

JANUARY 2015

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(9th Degree Black Belt)

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(6th Degree Black Belt)

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(5th Degree Black Belt)

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(2nd Degree Black Belt)

INTRODUCTION

Happy New Year and All The Best to everyone for 2015! Another year has started and this first issue of the year has some interesting reading.

First, let me remind everyone in Ontario about the **Winter Tournament on Saturday, February 21st** at the Thornhill Community Centre. There are just a few weeks to brush up on your favourite kata.

We have a feature article on Sensei **Ron Ruskay**, member of the Senior Dan Council. Ron and the Port Perry Wado-Kai have celebrated a 40th Year milestone and the Club was recognised in the **Scugog Sports Hall of Fame**. I had the privilege of attending the event with the Port Perry instructors.

Sensei **Robin Singh**, the new Head Instructor of the Clarington dojo, has a few words to share about the first visit by Sensei Manara since Rob become leader of the club; and of course, there is lots of news from the clubs about what happened in the last quarter of 2014 and at Christmas. We also have tournament results from the Fall TWKK Tournament in Thornhill and the Oshawa Children's Tournament in December.

The Training Camp committee will be meeting the end of January and we are all waiting with baited breath to learn if the 2015 Training Camp will take place this year and if it will be at Wasaga Beach again.

We would like to hear regularly from all the clubs. If not from everyone each month, then it would be nice for the Club Heads and Communication Officers to report at least once in 2015. Make it a resolution! We certainly have our regular contributors, so let's add to the community spirit and hear from everyone this year!



WHERE DID THE DOJO GO?

As I was putting the finishing touches to this issue, Sensei **Ron Sheyan** reminded me that it is only nine weeks until spring. (I think the time has long passed that winter brought any joy to me).

For the karate-kas in both the Canadian East (the snow-belt of the Maritimes) and the West where the norm is Way Too Far Below Freezing – I Salute You All !!!

> EDITOR ROBB DODS

TORONTO WADO-KAI KARATE CLUB LTD.

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Senior Dan Council Member – Sensei Ron Ruskay Godan Port Perry Wado-Kai Business Manager & Communication Officer

Taking Karate Lessons Was Not On My Bucket List 31 Years Ago

It all started in the Fall of 1983 when our son Ryan was eight years old. Roseann read an article in the local paper about a karate club in Port Perry and that they were adding a children's class to their curriculum. We went in and registered Ryan for lessons. I watched the first few children's classes and was very impressed with Sensei Robb as the instructor. He was not intimidating and militaristic as I thought karate instructors would be. His communication and interaction with the students was impressive and he treated everyone in the class with dignity and respect; and a few weeks later I also joined the beginners' class. Two years later our younger son Neil joined us in our training. Karate became a way of life for our family.

I was 39 years old when I joined the Port Perry Wado-Kai Karate Club and started my karate training with Sensei Robb Dods. When I started karate, I was employed by General Motors in Oshawa. I worked in the International Product Centre, which distributed automotive products and parts around the world. I had a variety of responsibilities in areas such as Specifications, Material, Quality and I was in Financial when I retired in 2001.

I trained with Sensei Robb for nine years until he had to make a decision 1992 to leave the Port Perry dojo due to family commitments. Michele Mueller became Club Head and Chief Instructor, and I became the Business Manager and Senior Instructor. Michele retired from karate in 1994 and I took over as Club Head and Chief Instructor.

As part of our karate training, we traveled to the different TWKK clubs in the GTA for extra training, seminars and tournaments. We also attended Sensei Shintani's International Tournaments in the Welland and St Catharine's area. Through this experience we met students of all ages and their instructors. Our friendships grew through the years and these people soon became members of our extended karate family.



Sensei Frank Murphy and Ron Ruskay, with presenter Dave Dalton, being recognised by the Scugog Sports Hall of Fame

Picture by BENJAMIN PRIEBE/The Standard Newspaper

The biggest highlight of my karate involvement was training with my sons Ryan (Shodan), and Neil (Nidan) until each went to university. Other highlights include having my suggestion for the TWKK newsletter to be selected to call it 'FOCUS'; Roseann and I were part of the karate-kas to make the first group trip to the Bahamas Training Seminar in 1992; and my continued Dan progression has been a great personal accomplishment; plus Sensei Manara presented me with the SHINTANI AWARD at the Annual Training Camp in 2006.

I consider a main achievement of my karate career has been to keep the club going through the good times and not so good times. There was a time in the late 1990's where we had more instructors than students. We persisted and enrollment increased; and we celebrated our 40th Year in Port Perry in 2014!

The recent Club highlights include PPWK receiving a Certificate of Recognition from the Mayor of the Scugog Township; as well as a Plaque of Recognition presented by and to be hung in the SCUGOG SPORTS HALL OF FAME for the Club's 40 years in Port Perry.

I am proud of the successes we have achieved over the past years. Watching my students grow, not only through the physical and mental aspects of karate, but also the social interactions they have developed. We have our annual social

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.

events during the year, like the Halloween Costume Class and Christmas Pot Luck Party that includes all the students' family members. Our students attending the Annual Karate Camps have helped our club to win the Attendance Awards five times since it was introduced in 2000. As a matter of fact, PPWK was the first club to win this prestigious award.

One important aspect of my Karate training is that it has been a positive factor to my overall health. I have had some health challenges over the years. The most serious one was being diagnosed with Psoriatic Arthritis in the early 1990's. This is an auto-immune disease that causes inflammation of the muscles, ligaments and tendons in different locations of the body at different times. My rheumatologist commented several times that my karate training helped keep me flexible and mobile, whereas he had other similar patients who needed assist devices to help them move about. Karate has also, generally, helped me to maintain a healthy life style.

There are many people to thank for their support in these achievements.



Sensei Robb and Ron (Training Camp Many Moons Ago)

I want to thank my wife **Roseann** for her encouragement and support when my sons and I started on our karate journey, even though she was starting on her own journey of attending Durham College to pursue a career in Social Sciences.

Thank you to Sensei **Robb** for his patience and encouragement in my training from white belt to Shodan. Not only has he been an instructor to me, Ryan and Neil for many years, but we have developed a lifelong friendship with Robb and his family.

Thank you to Sensei **Dave Manara** for his help, support and confidence in me as Club Head of PPWK. He too is a great friend and his mentoring over the years has helped me keep our club open in Port Perry.

To both of these gentlemen, I owe a great deal of respect and gratitude.

Thank you to my great instructors for their support over many years; and especially for their help and support with my health challenges. Thank you, Sensei **Frank Murphy**, **Jan Longo**, and **Russ Gowan**, Sempai **Nancy Rickard** and **Antonio Pena** – you have been an awesome support group and I am proud to have you as our friends. Thank you to all the Club Heads and members of the Yudansha I have met and known over these many years. Your support and friendship is greatly appreciated.

A special thanks to Sensei **Ron Sheyan** for his friendship and help as the "Travelin' Karate Instructor", visiting us on a regular basis for senior belt training before he started his club in Brooklyn. Now our Senior Belts attend his monthly class in Brooklyn. Sensei Ron also set up and maintains our website. Congratulations Sensei Ron on the 15th Anniversary of your club.

As I move into semi-retirement, I realize that my years of karate have left me with many treasured and fond memories of my Karate Family that will last me a lifetime.

> In Harmony, Sensei Ron

New Club Head for Clarington Dojo

Last fall, Clarington Wado-Kai gained a new club leader, Sensei **Robin Singh** Shodan.

The following is Sensei Rob's telling of Sensei Manara's first visit to the dojo since Rob took over.

As Benjamin (my son) and I, arrived at the Clarington Dojo at 6pm for our usual 6:30 class on Monday December 1st, Sensei was already there, lively and waiting for us. It was indeed a pleasure to see Sensei at our Dojo!

Several weeks prior, Sensei and I had discussed timing and so forth for Sensei to come out and visit Clarington. I knew it would be an exciting and great learning opportunity for all; and more importantly, for our Club members to meet the President of our amazing organization.

I had sent my wish list of items to Sensei to cover that night; of course, I was thinking it was Christmas!



L-R: Sensei Weldon, Ben (Rob's son), Sensei Dave, Heather, and Rob

As I had taken over leadership of the Clarington Dojo back in September 2014, I must say, on this special visit, I wanted to make sure I followed the right protocol, and did not fumble on anything I said or did that evening! You know how it is... when Sensei is coming out to visit we want everything to be perfect. And you know, that is where Sensei is so wonderful! He makes you feel at ease, puts things across simply and precisely, and is aware of everything that is going on!

After our bow-in, I introduced Sensei and we warmly welcomed him to Clarington.

Following a brief warm up, Sensei Manara proceeded with leading the class for the evening. Sensei took us through a review of the basics, the importance of correct technique, and things to consider and reflect upon during and after practice. Sensei took the time to work with the students on refinements of techniques and the right zone or distance to apply our techniques.

We reviewed the first two Pinan's and their correct movement, stances and technique, as well as several of the primary applications associated with each. He emphasized the diligence we ought to apply to our kata, the preciseness of the techniques and to strive to see that 'imaginary' opponent during the execution of the kata! Needless to mention by this time, I was just enjoying the instruction and very at home with Sensei; and as I observed the students, they too were keen and attentive to Sensei's teachings!

We closed off the physical aspect of our training that evening with some reflections from Sensei on his experiences over the years of hard work in his karate and his philosophy of the Martial Arts. Sensei's teachings not only applied to our training, but to life in general; how we live, how we grow, and how we strive for improvement throughout our journey in life!





After the bow-out, the class applauded Sensei; we thanked him for coming out to Clarington, and welcomed him back at any time for a visit!

The evening went so fast! Sensei has promised to visit again. We look forward to that visit!

NEWS FROM CLUBS

BLOOR STREET Karate Club, Toronto ON

Sensei Leaton Bernard Godan

(5th Degree Black Belt)

C.O. Nadia Corrado, 1st

Kyu
(Brown Belt)

TUESDAYS/THURSDAYS:
11:30AM - 12:10PM

A warm welcome is extended to our newest karate-ka – **Craig Ferguson**.

Congratulations are in order for **Sophie Benemacher** in obtaining her Brown Belt ranking. Sophie joined both the Bloor Street and Ryerson Dojos in June of 2010 and has trained consistently and diligently over the years.

Congratulations are also in order for **Greg Wood** in obtaining his Yellow Belt. Greg joined the Bloor Street Dojo in March of 2014. We welcome his enthusiasm and perseverance! Greg and Sophie are pictured above with Sensei Leaton.



Another year has quickly passed and all the karate-kas have survived the mentally and physically challenging classes, and the Bloor Street Dojo is looking forward to another exciting year.

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

RYERSON Karate Club, Toronto, ON

Sensei Leaton Bernard, Godan

(5th Degree Black Belt)

Assistant Instructors:

Tiago Magalhães, Shodan
David Zvekic, Nidan

MONDAY & WEDNESDAY:
7:30 PM – 9:00 PM

SATURDAY:
10:00 AM – 12:00 NOON

Ryerson's first rank of 2015 was earned by to **Oscar Sanchez** – a 5th Kyu Karate-ka who has responded well to training. He soaks up all we relay to him by also using his size to his advantage in a rather positive and deceptive manner! Just wait until you interact with him!

The Ryerson Karate Club welcomes you to all their classes with a special invitation to what is becoming an all-sparring Saturday class! Check out our schedule and drop in.





**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



We honored two of our outstanding winners of our ongoing "Terrific Kids' continuing program this year-end. In addition, we were invited to support a Scholarship benefit concert for **Letitia Bullard's** college fund on Saturday, November 29, 2014 at the Grand Lucayan, featuring Bahamian Bass-Baritone Singer Composer Franz Hepburn. It is a joy to see our efforts do translate to betterment of our most deserving youth. In this case, the opportunity to attend College! Both Letitia and Keith have participated in our programs from Primary school and have been supported by parents all the way. Many such talents have been identified in our Community programs and we are committed, along with stakeholders across TWKK and the Bahamian and Caribbean public sectors, to helping each such deserving talent find fulfillment. These are the kinds of outcomes that TWKK (and associates) keep alive via continued support and gifts to BWKK.

Bahamas Wado-Kai Karate Community Youth Celebrates 'Terrific Kids' Awards Program End-of-Year 2014 Standouts



Keith B. Jr.

Keith is a 14 year old 10th Grade student. He was promoted to 10th Grade after successfully sitting all six BJC's in Grade 8 at Grand Bahama Academy of Seventh Day Adventists. He received five A's and one B, and was



awarded a partial three year tuition scholarship. He has maintained a 3.8 - 3.9 Grade Point Average (GPA) throughout his academic career to-date and has attained recognition on the Principal's List in each grade. Keith aspires to be a Graphic Artist.

Letitia Bullard

Letitia is a 16 year old 12th Grade student at Grand Bahama Academy of Seventh Day Adventists. Letitia has maintained a 4.0 Grade Point Average all through her academic process; she took six BJC subjects while in the 8th Grade and got 'A's' in every subject; she recently sat the S.A.T. examination and obtained a score of 1760; she sat all of her BGCSE subjects in 11th Grade and received six 'A's" and two 'B's"; she placed third in the Adobe Caribbean Competition and competed in the international Adobe championship in Anaheim, California in July of 2014; she



composed a song of The Bahamas Independence; she has a book of poems under her belt, which she hopes to have published. Letitia aspires to be a graphic artist and entrepreneur.





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

Sensei Frank Murphy
Yodan
(4th Degree Black Belt)

C. O. Sensei Ron Ruskay
Godan
(5th Degree Black Belt)

SCOUT HALL

SUNDAY AND TUESDAY:
7 – 8:30PM

Congratulations to Sempai **Antonio Pena**, for 1st
Place – Sparring at the Thornhill Tournament
October 25, 2014!



On the evening of November 13, 2014 PORT PERRY WADO-KAI FAMILY KARATE was honoured at the **2014 SCUGOG HALL OF FAME INDUCTION CEREMONIES**. The Club was presented with a plaque in recognition of our 40 years of Wado-Kai Karate in Port Perry. The plaque will now hang in the SCUGOG HALL OF FAME.



L-R: Sempai Antonio Pena, Sensei Jan Longo, Frank Murphy, Ron Ruskay, Sempai Nancy Rickard, Sensei Russ Gowan



L-R: Jamie-Lyn, Logan, Avery
Congratulations to the Award Winners!

The **Annual Christmas Party and Awards Night** was a resounding success! Thanks to everyone for their delicious contributions to the pot luck feast. This year, instead of a Secret Santa Gift Exchange, all students brought a toy to donate to the **Operation Scugog Toy Drive**. Thank you to everyone for their donations!

Sensei **Frank** and Sensei **Ron** drew names for door prizes. A big Thank You to the donors of the prizes.



Port Perry Karate Club,
Port Perry ON

Sensei Frank had the honour of presenting the 2014 Awards to

BEST ATTENDANCE Children's Class: **Jamie-Lyn D.**

BEST ATTENDANCE Family Class: **Logan T.**

MOST IMPROVED KARATEKA Children's Class: **Avery B-L.**

MOST IMPROVED KARATEKA Family Class: **Logan T.**

Congratulations to all the Award winners!

The Annual Karate Halloween class was held on the last class night before October 31st. There were many different and unique costumes. Thank you to **Nancy Rickard** for organizing the events for the class. The games and treats were enjoyed by everyone.



We look forward to seeing everyone at the Tournament in Thornhill in February.

Remember, it's only five months to the 42nd ANNUAL KARATE TRAINING CAMP at WASAGA BEACH!



**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



Website: <http://www.brooklinkarate.com>

Facebook: <https://www.facebook.com/BrooklinWhitbyKarate?ref=hl>

Twitter: @brookinkarate

Thornhill Fall 2014 Invitational Tournament

On Saturday, October 25th, a group of students from the Brooklin-Whitby dojo attended the Thornhill tournament. It was another great tournament!

All of the students turned in exceptional performances! Thank you for your participation!



From the Children's Class are (L-R):
Tyler, Braedon, Erin, Sean, Jack



Mark



From the Family Class are (L-R):
Back Row: Sensei **Steve, Fiona**
Front Row: **Dorian, Ryan, Jarrod**



From the Family Class are (L-R):
Back Row: Sempai **George, Sensei Eric, Steve, Heather, Anthony, Sempai Chloe, Sensei Ron**
Front Row: **Pete, Margaret, Steve, Heather, Emily**



Brooklin Karate Club,
Brooklin, ON

From the Family Class are (L-R): **Sensei Heather, Sean, Sensei Alex, Craig, Sensei Steve, Marc, Sensei Anthony, Steven, Sensei Eric, Sempai Chloe, Sensei Cindy, Ron**



Ryan surrounded by his Sensei: **Mark, Ron, Eric, Fiona**



From the Children's Class are (L-R):
Back Row: **Mark, Sensei Ron, Eric**
Front Row: **Ainsley, Emily**



From the Children's Class are (L-R):
Back Row: **Sensei Ron, Eric, Fiona**
Front Row: **Braydon, Erin, Braedon**

Brooklin Karate Club,
Brooklin, ON

Tanbo

In the Spring, members of the Brooklin-Whitby club began a Tanbo Weapons class outside of our regular training, under the direction and teaching of Sensei Ron. We took a hiatus for the summer, returning in September and completing our drills this fall.





Brooklin Karate Club,
Brooklin, ON

Oshawa-Whitby 2014 Children's Invitational Tournament

On Saturday, December 13, a group of juniors from the Brooklin-Whitby dojo attended Oshawa-Whitby Wado-Kai Karate's annual Children's Tournament. It was another great tournament, enjoyed by juniors and Sensei alike! Thank you Oshawa-Whitby Wado-Kai for hosting this great tournament! The Brooklin-Whitby dojo participants are in the photos below.



Jarrold



Sensei Heather, Marc, Ryan, Sensei Ron

(L-R): Back Row: Mark, Sensei Ron, Sensei Eric
Front Row: Zachary Jacob, Erin, Braedon, Paul

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.





**OSHAWA-
WHITBY Karate
Club, Oshawa
ON**

**Sensei Jose-Carlos
Garcia, Sicidan**
(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

We hope everyone had a safe and happy Holiday Season, and wish the best for 2015 for all our members.

Again, we would like to thank everyone for ensuring that our Children's Tournament was a success. Many thanks to all the Sensei who took the time out of their busy Christmas schedules to help out.

Special thanks to Sensei **Ron Mattie** and **Denis Labbe'** who travelled from Welland to help out with our tournament.

We also want to thank the Kenshokan Iaido Club and Sensei **Kris Reynolds** and **Craig McCleary** from Karate Kawartha Lakes for the excellent demonstrations that were well received by our audience and participants.

Our first ever "Outstanding Sportsmanship Award", recipient: Sensei **Owen MacKeigan**, Minden. During last year's tournament, as a Red Belt, Owen "quietly demonstrated" (but we noticed it) what sportsmanship is all about.

Here are some tournament pics:





Oshawa-Whitby Karate Club, Oshawa ON





KATA Final Scores			KUMITE Final Scores		
KATA - White Belts (6 to 9 years old)			KUMITE - White Belts (6 to 7 years old)		
1st Place:	Adam Mc	Walter E. Harris	1st Place:	Tyler A-K	Kawartha Lakes
2nd Place:	Alexia L	Oshawa Budo	2nd Place:	Dezmond R	Walter E. Harris
3rd Place:	Lexie C	Minden	3rd Place:	Owen W	Minden
KATA - White Belts (10 to 13 years old)			KUMITE - White-Yellow Belts (8 to 9 years old)		
1st Place:	E ssance D-M	Walter E. Harris	1st Place:	Mason S	Welland
2nd Place:	Kyra C	Oshawa Budo	2nd Place:	Lexie C	Minden
3rd Place:	Paul C	Brooklin	3rd Place:	E than M	Walter E. Harris
KATA - Yellow Belts			KUMITE - White-Yellow Belts (10 to 11 years old)		
1st Place:	Mason S	Welland	1st Place:	Sawyer S	Welland
2nd Place:	Sawyer S	Welland	2nd Place:	Ryan W	Walter E. Harris
3rd Place:	Matthew D	Kawartha Lakes	3rd Place:	Alisha D	Walter E. Harris
KATA - Orange-Green Belts (8 to 9 years old)			KUMITE - White-Yellow Belts (12 to 14 years old)		
1st Place:	E rin D	Brooklin	1st Place:	Paige S	YWCA
2nd Place:	Braedon B	Brooklin	2nd Place:	Autum A	Minden
3rd Place:	Grace B	Oshawa Budo	3rd Place:	Guiseppe G	YWCA
KATA - Orange-Green Belts (10 to 11 years old)			KUMITE - Orange-Green Belts (8 to 9 years old)		
1st Place:	Roy-Ann S	Welland	1st Place:	Matthew W	Kawartha Lakes
2nd Place:	Zachary G	Brooklin	2nd Place:	Jack K	Kawartha Lakes
3rd Place:	Nikolas M-K	YWCA	3rd Place:	Dylan S	Ajax/Pickering
KATA - Orange-Green Belts (12 to 15 years old)			KUMITE - Orange-Green Belts (10 to 11 years old)		
1st Place:	Devon C	Minden	1st Place:	Jacob B	Brooklin
2nd Place:	Philip J	YWCA	2nd Place:	Riley H	Ajax/Pickering
3rd Place:	Faith B	Oshawa Budo	3rd Place:	Roy-Ann S	Welland
KATA - Blue Belts			KUMITE - Orange-Green Belts (12 to 15 years old)		
1st Place:	Julie S	YWCA	1st Place:	Devon C	Minden
2nd Place:	Allison B	YWCA	2nd Place:	Connor A	Kawartha Lakes
3rd Place:	Nick E	Millbrook	3rd Place:	Rachell H	YWCA
KATA - Brown-Red Belts			KUMITE - Blue-Brown Belts (10 to 13 years old)		
1st Place:	Katelyn McC	Kawartha Lakes	1st Place:	Ethan M	YWCA
2nd Place:	Natolie MacD	Port Dover	2nd Place:	Allison B	YWCA
3rd Place:	Megan McC	Kawartha Lakes	3rd Place:	Jarod W	Brooklin
			KUMITE - Blue-Red Belts (14 to 15 years old)		
			1st Place:	Hunter P	Kawartha Lakes
			2nd Place:	Katelyn McC	Kawartha Lakes
			3rd Place:	Julie S	YWCA



Oshawa-Whitby Karate Club, Oshawa ON

The following photo and story was submitted by **Sue Kuczkowski**.

Owen was struggling with this punch; couldn't seem to find the location to land and how hard... needed a little focal point... so I ran over to the "toy room" and solicited the services of our friendly Glen Dhu Dojo "Karate Rubber Chicken" (who has been helpful on many occasions) and gave it to Sempai **Jay Popert** to use.

"Karate Chicken" sacrificed himself to help; besides it was also a "soft spot" to land the punch (squishy belly. Owen was rocking those punches, the harder he punched, more "Karate Chicken" squawked!



Seven year old Owen M. student at Glen Dhu Dojo, Intro/Beginner Children's class, Fall session 2014 with Sempai Jay Popert and "Karate Rubber Chicken" working hard!

That's all for Oshawa Whitby Wado-Kai currently, next month look for a mini location history of Oshawa-Whitby Wado-Kai.

SEIKIKAI Martial Arts, Etobicoke & Mississauga, ON

Sensei Steve Borda,
Sichidan
(7th Degree Black Belt)

OLYMPIUM:
Monday, Wednesday,
Sunday:
7:00-8:30pm

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

The October tournament drew an eager group of Seikikai karate-kas to test their skills under pressure, with different opponents, and in a larger forum. Each came back having gained something, whether it was a new found confidence or a lesson well learned, a vow to strive harder or seeing a new combination in sparring to try; yet the most valuable gift is to participate, for without that there is no chance to gain.



The spirit of giving begins each year with Maingate and Olympium donating baskets to **The Basketeers**. The organisation is "to support women in new beginnings". A battered woman leaves everything behind in a hurry to seek safety in the shelter. When they regain their strength and leave the safety of the shelter they begin a new life with their children, but with virtually nothing. Our baskets help them with the basics for the Kitchen, Bedroom, Bath or Work. From the donation side we've seen this wonderful program grow and thrive for over 12 years. From the shelter side we've seen the aid it allows these women. The shelters that many of us were already supporting said it was fairly easy to find groups willing to sponsor



SEIKIKAI Martial Arts,
Etobicoke &
Mississauga, ON

Christmas gifts for children, but their mothers seemed to have been forgotten. We feel by supporting the mothers they will, in turn, find the strength to create new lives for themselves and their children and not return to the abuser, and will feel stronger for their children. For more information visit <http://www.basketeers.ca/about.htm>



To break away from the class atmosphere and socialise outside the dojo, Christmas was celebrated with a Sunday afternoon of 'Dark Laser Light Bowl'. The light-up reindeer antlers glowed like a bunch of Rudolf noses. Of course, our competitive instincts were roused and fun was had by all, BUT right afterwards Sensei Steve made sure we were all back to work in our usual Sunday class.

Please join us in congratulating Seikikai's most recent rankings since October. All trained, strived and reached their goal, only to set another. We wish them well.

Shodan-ho: **Lawrence Xavier** and **David N.**

Brown: **Dennis V.** and **Deepak A.**

Green: **Brenden S., Grace Chen, Ethan C., Roman V.**

Orange: **Freddy G.**



CONGRATULATIONS TO THE NEW BLACK BELT RANKS

Congratulations to the following karate-kas recently promoted to:

Godan – **Anthony Woodward**, Brooklin-Whitby
 Yodan – **Chester Buczek**, Thornhill
 Sandan – **Julie Bergman**, Ajax-Pickering; **Marion Dimand**, Thornhill
 Nidan – **Maksym Voznyy**, Sekikai Martial Arts (Etobicoke)
 Shodan-Ho – **Lawrence Xavier**, Sekikai Martial Arts (Etobicoke)
 Jr. Shodan-Ho – **David N.**, Sekikai Martial Arts (Etobicoke)

TWKK FALL TOURNAMENT RESULTS

**Congratulations to all the participants of the
Thornhill Tournament held on October 25, 2014**

Division	Event	1 st Place	2 nd Place	3 rd Place
CHILDREN 6 to 9 Yrs				
Yellow – Orange	Kata	Braedon B. , Orange, Brooklin-Whitby	Erin D. , Orange, Brooklin-Whitby	Freddy G. , Yellow, Seikikai/Etobicoke
Yellow – Orange	Kumite	Erin D. , Orange, Brooklin-Whitby	Brenan S. , Orange, Seikikai/Maingate	Kieren D. , Orange, Ajax-Pickering
CHILDREN 10 to 12 Yrs				
Green – Brown	Kata	Ryan D. , Brown Brooklin-Whitby	Dorian W. , Green Brooklin-Whitby	Jarrold W. , Blue, Brooklin-Whitby
Green – Brown	Kumite	Dorian W. , Blue, Brooklin-Whitby	Joseph P. , Green, Seikikai/Etobicoke	Jarrold W. , Brown, Brooklin-Whitby
JUNIORS				
Blue – Brown	Kata	Deepak A. , Brown, Seikikai/Etobicoke	Mark I. , Brown, Brooklin-Whitby	David B. , Blue, Oshawa-Whitby
Blue – Brown	Kumite	Antonio P. , Brown, Port Perry	Deepak A. , Brown, Seikikai/Etobicoke	David B. , Blue, Oshawa-Whitby
ADULTS				
White – Green	Kata	Margaret Livingston , White, Ajax-Pickering	Astrid Alexandre , Green, Seikikai/Maingate	Kimberley McGowan , Green, Ajax-Pickering
Black Belts		Joanna Gussman , Nidan, Seikikai/Etobicoke	Max Voznyy , Shodan, Seikikai/Etobicoke	Steven Schlichtmann , Nidan, Brooklin-Whitby
Orange – Brown Women	Kumite	Kiyomi Nachman , Brown, Seikikai/Etobicoke	Kimberley McGowan , Green, Ajax-Pickering	
Black Belts Women		Jessica Nachman , Shodan-Ho, Seikikai/Etobicoke	Joanna Gussman , Nidan, Seikikai/Etobicoke	
Black Belts Men		Branislav Orescanin , Shodan-Ho, Seikikai/Etobicoke	Michael Kuczowski , Shodan Oshawa-Whitby	

Visit the TWKK Flickr website for pictures of the tournament <https://www.flickr.com/photos/33364500@N06/sets/72157642807836083/>



TORONTO WADO-KAI KARATE CLUB LTD.



WINTER KARATE TOURNAMENT

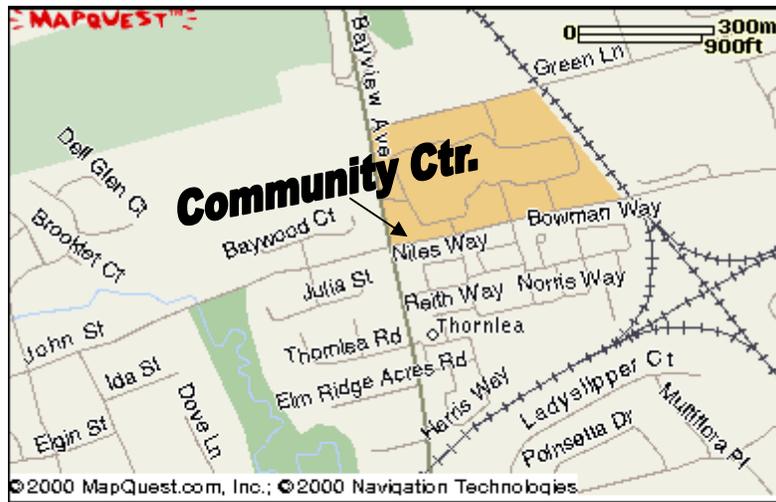
SATURDAY, February 21st
THORNHILL COMMUNITY CENTRE
NE Corner of Bayview Ave. and John St. (N. of Steeles Ave.)

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

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

TOURNAMENT FEES

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



For More Information Contact Sensei Robb Dods

PSST...Network

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