together is:*

- *The body of senior Karate-kas you have developed under your wing, and have allowed to develop a wee bit more individually (myself, for example, ‘holding the TWKK fort’, so to speak, away in the Bahamas & Caribbean Region), and*
- *Our overall development under your watchful gaze over these many decades now.*

*“What I have taken away most? The leadership, respect, and loyalty you have endeared amongst us all. From most Senior, to incoming novice... **ALL**. The continued opportunity for me and Bahamas Wado-Kai Karate to be the Standard Bearer for the organization; and the rare feeling of being a (true) student again, and the humility that must accompany same, to be of any value at all!*

Finally... Please give Marilyn a (big) hug for me... a true gem, and inspiration to all us! “> Sensei **Freeman Thurston**



NEWS FROM CLUBS

BEAUBASSIN Karate Club, Halifax. NS

SENSEI DAN DUCE,
SANDAN

SENSEI KIM DUGGAN,
SANDAN

C.O.S MICHELLE ROGER,S
4TH KYU

MIKE COMEAU, 2ND KYU

ÉCOLE BEAUBASSIN

TUESDAY & THURSDAY:
5:00 – 6:30 PM

We received two submissions from Beaubassin, from Sensei Dan Duce and from C.O. Michelle Rogers.

Beaubassin Wado-Kai recently had a very special visitor. Sensei **Dave Manara** visited Nova Scotia to hold one of his world famous karate seminars with our class. Prior to his arrival, our students were all filled with the appropriate amount of fear and apprehension, mainly due to Sensei Dan telling them (untrue) stories about how Sensei breathes fire and tears apart senior students who don't do basic techniques and stances properly.

Okay, so it was a little cruel. But I have to say, that the level of intensity in class training went way up for the two weeks prior to Sensei's arrival. Who says a little fear is a bad thing?

Sensei arrived on a Saturday and spent the evening at Sensei Kim and Dan's house relaxing, catching up, and enjoying a fine dinner prepared by Sensei Kim. It was a great opportunity to talk to Sensei about the history of Wado-Kai and karate in general. Sensei Dave's involvement in karate and his relationships with many of the foundational instructors is worthy of a book by itself. There was also time to ask questions and clarify some of the moves in various kata that tend to "mutate" over time. Happily, we didn't discover very many of those.

The seminar was held the following day and was broken into two sessions. The morning session was aimed at kids under ten years old and the afternoon was for students eleven and up.

In the first few minutes, the kids were shown how hard Sensei likes to work. As part of the warm up, Sensei had the class running, crawling, and rolling across the dojo doing pushups, crunches and jumping jacks. There were a lot of pink faces and huffing and puffing noises, but there were also a lot of smiles and laughter. The hearty warm up was followed by a lesson in relaxing and meditation. The students were told to close their eyes and think about their favourite pizza. They were amazed at how quickly their breathing returned to normal.





Beaubassin Karate Club,
Halifax, NS

Things quickly picked up again as Sensei led the class through a wide variety of kicking, punching and blocking drills. Each drill, while fun, focused on improving some aspect of their basic techniques.

After a short break, Sensei started a round of competitive games and the class was once again breathing hard and laughing out loud.



Things ended with a Q&A session where students asked everything from "How long have you been practicing karate?" to "Did you know Bruce Lee?"

After a short lunch break, the senior students arrived for the afternoon session. Much to Sensei Dan's chagrin, Sensei Manara quickly erased the fire breathing dragon preconception that Sensei Dan had worked so hard to build. Having done so, Sensei then quickly put the class through a vigorous warm up followed by high speed kata repetitions. Maybe he didn't breathe fire, but there was a dragon-like intensity present nonetheless.





Beaubassin Karate Club,
Halifax, NS

The kata work was very well received as students were able to fine-tune aspects of each kata. After the kata session, the focus switched to self-defense, control and takedown techniques.

The level of focus and intensity displayed by the students was very high, but at the same time everyone was having a lot of fun. Even after they were thrown to the floor, or suffered a punishing joint lock, everyone was smiling. Eventually the day drew to a close and the afternoon session ended with a question period, similar to the morning. At the end, the class expressed their thanks to Sensei for taking the time to visit and work with us.

At the post-seminar barbecue the most frequently asked question was "when can we have Sensei visit again?" So, we are already planning for a seminar next year. This time we hope to make it a weekend long affair so that the class can benefit even more from Sensei's expertise. > Sensei **Dan Duce**

Our club has come to the end of what has been another excellent year. This year marks 11 years of the Beaubassin Karate Club under the leadership of Sensei Kim and Sensei Dan. We all benefitted greatly from a recent clinic with Sensei Manara.

For our last class of the year we all tried our hands (and feet!) at breaking boards. For regular students it was a fun annual tradition, and for new students it was a great first-time challenge. Below are pictures of our youngest student **Charlie** (4), before and after punching through his board. As we have all come to learn, the challenge is really in our heads.



At our end-of-year party, Sensei Dan and Sensei Kim distributed our three annual awards. **Rodrigo** (11, Orange belt) was very deserving of this year's "Most Improved" award. His attention and focus this year have paid off well. **Garry C.** (Green belt) was awarded both the "Best Attendance" and the "Spirit" awards this year. Garry is dedicated to the club, showing up early for each class and meticulously sweeping the gym. He also embodies the spirit and ethos of our club in the way he practices Karate, and interacts with other club members. Congratulations to Rodrigo and Garry!

We look forward to starting up another year of karate next September! >C.O. **Michelle Rogers**

For more pictures go to www.flickr.com/photos/wado_dan.





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

Below is our Children's workshop with Sensei Manara in May, a great session the kids enjoyed.



Our Yudansha class with Sensei on Sunday afternoon May 12, 2013. Heavy work on Kata, which was appreciated. One of many concepts Sensei emphasized that connected for Sensei **Randy James** was the Internal and External focus and the importance of External focus when sparring.



EDMONTON Karate Clubs,
Edmonton AB

Below right is Sunday's youth/adult class with Sensei Manara



We hosted our annual Children's Tournament on May 4, 2013. The majority of the karate-kas pictured are from Sensei Andre's francophone clubs in Edmonton.



Below left: Shodan **Amerigo Bruno** with Sensei [Bishop] **Greg Bittman** and Sensei **Randy James**

Below right: Shodan **Margaret French**



On June 20th, we held our annual summer picnic (sorry, no pictures this year).



CALGARY Karate Club, Calgary AB

Sensei **Steve Henrich, Godan**
(5th Degree Black Belt)

Students from the Calgary dojo made the pilgrimage up to Edmonton to attend Sensei Manara's recent clinics in Edmonton. The Calgary club is a long way from 'headquarters'. These events give us the opportunity to connect with our sister clubs in Edmonton and the wider club at large.

We enjoy Sensei Manara's instruction and especially value his corrections to keep us in line with TWKK style and history. And the sessions are great fun!

We look forward to Sensei Manara's next visit. > Sensei **Mark McSweeney**, Nidan

OSHAWA-WHITBY Karate Club, Oshawa ON

Sensei **Jose-Carlos Garcia, Sichidan**
(7th Degree Black Belt)
C.O. Theresa Virgin, 1st Kyu
(Brown Belt)

YWCA CENTRE

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

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

WALTER E HARRIS PUBLIC SCHOOL

CHILDREN BEGINNERS:
MONDAY & WEDNESDAY:
6:30PM TO 7:30PM

CHILDREN ADVANCED:
MONDAY & WEDNESDAY:
7:35PM TO 8:35PM

Where has this year gone — time is slipping on by — it seems like yesterday we hosted the children's tournament and now the annual 'Karate Camp' has come and gone. I guess you can say we made history recently with our unprecedented number of members going for their black belt ranking — all at the same time. In the 30 year history of the Oshawa Wado-Kai club never have we had eight members rank all at once.

Sensei **Michael Kuczkowski** who received a red belt at the age of 12, became the club's youngest recipient, and was finally ranked for his black belt. Also ranked was Sensei **Colton M.** who is now the only member at the Oshawa Dojo to wear the red belt.

Also among the eight is the second-ever Oshawa member to have earned a red belt, Sensei **Ryan Weatherilt**, 14 years ago. Sensei Ryan was successful on obtaining his 3rd degree black belt during this ranking.

Sensei **Jennifer** began her studies with the Oshawa Club at an early age and is now the lead instructor for the Whitby location beginner children's class.

In addition to these members, the other successful candidates Sensei **Richard**, Sensei **Andrew** and Sensei **Nicholas** who will continue their studies and take on more advanced roles as instructors.

Sensei **Stephen Zulauf**, Oshawa's head Children's class instructor continues to inspire the younger students to achieve their goals.



Listed in the picture are: (from left) a very proud club founder Sensei **José-Carlos Garcia** 7th degree, newly ranked: Sensei **Richard Carlisle** 1st degree, Sensei **Michael Kuczkowski** 1st degree, Sensei **Jennifer Virgin** 2nd degree, Sensei **Ryan Weatherilt** 3rd degree, Sensei **Nicholas Parks** 1st degree, Sensei **Andrew Carlisle** 1st degree, Sensei (Jr) **Colton M** Junior 1st degree, Sensei **Stephen Zulauf** 4th degree.



OSHAWA-WHITBY Karate Club, Oshawa ON

Below (l-r), Sensei Andrew Carlisle, Sensei Michael Kuczkowski, Sensei Jennifer Virgin, Sensei Richard Carlisle and Sensei José-Carlos Garcia.



We surprised Sensei Carlos with a 65th birthday celebration; it was done during one of his very busy classes just after he returned from holidays. Many thanks to those who participated — it looks like a good time was had by all!



Sensei Jennifer, Sensei Richard along with **Liam** (and his grandmother), trekked up to the 40th Karate Camp at Wasaga Beach. They had a great time, were glad they participated, and had loads of fun. Apparently Jennifer and Richard had loads of food on them too when they flipped the picnic table. No injuries, but lots of laughs. It was an honour, too, that they were able to receive the 40th anniversary book. When I looked through it, it was fun to try and figure out who all the young, long-haired, bearded guys were — who knew that you would all age so well!

Ranking April 2013, YWCA (left): **Rachelle H.** to 4th Kyu (Orange), and **Gabriel A., Liam D., Emma S.** to 5th Kyu (Yellow)

Ranking May 16, 2013 YWCA (right): **Trieu L.** to 1st Kyu (Brown); **Dawn-Ann Maddigan** to 3rd Kyu (Green); **Sebastien H.** and **Tina C.** to 4th Kyu (Orange); **James W.** to 5th Kyu (Yellow)



It is shaping up to be a hot and humid summer session. Our best to all of you for a safe, healthy and happy summer!



SEIKIKAI Martial Arts, Etobicoke & Mississauga, ON

Sensei Steve Borda, Sichidan
(7th Degree Black Belt)
C.O. Veronica Cizmar, Nidan
(2nd Degree Black Belt)

OLYMPIUM:
Monday, Wednesday, Sunday:
7:00-8:30pm
C.O. Lenore Eng Nidan
(2nd Degree Black Belt)

MAINGATE:
Tuesday & Friday:
7:00 pm – 8:30 pm

Seikikai Maingate: It's been a busy few months. We had two of our long time karatekas, **Chloe Beaini** and **Brandon Eng**, earn their Shodan rank. It was the first testing of the new format and we could not have been more proud of their performance.

For a decade, their dedication allowed them to prosper from the self-defense knowledge and the passion of the art from Sensei **Joe Fagundes**. For the last year they embraced and refined their skills under Sensei **Steve Borda**. Their skills were gathered over a long period. Both Chloe and Brandon have consistently participated in the tournaments, building their confidence.

We look forward to the role model that these young karatekas add to our dojo and the direction that karate will steer their lives. Congratulations to you both. A special congrats to Brandon. Thank you for the opportunity to share such a special journey and common interest, between a mom and son.



Congratulations to **Robert** (picture on right). His dedication and persistence have helped him achieve a brown belt. We look forward to his smile in class and finding his inner strength as a martial artist.



Sensei Freeman came all the way from the Bahamas to join the 40 anniversary celebrations. While here, he generously taught a class, shared his calm, quiet demeanor with us and demonstrated how a kata has to simulate a real life situation. We all leaned in to hear his wealth of knowledge and perspective!

With it being the 40th anniversary of the Wasaga Toronto Wado-Kai Karate, Seikikai had a large contingent that attended and participated in the weekend event. All enjoyed the seminar format, camaraderie, 'Red Man' suit, go-carting, and fun on the beach. Congratulations to Toronto Wado-Kai Karate and 40 years of Camps.



**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

All the signs of summer are here. Another successful Camp. We all look forward to the next 40 years. Enjoy the summer, Clarington returns to the Dojo in September.



Another sign of summer; the workout with Sensei Ron at Heber Down.



Congratulations to Sensei **Heather Myers** (above right) on achieving her 2nd Dan. Congratulations to the most recent graduates to the next level. Great work and continued success to **Ethan, Eric, Olivia, Kennedy** and **Paige** (pictured left); and **Doug, Sophie, Nicholas, Isaiah, Ryan** and **Nathan** (pictured right).





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

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

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

MONDAY AND THURSDAY:
7:00 – 8:30PM

Brooklin – Whitby Karate Is On Facebook!

Brooklin - Whitby Karate has recently created a Facebook page! If you are a Facebook user, simply do a search on "Brooklin - Whitby Karate" (without the quotes) and click on the "Like" box / icon below the banner picture.

Successful Gradings In April

In April, a total of 13 students in the Children's Class successfully graded to their next belt. Pictured in the photo to the left are"

Back Row – the Sensei and Sempai who assist with the Children's Class: (L-R) **Fiona, Eric, Annemarie, Mark**

Middle Row – **Grayson, Justin, Visnja, Will, Jacob**

Front Row – **Dorian, Tyler, Jack, Andrew, Kadin**

In the photo to the right are: **Zachary, Erin, and Aidan**



Also in April, two students from the Family Class successfully passed their grading. Pictured left are **Angelica** and **Margaret**.

May I Present Our Newest Student – AND – Our Oldest Student :-)

Shown in this photo with Sensei Ron (and receiving her Yellow Belt) is our newest student, Margaret. Margaret is also our oldest student! At the age of 75 she is an inspiration to all those who train at the Brooklin - Whitby Club.

Margaret began training in the Fall of 2010 in the "Karate For Seniors" program that Sensei Ron created and runs for the Whitby Seniors' Centre. Margaret states, *"For seven years or more I drove my grandson to his martial arts classes two to three nights a week. Over time, while watching his class learning and practicing the art of self defense, I became very interested. As a member of the Whitby Senior Citizens'*





BROOKLIN-WHITBY Karate Club, Brooklin ON

Activities Center I decided to join Sensei Ron's classes. I really caught the Karate bug! I wanted more than the once a week session provided. So here I am; a member of the Brooklin Karate Club and in my element".

Heber Down – 2013!

On Monday July 15th, Brooklin - Whitby Karate held its annual outdoor "hot and humid summer night" workout at Heber Down Conservation Area. We'd like to thank all of the students and clubs (Clarington, Oshawa - Whitby, and Port Perry) for their support, enthusiasm, and friendship!



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 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.

CONGRATULATIONS TO THE NEW BLACK BELTS

Club: Clarington; Promoted to Nidan: **Heather Myers**

Club: Thornhill; Promoted to Shodan: **Kristina Haghgoo**

Club: Unionville; Promoted to Shodan-Ho: **Joshua Tossavainen**

Club: Ajax – Pickering; Promoted to Jr Shodan-Ho: **Lucas C., Jessica G., Andrew H.**

Club: Edmonton; Promoted from Red Belts to Shodan: **Maya Hudon, Nathan Liebrechth**

Club: Ryerson; Promoted to Shodan-Ho: **Kyra Bernard**; Promoted to Nidan: **David Zvekic**



Some of the reflections on the Yudansha held at Unionville in May.

“We had a recent record in the May Yudansha class attendance with the majority of GTA clubs well represented. It was great to see **Frank Murphy** and **Jan Longo** make the drive from Port Perry as well.

“Classes like this help improve the Yudansha quality and build our enthusiasm both as students and instructors.

“I had a fantastic time and I believe the class did as well. Many thanks to those who participated and encouraged attendance at this event.” > **Sensei Dave Manara, 9th Dan**

SENSEI’S YUDANSHA CLASSES AND CLINICS A HIT, AS ALWAYS

 “My personal reflections on a great class: Great lesson -- everyone was engaged!

“I made my way around to everyone to greet and chat, as well as spar with most. I also got a chance for some in-depth sparring experience at the break and after class.

Kyra reported that her first Yudansha "was interesting, challenging and exciting -- the experience from a wide variety of karate-ka with varying talents". Kyra also said it she "liked the class format and the external focus drills were enlightening. The experience of being taught by another Sensei, Sensei Manara at that, was good exposure -- much like that from being at karate camp. I am still in pain (a good pain :-)), from all that blocking, kicking and being blocked. Forearms, shins, shoulders, back and one finger".

I was counting the 'parent-child/young adults' in attendance and I believe that if Brandon did not have another activity, Lenore would have had him there for a 5th pair.” > **Sensei Leaton Bernard, 5th Dan**

TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS

AJAX-PICKERING – Eric Bergman & Julie Bergman	BLOOR STREET (Toronto) – Leaton Bernard
BAHAMAS/CARIBBEAN AKIWA – 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 (Olympium, Etobicoke) – Steve Borda
CLARINGTON – Derek Barton & Weldon Zabizewski	SEIKIKAI MARTIAL ARTS (Maingate, Mississauga) – Steve Borda
EDMONTON Clubs – Randy James & Andre Beauregard	THORNHILL – Dave Manara
LAURENTIAN VALLEY – Margaret Michael & Jim Sullivan	UNIONVILLE – Dave Manara

TORONTO WADO-KAI SENIOR DAN COUNCIL

Kudan (9 th Degree Black Belt)	Dave Manara
Sichidan (7 th Degree Black Belt)	Steve Borda, Jose-Carlos Garcia
Rokudan (6 th Degree Black Belt)	Robb Dods, Randy James, Ray Kennedy, Michael McCarthy, Larry O’Grady, Ron Sheyan, Freeman Thurston
Godan (5 th 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
Yodan (4 th Degree Black Belt)	Andy Basacchi, James Darker, Frank Murphy, Alex Nguyen, Anthony Woodward, Heather Cant-Woodward