

OCTOBER 2013

SPECIAL ISSUE

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INTRODUCTION

This year marks **Sensei Dave Manara's 50th year in karate**. As was promoted over the weeks and months previous to the event, a special dinner was held on September 21st with over 80 people in attendance to recognise and honour Sensei Manara.

At the dinner event Sensei Manara was presented by Sensei **Rob Stark** with the Shintani Award for Sincerity, Humility and Dedication. Sensei Manara is the one who is always approving the karate-kas deserving of the Award. It was time he, too, was recognised and honoured with the Shintani Award.

Marilyn Manara was recognised for her on-going support of Sensei Dave and the TWKK organization. I want to thank the organisation committee led by **Lenore Eng** for their hard work. It sure paid off with a very successful event!

In this issue we have some pictures of the evening to share the dinner event with you, as well as a two-part feature article "**50 Years of Martial Arts in the Life of Our Sensei**", describing the history of Sensei Manara's training and the development of the Toronto Wado-Kai Karate Club Ltd.

We hope to see the karate-kas in Ontario out at the TWKK Fall Tournament being held on Saturday, October 26, 2013. Of course, everyone from out of province is always welcome to join us as well. > **EDITOR ROBB DODS**



TORONTO WADO-KAI KARATE CLUB LTD.

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50 Years of Martial Arts in the Life of Our Sensei Part One

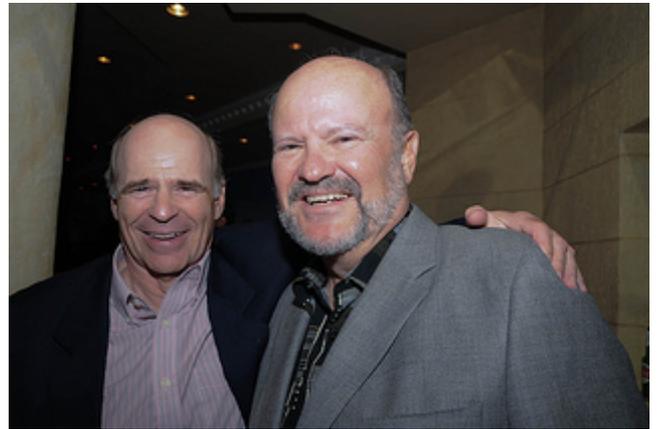
By Sensei Robb Dods

On a warm Tuesday morning in late August I had the privilege of spending time over coffee with Sensei Dave Manara, 9th Dan of the Toronto Wado-Kai Karate Club Ltd. Sensei had agreed to an interview to talk about his history in training and teaching in karate and about the development of the TWKK organization. I had been a student of Sensei's for many years before retiring from active training, and I count myself fortunate to be called his friend as a result of our long acquaintance. Yet, after so many years (40 years now!) of knowing Sensei, there were many details of his life that came to light in our discussion.

The Beginning

Sensei began his training in karate at the age of 12. Dave's brother Norm and his friends were training at a local dojo. Norm would show Dave, literally, what he learned when he came home from class. In self-defense, Dave felt he needed to learn karate, so he went to a class to watch and decided to join in. That was in the April of 1964 and marked the beginning of Sensei's 50 year journey on a path that he is still traveling.

I asked Sensei why he chose this particular dojo to start his training. As with most people today, a personal connection or referral speaks volumes for making such a decision, but it was also as simple as it had to be close enough to walk, bicycle, or take public transit to.



Sensei Manara with his brother Norm at the Dinner



While his first instructor was Sensei Terry Nishikawa, it was soon thereafter that Dave began to train with Sensei Masaru Shintani. It is with Sensei Shintani that Dave attributes most of his training and development in karate. Sensei Shintani became a close and personal friend. An additional advisor and mentor was Dave's friend Sensei Frank Hatashita, a judo aficionado who taught Dave much about philosophy through the years of his training.

During his early training Dave and his friend Wally Rudnicki would train with Sensei Shintani as often as possible. Wally, who had a car, would travel with Dave to Sensei Shintani's tournaments in the Welland area. Back then Dave and Wally had little money for gas and competition fees. Sensei Shintani, out of his own pocket, would sometimes hand them money so they could buy dinner, or would take them to dinner himself.

Dave was into a lot of competitive team sports at that early age. When he was training in karate he was also on a winning hockey team. Thinking about it at that time, Dave realized that with karate, whether you succeeded or failed was totally up to you alone, not on the team. It was this aspect that occupied Dave in his focus on his training in karate.



When Dave first started training, his brother's friend Bob Mitchel would enjoy "*kicking the crap out of me,*" as Sensei put it. However, it wasn't long before Sensei got his revenge. Bob went off to university, but when he next came back to the dojo and there was a pairing up for sparring, Dave said, "*Bob, you're with me,*" and proceeded to 'kick the crap' out of Bob. This, of course, was all in fun; there was never any meanness meant, just good, hard sparring.

In Dave's first tournament he was a white belt and lost, as most white belts often do. But in his next tournament as a yellow belt, because there were not enough competitors at each belt level, Dave competed in a White to Brown division. Dave beat two brown belts in the final round-robin to win First Place. He was 13 years old and building his confidence, which further helped him to excel in his training.

Whenever there was the opportunity Dave always wanted to spar with a higher belt. It wasn't about the winning; the focus was on the learning. Dave never looked at the competition with fighting in mind; rather, in what he could learn and get better at.

Dave's friend Wally Rudnicki was about four years older. They enjoyed sparring with each other, hard. After class they would take their Gi's off and compare war wounds, how many bruises and welts they had given each other.

His competitive focus and practice paid off. In 1970 Sensei Dave won his first North American Championship. That was the start of many more to come.

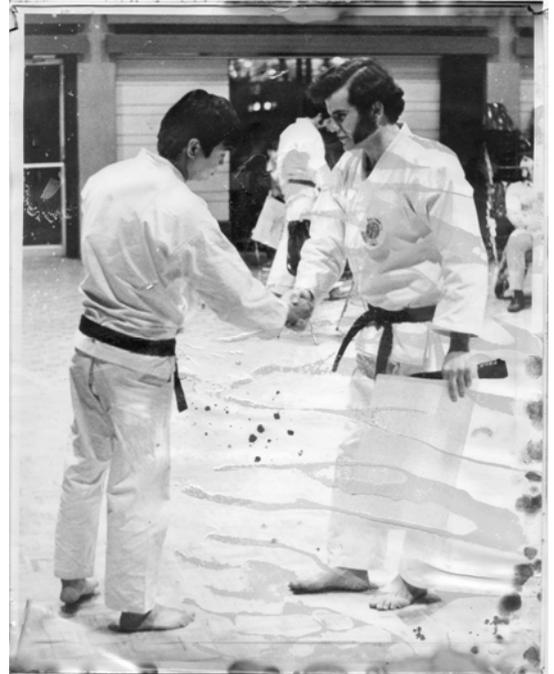
The Developing Leader

Dave knew by the time he was a Green belt that he wanted to open his own dojo. By 1969, when he was only 17, Dave was widely recognized for winning tournaments and publicized in newspaper articles. The Athletic Director at the University of Toronto, Bonnie Cook, recognised a young, but experienced talent and approached Dave to ask if he would be the Head Instructor at the Mississauga, Erindale Campus. Graciously accepting the role, this was Dave's exciting launch to become the sensei of a prominent university karate club.

When Sensei Dave started at the Ryerson Polytechnic Institute (now the Ryerson Polytechnic University) in 1971, studying Industrial Engineering, Ms Cook recommended him to the Ryerson Athletic Director, Bob Fullerton. Bob asked Dave if he would start a club for Ryerson. Bob, along with other faculty members, joined the class in support of the club. Bob, with Tom Sosa, VP of Academics, and Isaac Morgulus, Dean of Engineering, trained long enough to get their Yellow Belts. Ian McDonald, Dean of Industrial Engineering, and his son also joined, and Ian attained Blue belt.

With these connections Sensei Dave received a lot of moral support for the club at Ryerson, and he gained a reputation for talking to students about their homework. One story is that Sensei told a student he had to show that he had done his homework before he could attend karate class. Years later, he told Dave he saved him because it was due to Dave that he stayed in school and didn't give up.

In the early to mid-1970's there was fierce competition by the Korean Taekwon-Do to control tournaments in Toronto. The judging at the local Taekwon-Do / karate tournaments was being monopolized by the Korean instructors such that the Japanese style karate instructors were not being allowed the position of Center Judges.





It became evident that there was a bias in the judging by the Korean instructors, favouring Taekwon-Do students.

Eventually, before a tournament could start, the karate instructors presented an ultimatum. They, led by Sensei Monty Guest, put forward Sensei Dave to be Head Referee and Center Judge for all black belt matches. This was accepted and Sensei Dave remained as Head Referee at the tournaments for many years.

[Part Two of the saga continues on page 8]

Pictures from the early years at Ryerson



Pictures of an Evening with Sensei Manara

Some of the guests and speakers



The Guests



Isshin Daiko Drummers



Sensei Dave and Marilyn Manara



Bahama Mamas
Organisers Lenore Eng & Veronica Cizmar



Evening M.C. & Organiser Michael McCarthy



Craig Riley



Brenda Paul ('Ma Parker')



Ray Kennedy



Organiser Robb Dods



Organiser Rob Stark



Weldon Zabizewski



Jay Manara

More Pictures of the Dinner Evening Event



Jose-Carlos Garcia



Steve Borda



Leaton Bernard



John Gallagher



Eric Bergman



Ron Sheyan



Sensei Manara Cutting His Cake



Peter Doyle, Peter Russell & Joel Cohen



Organisers Larry & Cindy O'Grady



Ray Kennedy, Ian Mador & Eric Goddard



Ilona DeCaen, Monica Ross, Claire King & John Gallagher



Paul Bird & John Voros with Ray

We could not get everyone's picture into FOCUS. For more pictures of the Dinner visit www.flickr.com/photos/33364500@N06/sets/72157635922483095



50 Years of Martial Arts in the Life of Our Sensei Part 2

Training in Japan



In 1973, Sensei Dave was recognized by Sports Canada and ranked #1 in karate. He was awarded a \$2000 scholarship by the Honourable Marc Lalonde, Minister of Health and Amateur Sport at that time; such scholarships were awarded only to the top performers in each recognized sports category who were still in full-time attendance at school. Dave used this well-earned windfall to travel to and train in Japan, from May to August of 1973.

During Sensei's Japan visit, at his first dojo he didn't realize he would be challenged as a Gijin (foreigner). The Japanese locals considered a black belt from Canada equivalent to a Green belt. The dojos in Japan are very small; two pairs sparring would take up the whole space. Sensei was first challenged by a Green belt. The match was started and the Green belt charged Sensei. Sensei punched him in the face and he dropped to the mat. Dave expected to be chewed out by the sensei; but instead the instructor berated the Green belt, and acknowledged that he ran into Sensei's fist; it was not his fault.

The next match was with a Brown belt and the exact same thing happened. The Brown belt charged Sensei, Sensei hit him in the face, and the sensei once again chewed out the student.

The next match was with a Second Dan. It was a good competition, but Sensei still won the match. Then Sensei was teamed up with a 4th Dan black belt named Itchakaw who had just won a prestigious tournament. Sensei gave him a good match, but then Itchakawa fired a front kick at Sensei, at the same time Sensei was throwing a roundhouse kick. His knee connected with the opponent's ankle with a loud crack! Lying down in pain, Itchakaw, saying "Ow" in Japanese, asked where Sensei learned the roundhouse knee block, and Sensei tried to explain that it was just an accident. They became good friends and Itchakawa helped guide Sensei's touring and dojo visits while he was in Japan.

Wally Rudnicki covered classes at Ryerson during Sensei's visit to Japan. Sensei remembers Gerry MacPherson, then Blue Belt who later became Sensei's first Black belt ranked at Ryerson, told Sensei when he returned from Japan that he had no idea how much was involved and how hard it was to cover a whole class for a night, which he experienced when Gerry had to cover for Wally being away one night.

Public Recognition

Some of Sensei's notable highlights in his martial arts career include being called upon by the Supreme Court of Canada to testify as an expert in karate for a high profile drug trial. Questioned directly by jury members, Sensei had to physically demonstrate and explain to the jury about karate moves.

Sensei was also the head instructor for karate events for the Wide World of Sports for two years. Sensei Dave was on the Olympic advisory committee, along with Sensei Shintani, when karate was being considered for the Olympics. That was at a time when full-contact karate was being banned in the 1980's, and Sensei Dave was able to demonstrate the non-contact competitiveness of karate.





The Philosophy Behind the TWKK

When asked about his philosophy today regarding his training and the organization, Sensei reflected on the 1978 documentary 'Karate Spirit', when at the end of the film he said he doesn't care about training good fighters, as long as he trains good people.

It is all about helping people. Sensei's 'job' is to make people feel good about themselves and to respect each other. He has become a counselor – a guidance counselor, marriage counselor, career counselor; he has helped people with their resumes, their personal relationships, and encouraged their personal successes. In the organization everyone is different, and diversity is very much a part of the TWKK community.



The Start of the TWKK

The first satellite club affiliated with Ryerson was George Brown College at the Kensington campus. Sensei negotiated the space with the college and Sensei's friend Wally Rudnicki ran the club. Later the lead instructor was Bill Eguchi from Ryerson. The club ran for about three years.

The Bahamas was likely the first club to be opened by a student of Sensei's, quickly followed by more clubs of student's such as Port Perry, Oshawa, and Etobicoke. Sensei opened the Thornhill, Unionville, and Markham clubs to branch out for new students, and Ryerson became the head club for a time.

The tipping point in the growth of the Ryerson club into the TWKK organization came when Ryerson was starting to be too black belt heavy. Classes and demonstrations seemed to scare away potential beginner students when they saw that everyone training had a black belt; there were few lower ranks.

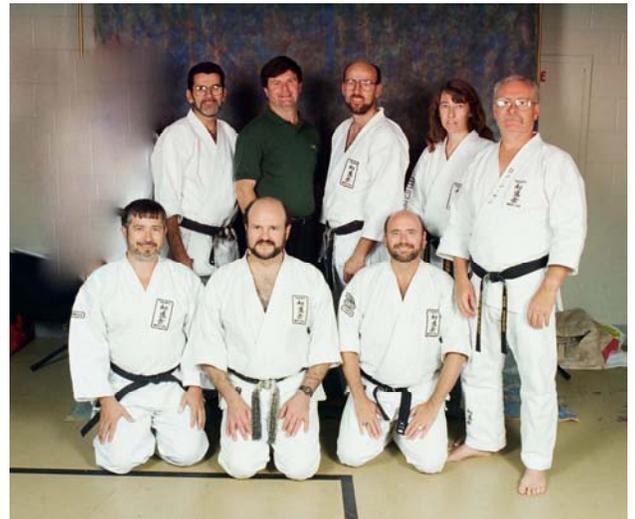
The Growth of the TWKK

Sensei's business model has always been praised by his peers as one that works. The growth of the TWKK had to be organic; dojo locations would be shared or would only pay for the time needed to run classes. The instructors opening their own clubs under the TWKK banner followed the model, and students of theirs opened more.

The Port Perry club has its roots as being one of the first clubs under Sensei. In 1974, a lone instructor Barry Knowles who was running classes in an elementary school in Port Perry was brought to the attention of Sensei who invited Barry to join the organization. The first Training Camp was held at Barry's cottage that summer at Musselman's Lake in Uxbridge.

Over the next few years the Port Perry club was run by another of Sensei's students, but the club later closed for a few years. (When Robb Dods became involved with a business in Port Perry in 1982, he asked Sensei if he could reopen the Port Perry club, which he did in the spring of 1983).

The next 'first' club was Jose-Carlos Garcia's Oshawa club originally started at Durham College, and is now known as the Oshawa-Whitby club. There followed Steve Borda's Seikikai club at the Olympium and Joe Fagundes club at Maingate, which have now amalgamated under Steve. There was the Dovercourt club with Peter Doyle, and John Vorros aided by Claire King had a club at the Argonaut Rowing Club, which moved to the Masaryk Cowan Community Recreation Centre. Robb Dods started the Bloor Street dojo at the Manulife Financial headquarters that Leaton Bernard has been leading now for many years.





Sensei Dave asked student instructors to help lead at the Thornhill, Unionville, and Markham clubs. These clubs were led by instructors such as Rob Stark, Ian Mador, and others who took on the lead roles over the years. Other locations were tried such as in Newmarket, which Rob Stark was initially involved with.

There followed more students who had an ambition to start their own clubs or to run classes that, with Sensei's permission, have sprung up at numerous locations over the years. (Some of these are still going, while others have passed into the annals of Toronto Wado-Kai history). The instructors have all agreed that it would be better to be part of something bigger than to be on their own and they have been proud to be under Sensei's direction.

The Next Generation

Many of these first instructors have had their students go on to start their own clubs, so there was a next generation wave for TWKK growth. The Wado-Kai Academy a.k.a. the IBM club was started by Nelson Coish – this later was amalgamated to become the Unionville club. Ron Sheyan began the Brooklin-Whitby club with Sharon Immeson. Eric Bergman began the Ajax-Pickering club. Jim Sullivan, Margaret Michael and Steve Swain began the Clarington club in Bowmanville. A year later they opened the Courtice club with Margaret Sheyan as head instructor there. When Jim Sullivan and Margaret Michael moved to the Pembroke area they started up the Laurentian Valley club. Jim and Marg M. passed on the Clarington clubs to Marg S. and Weldon Zabizewski. The Bowmanville club was later closed and the students amalgamated with the Courtice club. Vanessa Ferreira took over from Marg S. when she retired, then later turned the leadership over to Weldon Zabizewski with help from Derek Barton.

The out of province clubs have included the Beaubassin club in Nova Scotia started by Dan Duce and Kim Duggan; there was Bob Harlock's club in Comox BC; there was even a club in Gander Nfld. and one student tried classes in the U.K. for a while. The Calgary club was started by Steve Henrich from Thornhill.

A student of Sensei's, Gord Fedoruk, started a club in Edmonton. After Gord was killed in a motorcycle accident, Randy James and Frank Gibson came to Toronto to train with Dave, then returned to keep the Edmonton club going; attracting others like Andre Beauregard who had previous training.

In addition to these clubs there have been many satellite classes offered by the instructors and senior students, providing self-defense and classes for seniors.

Over the years not every club has continued. Some closed as instructors retired, and some amalgamated. Some have changed hands to be led by other instructors or students of retired instructors. This is all part of the tree of life of any organization that has branches and longevity.

Controlled Growth of the TWKK

The transition from the first Ryerson main club to the size of the organization today has been a controlled growth. This has always been Sensei's philosophy. The TWKK was never meant to be a commercial enterprise. The Toronto Wado-Kai organization has been based on ensuring there would be quality instructors who care, and are trusted by Sensei, and who take the organization's philosophy of community out to the communities.

This is the foundation Sensei has established. Our karate training is founded in traditions that go back centuries. Our organization is founded on the last 50 years of Sensei's training, his teaching, and his personal guidance and dedication to his students; and Wado – the Way of Harmony, the Way of Peace.





Attendees of Sensei Manara's 50th Year Celebration Dinner



For more pictures of the Dinner visit www.flickr.com/photos/33364500@N06/sets/72157635922483095

Testimonials: How has Karate Changed Your Life?

I got into karate as an activity that I could do with my kids. The karate bug bit us all, and years later we are all yudansha. Thanks to Sensei Henrich, Sensei Manara and TWKK for giving us a physical and mental activity that promotes health for all ages.

> **Mark McSweeny** Nidan, and **Nathan McSweeny** Shodan, **Zachary McSweeny** Shodan

Karate taught me that before clenching my fists, my hands should always be opened, ready to welcome, help and serve. Since I have known the TWKK and Sensei Manara, both have always seemed to follow that principle of service to its members. That, in itself, is life changing.

> **Andre Beauregard** Godan

In joining the TWKK I gained a self-confidence I did not have prior, which I applied in my work life; I learned to teach adults before any other formal training; I gained a whole network of people I call friends including Sensei Manara, and including families of friends; and I have people that I can rely on to provide me with help, and the truth when I need it.

> **Robb Dods**, Communications Director, Toronto Wado-Kai Karate Club Ltd.

Having been with the TWKK organization for over 30 years, karate has affected my life in numerous ways, both personally and professionally. FOCUS on tasks to completion; RELAX, not letting too many tasks interfere with outcome; being able to "READ" body language - able to "TRANSLATE" what is being said."

> **Tony Marziliano** Godan

Karate has made me stronger both mentally and physically so that I was able to face and conquer all the challenges that life had thrown at me over the past several years. As we age, it is important to challenge our minds and bodies, and Karate is the perfect instrument to do so.

> **Nadia Corrado** 1st Kyu

When I started with the TWKK organization over 23 years ago, my aim was to get to Black Belt and no more. By spending time with Sensei Manara he has taught me that there is more to Karate than the belt. The qualities that I learned with his direct influence include: respect for every student and person, integrity, humility, perseverance, engage the students, consistency and above all else make the time for people both in and out of the dojo. These qualities I have used in and then mostly outside of the class in my day-to-day life. Thank you for your guidance and friendship.

> **Andy Basacchi** Yodan



BAHAMAS & CARIBBEAN
AIKIWA WADO-KAI KARATE



Congratulations on the celebrations surrounding the 50th Anniversary of Sensei David Manara's continuing Karate Journey!

Essentially the Mission Statement / Logo... *In Harmony*... of Toronto Wado (Way of Peace) Kai Karate, is borne out succinctly in our motto in Aikiwa Wado Kai Karate – **"We are in the People business"**. This I first lived by and later inculcated throughout the Bahamas and Caribbean Region.

Sensei Manara has been the inspiration throughout the development, not only of 'TWKK Deep South' as we sometimes refer to ourselves, but in no small measure to ALL those assembled for his 50th year celebrations.



To Sensei Dave, our dearest Marilyn, and ALL of you, I dedicate the poem below. No, I did not write it; it was presented to me by the faculty & students of The N.G.M. Major High School, Long Island, Bahamas, on my address, and formal recognition of the campus as a Kiwanis Bahamas/jWado Kai Karate Centre – September, 1994.



Friendship is a precious Gift
That cannot be bought, or sold
But its value is far greater than
A mountain made of gold

For gold is cold and lifeless
It can neither see nor hear
And in the time of trouble
Is powerless to cheer

It has no Ears to listen
No Heart to understand
It cannot bring you comfort
Or reach out a helping Hand

So when you ask God for a Gift
Be thankful if He sends
Not diamonds, pearls, or riches
But the love of a Real True Friend

SENSEI DAVE, THANKS FOR BEING OUR FRIEND THESE 50 YEARS... AND COUNTING!

Thank You to the Organisers of Sensei Manara's 50th Anniversary Dinner Event

We want to acknowledge the great efforts of the organisers for the Dinner with Sensei Dave Manara. A lot of hard work, coordination and hours went into organizing this successful event. The following people should be congratulated!

Greeting Photos: **Brett Eng**

Flower Design: **Cyndy O'Grady**

Overall Coordinator: **Lenore Eng**

Flower Design and Vase Donation: **Marion Dimond**

Emcees: **Michael McCarthy, Robb Dods, Rob Stark**

Amazing Video, Copying and Audio: **Larry O'Grady, Joanna Gussman, & James Dempsey**

Absolute Partner Extraordinaire! – 'Bahamamamas' – bookings, fellow cookie maker (with Lenore), cake and flower purchasing, ticket sales, promotions, and so much more: **Veronica Cizmar**

Thank You!



Organisers **Joanna Gussman & James Patrick Dempsey**



Organiser **Marion Dimond & Chester Buczek**



Organisers **Brett & Lenore Eng, and Veronica Cizmar with Alex Nguyen**

NEWS FROM CLUBS

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 –OR– visit our website at www.brooklinkarate.com and click on either of the Facebook icons.

Successful Gradings In June

In late June, two students in the Children's class successfully graded to their next belt level. Shown below are Sensei **Annemarie** and Sempai **Fiona** with **Austin** – and – Sensei **Cindy** with **Stephane**. Congratulations to both students!



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.



**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



My precious Shintani Award acceptance (most humbling, yet exhilarating experience amongst peers, associates, and acquaintances... all FRIENDS). Sensei Dave's most unselfish contribution to TWKK's Legacy – The creation of the Shintani Awar" for his organization.

KUDOS SENSEI... WE LOVE YOU!

I first met 'the boys' at the YMCA Wado Camp some years ago, and at that time they were participants in the 'Baby Bugs', and then the 'Pee Wee' aged groups at the camp. Our Community camp programs are grouped by age: 3-4 year olds through 12-13 year olds, with only the 5-6 aged groups and above really being active participants in the karate training over the six week term.



This year the boys, now nine years old, and in their third year of participation in the Wado programs, really came into their own. I must admit, though, it was through much attention and mentoring on my part. I soon became "Papa Sensei" to them, and with that came such a trust and confidence in me that they would attempt anything under my guidance.

Such activities included basic Kihon techniques (kicking and punching), Kata (karate dancing), and Shindo (stick banging and fighting); and even included our performances of our now trademarked 'Fluttering Palms' (a very much modified version of the movements, actually, that the boys have identified as "Sensei music special dance" whenever I lead them in participating).

All the above is not necessarily remarkable, in and of itself – **except that both boys (twins) were born blind.**

Desmund is totally blind, and brother **Edmund** is legally blind.

The two are inseparable, doing everything together. Their most prized possessions, according to their mother, are "Sensei's belt and Medals!"



BAHAMAS/ CARIBBEAN
AIKIWA Karate Do / Kubudoh
Association

Those are the white belts and Bahamas Wado-Kai medals I awarded on their being recognized – hands down! – as "Terrific Kids!" at our Camp this year. Their jubilation on earning the

awards was truly emotional; and from ALL present at the gym, where I staged the events, was a standing ovation for "The blind boys"!

THIS IS WHAT LOVE / WADO-KAI KARATE IS ALL ABOUT... AS WE ARE IN THE PEOPLE BUSINESS!!

SENSEI FREEMAN THURSTON NOMINATED TO THE HALL OF FAME!

Sensei Freeman Thurston (6th Dan Black Belt), *Senior Dan Council Member*, and *Bahamas & Caribbean Director* - Toronto Wado Kai Karate Inc., (TWKK) Canada, is nominated for induction into **Battle for The Bahamas Hall of Fame** October 26th, 2013, Freeport, Grand Bahama, Bahamas.

Sensei Thurston has traveled widely professionally, simultaneously pursuing martial arts training and exposure – all the time reviewing and refining the essence of Aikiwa Karate/Kubudo. Such travels and experiences over four decades have included all major island communities in *The Commonwealth of The Bahamas, The Turks and Caicos Islands*, the islands of the Caribbean - *Jamaica, Trinidad & Tobago*, and *Barbados*, through the southern province of *Canada*, and east/west coasts mainland *USA*, central *Mexico*, south/central *England*, and *Southern Ireland*.

In cooperation with the *Department of Japanese Martial Arts'* recognition as *Bahamian Karate Instructor of the Year (2005)*, Sensei Thurston was inducted into the *World Martial Arts League Hall of Fame* at the *8th International Black Belt Martial Arts Elite Awards* hosted by Grand Master Sifu Kenneth Lewis at the *1st International 4-Winds of Martial Arts Association* in Freeport, Grand Bahama, Commonwealth of The Bahamas, March 2005.

Sensei Thurston was recipient of the highest accolade awarded in Toronto Wado-Kai Karate, *The Shintani Award*, in 2009 by Sensei David Manara, 9th Dan, President/Chief Instructor, Toronto Wado-Kai Karate Club Inc., and recognized as Head of Wado-Kai Karate Worldwide by World Union of Karate Organizations (WUKO). Note: The *Shintani Award* is named in memory and honour of the late Sensei Masaru Shintani, 9th Dan, and Supreme Instructor of *The World Congress of the Shintani Karate Federation Wado-Kai*. Sensei Shintani was also *President Emeritus, Grand Master of the Arts and Founder, The World Shintani Federation*. The Award is given to Senior Wado-Kai Karate Karate-kas on the occasions of special circumstances, for "Sincerity, Dedication, and Humility in the pursuit of Karate training and ideals", in tribute to the extraordinary life of Sensei Shintani.

In early 1970's, Sensei Thurston hosted the 1st Bahamas Wado-Kai Karate YMCA Tournament, and in 1992 played host to a Canadian delegation in support of the already established Toronto Wado-Kai / Bahamas Wado-Kai regional exchange programs, 1980/90's in Freeport, Grand Bahama.

In early 2010 Sensei Thurston hosted a Canadian delegation of Dojos heads, Senior Karate-kas and family/associates Of the Toronto Wado-Kai Karate at **Wado Kai Karate: Bahamas 2010 – Freeport, Grand Bahama**, February 12 -19, 2010. The Ministry of Tourism played a pivotal role facilitating the overall success of the conclave. We hope to invite and host the international organization again at **Bahamas & Caribbean Wado-Kai Karate Cup** in Grand Bahama, upcoming 2014/15 timeframe.

In June this year, 2013, Sensei Thurston represented the Region at landmark celebration of the 40th Annual TWKK Training Camp; and later this year to participate in 50th Anniversary celebrations of Sensei David Manara, President/Chief Instructor TWKK; and, coincidentally, the 43rd Anniversary of the official founding of Bahamas Wado Kai Karate (forerunner of Bahamas & Caribbean AIKIWA Wado-Kai Karate). Sensei Thurston has no plans of "retiring" any time soon!

ON THE LIGHTER SIDE

Lest we begin to take ourselves MUCH TOO seriously... **THE BAHAMIAN WAY OF DOING THINGS**

Three contractors, one from the Bahamas, another from Germany and the third from Canada are bidding to repair the White House fence. They go with a White House official to examine the fence. The German contractor takes out a tape measure and does some measuring, then works out some figures with a pencil. "Well", he says, "I figure the job will run \$900; \$400 for materials, \$400 for labour, and \$100 for me".

The Canadian contractor also does some measures and figuring, then says, "I can do this job for \$700; \$300 for materials, \$300 for my crew, and \$100 profit for me."

The Bahamian contractor doesn't measure or figure, but leans over to the White House official and whispers, "\$2,700."

The official, incredulous, says, "You didn't even measure like the other guys! How did you come up with such a high figure?"

"Easy," the Bahamian explains, "\$1000 for you, \$1000 for me, and we hire the guy from Canada to do the work."



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

Sensei Ron Ruskay Godan
(5th Degree Black Belt)

SCOUT HALL

SUNDAY AND TUESDAY:
7 – 8:30PM

Port Perry Wado-Kai had a successful Fall Registration in September.

Welcome to our new students **Logan, Payton, Jasmine, Damien, Ava, Joey, Owen, Jayme-Lynn, Jessi, Jamie, Zander and Mateo.**

Congratulations to Sensei **Weldon Zabizewski** and Sensei **Lenore Eng** on receiving the “SHINTANI AWARD” at the 40th Annual Training Camp last June.

Congratulations to Sensei Dave Manara, celebrating his 50th year in the Martial Arts!

See you at the Tournament October 26, 2013.



**SPECIAL
VINTAGE VIDEO
LINKS Provided
By**

**SENSEI JOSE-
CARLOS GARCIA**

Here are a couple links to videos of videos that were mentioned at Sensei’s 50th Anniversary Celebration:

Karate Camp 1978 Documentary – Karate Spirit:

http://www.jose-carlosgarcia.com/mifamilia/Oshawa/videos/pageOth4_1978_KarateSpirit_Flash.html

Sparring Match: Ray Kennedy vs Bob Graham 1981:

http://www.jose-carlosgarcia.com/Oshawa/pageoth4_20060223.html

**TWKK Picture
Galleries**

Visit the Flickr site for TWKK Pictures <http://www.flickr.com/photos/33364500@N06/sets>
See the videos from Sensei Manara’s 50th Anniversary Event; especially the Beaubassin Club special video “It Was A Typical Wado-Kai Dojo...” and the Tribute from the Bahamas Wado-Kai.



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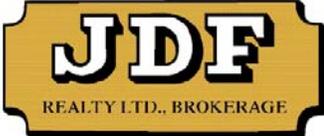
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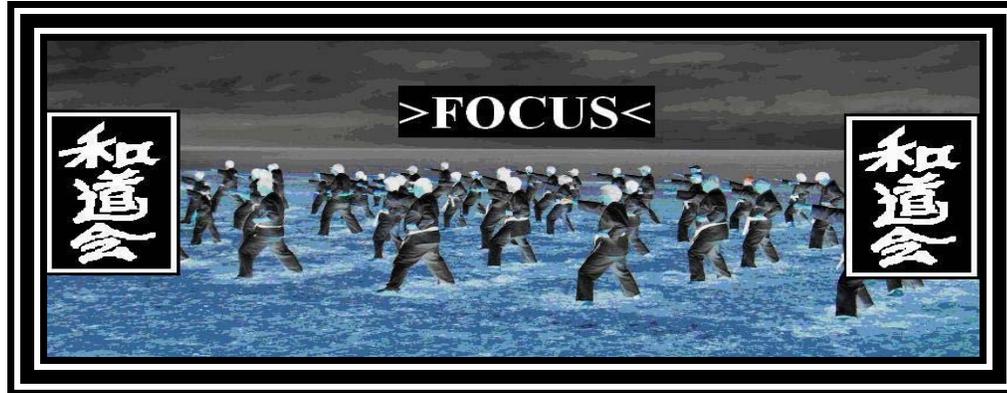
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BEAUBASSIN (Halifax) – Dan Duce & Kim Duggan	PORT PERRY – Ron Ruskay
BROOKLIN-WHITBY – Ron Sheyan	RYERSON (Toronto) – Leaton Bernard
CALGARY – Steve Henrich	SEIKIKAI MARTIAL ARTS (Olympium, Etobicoke) – Steve Borda
CLARINGTON – Derek Barton & Weldon 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

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Kudan (9 th Degree Black Belt)	Dave Manara
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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
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2. Business advertising must be on behalf of a Yudansha member or a member of the immediate family only.
3. Artwork and copy must be provided to twkk@psstnetwork.ca one week in advance of the expected issue of FOCUS. The advert will be adjusted to fit the page placement.
4. Payment may be made
 - a. **On-line** via PayPal. Go to PSST website page noted below
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5. For further information contact: Communications Director Sensei Robb Dods (647) 970-7283 or twkk@psstnetwork.ca