

AUGUST 2009

President:
Dave Manara 9th Dan
Vice President:
Ray Kennedy 6th Dan
Technical Directors:
Jose-Carlos Garcia 7th Dan;
Ian Mador 5th Dan
Director:
Steve Borda 7th Dan
Communications Director:
Robb Dods 6th Dan
Yudansha Membership Director:
Ron Sheyan 6th Dan
Caribbean Director:
Freeman Thurston 5th Dan
Business Director:
Michael McCarthy 5th Dan
Web Site Director:
Leaton Bernard 4th Dan
Training Camp Director:
Vanessa Connors 3rd Dan

INTRODUCTION

We have lots of interesting news in this issue, highlights from the Training Camp 2009, and some exciting news about TWKK's recognition by WUKO.

There are also changes coming in our communications. Up to now the TWKK web site has been supplemented by GeoCities web pages. GeoCities is closing down in October. We will need to move certain items, such as the FOCUS web page, to the TWKK web site. To achieve this some work has to be done to the main site to allow the publishing of the newsletter and other regularly updated information. Sensei Manara will be meeting with the Web site Director and the Directors of Membership and Communications in August to determine next steps.

We are also looking at making changes to FOCUS. We might change the frequency to quarterly; we may ask to reduce articles to a maximum of 400 or 500 words; we may want to limit the number of pictures per club. We do want to capture everyone's news. The bi-monthly issues have been pretty full, so reducing to quarterly will either reduce or increase the work in producing each issue; we do not know. If all our readers can access each issue on-line, then the length of an issue would not be a problem. However, trying to include all the news and accompanying pictures has resulted in some issues just being very long for anyone to print and share (or even have the time to read). I will be asking the Communications Officers to do a little survey for me regarding FOCUS to provide some feedback and direction for the future of this communication tool.

The look of this issue is just an experiment in making a change to the format. We will be coming out with guidelines for submissions soon. A goal may be to try to identify a maximum size of the newsletter.

How is the order of the News From Clubs determined, you might ask? Mostly, it is based on first come – first served. I usually publish the club submissions in the order received. The exceptions, in moving some around, are due to formatting the pages, best placement of pictures and information, etc. This format of this issue is an experiment to see if there is a better way to control the placement of information. I have ended this issue with a couple of page of a picture montage, "Memories of Camp"; many pictures were supplied by Sensei Manara's partner, **Marilyn Gaudio**; (who also has provided a wonderful article about her experience at Camp this year).

Wow, this is the longest introduction I think I have done in the history of FOCUS since I became the editor. I will be quiet now and let you continue your reading.

> EDITOR ROBB DODS

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TORONTO WADO-KAI KARATE CLUB TRAINING CAMP 2009

Photo Courtesy of Sensei Ron Sheyan (look familiar somewhere else?)



Tiago Magalhaes blocks and counters on Hamed Hosseini's kick



APPRECIATION FOR THE CAMP AND THE TORONTO WADO-KAI KARATE-KAS

It is not a duty but a keen sense of gratitude that compels me to express my heartfelt appreciation to Sensei Dave and the TWKK Club's karate-kas for making me feel part of the TWKK family during the 36th Annual TWKK Training Camp at Wasaga Beach.

The day I told Sensei Dave I would be accompanying him to the Training Camp was a day of awakening to say the least! I was warned about the "executive suites" along the white sandy beaches of Wasaga, one of Canada's fastest growing communities. But I ignored the warnings, packed my bag, along with my brown straw hat, and accepted the request to be escorted by my Sensei Dave!

Upon my arrival that Friday evening, I was very impressed with the assurance everyone instilled in me, and the positive outlook of everyone, despite the abnormally cold weather we experienced. Meeting Sensei **Freeman Thurston**, who travelled all the way from the Bahamas, was indeed a memorable experience. I must mention that the hospitality bestowed on Sensei Freeman while in Toronto, by Sensei **Larry O'Grady** and his gracious wife **Cindy**, was a wonderful show of human kindness and personal touch.

It started with the Boston Pizza supper experience and ended with a cold and foggy Sunday morning training session...where the little karate-ka girls shrunk their arms in their gi sleeves to keep their hands warm, and where Sensei Freeman conducted a masterful Bahamian session on the beach. My digital camera was in full gear throughout

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It started with the Boston Pizza supper...

the entire weekend, to the point where I interrupted one of Sensei Dave's training sessions by distracting Sensei **Leighton** and **Joe!** What was I thinking?! I was embarrassed!!



"I was truly transformed"

I was very impressed with Sensei **Vanessa's** great practices, as the Camp's Director, to ensure a flawless weekend in spite of poor weather conditions. It all started to look like a small village to me. Saturday evening's vast amounts of delectable foods brought in by everyone (some home-made), spread out on tables in two cabins (I was hosting the dessert cabin – yummy!), was a true testament of a strong and powerful community. Sensei **Ian's** guitar playing that evening, and the children's entertainment, just kept my heart warm! (Oh - and, did I mention it was - BITTERLY DAMP AND COLD?!!)

What struck me most was the long term dedication and commitment of all of the karatekas who participated; in particular, the club instructors whose devotion to their students is immeasurable. It was evident that the spirit of karate dug deep into everyone, including me. I was truly transformed.

Thanks to Sensei Dave, I have made new friends. I have come to realize how one individual, who constantly strives to teach people not only how to fight, but to have self-respect and the spirit to help others, can influence so many, many people.

Thank you for welcoming me into your TWKK family. I look forward to the 37th Annual TWKK Training Camp!!

Warmest regards, **Marilyn Gaudio**

WARM WELCOME TO A FAR AWAY FRIEND

It is always great to see visitors from the out of Province dojos come to the Annual Training Camp, but this year we had a special guest, from the Bahamas; Sensei **Freeman Thurstan** Godan, of course. A BIG THANK YOU to **Larry** and **Cindy O'Grady** for hosting Freeman. Here is a note from Freeman.

"The big news in BWKK this summer, of course, was TWKK 36th Annual Camp. I, finally, was able to schedule a long-overdue visit (missed not seeing ya, Robb Dods)... a renewal of old friendships, and many more new ones, topped off by The Shintani Award,



no less! What a summer! Certainly one of the most satisfying Camp memories for me, after all the people I met and was privileged to train further with, was the opportunity to show-off BWKK's famous "Fluttering Palms" kata. To have the camp participate in its performance, and to receive so much positive feedback from all campers - led by Sensei Dave himself, 'put icing on the cake', as someone noted in an e-mail to me after I got home."

2009 SHINTANI AWARDS

**Sensei Freeman Thurstan, Godan;
Sensei Larry O'Grady, Godan**



Alex Ngyen, Yodan

BEST ATTENDANCE AWARD

**To Ryerson –
Sensei Michael McCarthy Godan**



**TORONTO WADO-KAI KARATE CLUB LTD.
RECOGNIZED BY
WORLD UNION OF KARATE-do ORGANIZATIONS**

Sensei Dave Manara 9th Dan has announced the TWKK has joined with the World Union of Karate-do Organizations. Originally, WUKO was the Japanese umbrella organization to control karate for the All-Japan Karate-Doh Federation, but it did not do a good job in harmonizing karate around the world as intended, and was cancelled. Then the Japan Karate Association attempted to do the same and failed.

"In April 2005 Carlo Henke, 8th Dan master, having checked up on the availability of the name "Wuko", abandoned for fifteen years, decided to refound the organization." "In July 2005, in Fortaleza, Brazil, Carlo Henke and a group of friends founded a world sports association named "Wuko" aimed at the development of karate on a sports and on a promotional level. Carlo Henke renounced the office unanimously proposed by the Congress and was appointed Honorary President and warrantor of the rules for all

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members.” “The new Wuko recognizes every federation submitting a membership request...” Read more at the WUKO web site www.wukokarate.org (you will see the TWKK listed as an affiliated member).

Sensei Manara became re-involved this year and, working with Steve Paris, re-joined the 'new' organization. “I have known Steve Paris since 1971, when we competed together in an international tournament held in Toronto. We became friends, and over the years I have received many of his students from Trinidad as guests when they have visited Canada. Steve now resides in Canada and we continue our friendship.”

Sensei was working with the organization to have the World Tournament in Trinidad, but the organization could not afford this location this year. The back-up locations were going to be Mexico, Brazil or Switzerland. By the time they finally decided on Guadalajara Mexico the Canadian contingent decided it was too late; there was not enough time or money to attend this year (and with the current security issues in Mexico they were not comfortable with this location).

As a note of interest, Sensei Manara's rank of 9th Dan, awarded by Sensei **Masaru Shintani** and recognized by the Shintani Federation, has been confirmed and recognized worldwide by the new WUKO; meaning recognized by all styles, by all countries (i.e. not just Wado-Kai).

NEWS FROM CLUBS

BLOOR STREET and MARKHAM Karate Clubs, Toronto/Markham, ON

**C.O. NADIA CORRADO, 3RD
KYU**

Tues: 11:30am - 12:10pm

Wed: 5:15pm - 6:45pm

Thurs: 11:30am -
12:10pm

The Bloor Street and Markham dojos were present at the Annual Training Camp at Wasaga Beach on Jun 19-21, which proved to be another great success, and we also plan to be on the Feb 2010 Bahamas trip - just picture yourself there!

We challenge you to be part of these exciting and rewarding Wado-Kai community events as they create more opportunities for us to interact and share our true spirit as well as meet new and exciting people.

Bloor Street dojo: The Bloor Street dojo wishes all Warm Summer Greetings. Our schedule (see below) continues the same throughout the summer - designed to fit the typical busy corporate schedule. Employees are encouraged to take mid-day breaks from work and come join us realize our true potential and develop our ability to defend ourselves, while working with an enthusiastic variety of people with common goals, not to mention relieving work related stress. We welcome all students and instructors from our Wado-Kai organization.

Please join me in congratulating and welcoming the following karateka:

- **Kristin Kerr** - ranked to 5th Kyu - a keen, determined and enthusiastic karateka.
- **Mangesh Balkhande** who is fairly new to Canada from India where he trained as a black belt in Shutokan karate. A very disciplined karateka with high intensity and humility; a suitable fit for our organization.
- **Michelle Lin** who, with no previous karate experience, appears to be a natural - perhaps due to her continued efforts and attitude towards learning the martial arts. She has shown confidence and humility and is a great addition to our dojo.

The Bloor Street dojo welcomes all new, existing and returning karateka... for directions and

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<p>Tues: 7:00 - 8:00 / 8:30pm - Children leave at 8:00pm while Juniors / Adults continue to 8:30pm</p> <p>Sat: 10:00 - 11:00 / 11:30am - Children leave at 11:00am while Juniors / Adults continue to 11:30am.</p>	<p>security reasons, please contact me (or Sensei) before attending. If you are unable to, do bring ID and inform Security that you are here for the Karate classes.</p> <p>Ask for directions to the Fitness Centre (take the elevator to level B2). Shower facilities, towels, soap, etc and lockers are available for your use; however, use of fitness equipment is reserved for Fitness Centre members.</p> <p>Markham Dojo: The Markham (Grace Church) dojo is closed for the July and August summer months. We will resume classes on Sep 12 - the weekend just after the Labour Day weekend. Students are encouraged to train at the other Markham area dojos - at the Thornhill Community Centre or the Unionville dojo. You are welcome to attend extra classes and a chance to train with karateka from another dojo. This Markham dojo generally has visitors from the Bloor Street, Unionville and Thornhill dojos.</p> <p>The Markham dojo will continue to entertain the schedule of overlapping the Children and Juniors / Adults classes. The interaction between both groups has proven beneficial.</p>
<p>EDMONTON Karate Club, Calgary AB</p> <p>SENSEI RANDY JAMES, GODAN</p> <p>SENSEI ANDRE BEAUREGARD, YODAN</p> <p>The Saturday Group</p>	<p>Although we are taking our usual break for the summer at the Winter Club we are offering an instructors drop-in class on Tuesday evenings at 7 to 8:30 - just to stay sharp. Before the break we graded six students to Shodan. Their names are: Mark McSweeny (also an instructor), Zach McSweeny, Tara Stewart, Diana Doublet, Chris Rvachew, and Trevor Artzen.</p> <p>It was an honor to have Sensei Manara present a clinic on May 23 and 24 in Edmonton. We had a good turn out on both days, it was great seeing Sensei and students from other clubs come out to participate. These events help to strengthen bonds and will ensure connections throughout the year. Thanks Sensei for another great visit.</p> 

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L to R:

**Sensei Steve
Hendrich, Bill Hynes,
Randy James, Dave
Manara, Andre
Beauregard, Sean
Bowen, and Ken Buck**



New Shodans:

**Patrick Learmonth
and Jr Shodan Patrick
de Montigny**



**And Sensei Brian
Chan and Keith
Lorenz**



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The Sunday Group



Our annual Edmonton Wado-Kai yearend picnic at Emily Murphy Park in Edmonton. Our picnic was held on June 29th; weather was threatening but held out for another great event. This picture (below) is of our very competitive Bocce team. Bocce has become the event of the picnic; not all play but the spectators are as enthusiastic as the participants.

The entire group: a good time was had by all; of course the food was fantastic as usual.



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Seikiki Martial Arts, Etobicoke, ON

C.O. SENSEI VERONICA
CIZMAR, SHODAN

On May 29, the Etobicoke Dojo held an appreciation surprise party for Sensei **Steve Borda** to honor his 16 years of dedication. And what a surprise it was! We had been planning the party for weeks, and with such a large number of karateka in our dojo, we were hoping no one would let the secret out.

Sensei Steve was very surprised! Our ruse was inviting Sensei **Joe Fagundes'** class from the Mississauga West End dojo to join us for an evening of training and then to bring out the surprise at break time. It all worked out beautifully and we have many people to thank!

Firstly to thank Sensei Steve, without whom the Etobicoke dojo would not exist. A gentle, kind man with large amounts of patience, his dedication to the club is outstanding. Rarely missing a class, Sensei Steve's proficiency in karate, his wealth of knowledge and encyclopedic memory make every class a joy to be a part of.

Thank you to Sensei Joe and Sensei **Lenore Eng** of Mississauga. They brought all their karateka to our class and easily re-scheduled when we had to change the date at last minute. And thank you Lenore for the fruit tray.

Thank you Sensei **Joanna Gussman** for creating a funny, warm and fitting tribute video, which we all had the pleasure to watch that evening, entitled "Karate Spirit – The Sequel". For your viewing pleasure, visit:

http://s168.photobucket.com/albums/u180/bestvintage/?action=view¤t=KARATESPIRIT_2009-05-27.flv

Thank you Sensei **Larry O'Grady** who presented the dedication plaque and **Cyndy O'Grady** for creating a great, giant card and bringing video equipment, and to **Dave** for being our official photographer.

Thank you **Sharon Borda** for bringing Jeffery and helping me to re-schedule so Sensei Steve would actually be there. Thank you Sensei **John Lobo** for getting the cakes in the door without anyone seeing. Thank you Sensei **Robb Dods** for the appreciation plaque on behalf of Sensei Manara.

And finally, thank you to all the karateka and their families who joined us to celebrate Sensei Steve. It was a great evening!



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OSHAWA Karate Club, Oshawa ON

C.O. THERESA VIRGIN 1ST KYU

Well folks, summer is supposed to be here, but as of yet it hasn't been prevalent. Our club is still going strong for both the adult's side and the children's side.

The photos are from the Canada Day celebration at Lakeview Park in Oshawa. Every year, Oshawa Wado-Kai is invited to demonstrate. This year, the weather held out and we had a really good turn out, both from our club, and from spectators.



We were also invited to participate in a demonstration for the City of Oshawa Annual sidewalk sale. The Optimist Club (who supports our Children's Tournament) had us participate in a demonstration and a tug-of-war with the Oshawa City Counselors. All participants received a medal from the City of Oshawa. Again, we lucked out with the weather and had a great time.

Please ensure that you mark your calendars for Saturday December 5, 2009 for the Oshawa Wado-Kai Children's Tournament. More information will be coming your way on this annual event.

That's it from Oshawa Wado-Kai.

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**BAHAMAS/
CARIBBEAN
AIKIWA Karate
Doh / Kubudo
Association**

**SENSEI FREEMAN W.
THURSTON, GODAN**

Our annual summer Youth Karate programs that started in June 2009 at the YMCA go on for a few more weeks, through August 8th. I am then, officially, on "summer break" through to September 7th.

The BWKK Community Youth/Young Adults Programs starts at the new school year, and the BWKK-YMCA after-school youth karate programs for Primary and Secondary scholars as soon as all kids are settled in classes.

I will keep all abreast re: our upcoming anniversary plans; on-going progress to **BAHAMAS 2010** will continue to be via our "official" Canadian **Bahamamas**.

Fluttering Palms Kata



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**CLARINGTON
Karate Club,
Clarington ON**

CO SENSEI WELDON NIDAN

With summer here we all took the month of July off to enjoy the sun, and relax. Before taking the month off we had to have those delicious SugarB cupcakes. This year's recipient of the Rising Sun Award, awarded each year to the student who demonstrated overall dedication to karate and Clarington Wado-Kai was **Robin Singh**. Congratulation Robin, continue the hard work!



Thank you Sensei Dave for a great Training Camp 2009. Camp was once again a great time, even with all the rain, the camaraderie, and work outs, and the FOOD! **Sensei Vanessa** proved to be a great Camp Director. We enjoyed meeting **Sensei Freeman Thurston**. We look forward to next year, and maybe a year with sun.

**The morning run club
(yes, it is raining)**



Congratulation to the following on a successful ranking. Keep up the hard work **Benjamin Singh** and **Victoria Singh** promoted to Green; **Clemence Ngandu** promoted to Orange; and **Shelby Dougherty** promoted to Yellow. Hope everyone is enjoying the summer.

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**Sensei Vanessa,
Benjamin, Victoria,
Sensei Ken,
Clemence and Shelby**



**BROOKLIN-
WHITBY Karate
Club**

**SENSEI RON SHEYAN,
ROKUDAN**

A Milestone For Brooklin - Whitby Karate!!! On April 27, four students headed up to Unionville for their Shodan-Ho grading. The significance about this grading was that it was the first time in Brooklin - Whitby Karate's history that "Juniors" were being graded to this rank! They went to the grading with great nervousness (and, yes, some of it did show up at the grading) and all came back with great success! Congratulations **Wade, Cody, Kirk, and Jared** for attaining your Shodan-Ho belt! Shown below with those receiving their new rank are some of the Sensei and Sempei who were instrumental in them attaining it. From L-R: **Sensei Annemarie, Sempai Eric, Sensei Ron, Jared, Wade, Cody, Kirk, Sensei Anthony, and Sempai Steve.**



There Are Some Happy Kids In Brooklin!!! In January of 2008, Sensei **Ron** and Sensei **Sam** started a Children's Class at the Brooklin-Whitby Karate Club. On May 25 of 2009, eight of the students went for their grading to Yellow Belt. To say that they were awesome is an understatement! Congratulations to all for your successful test!!!

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Back row (L-R) are those who assisted with the grading: Sempai Steve, Sensei Ron, Sam, Cindy, Sempai Eric, and Sensei Heather. Middle row are: Bradley, Angelica, Ella and Abby. Front row are Jacob, Cameren, Ryan and Hanz.

To the right is Graham who tested successfully the following week.



Girl Power!!! Congratulations to the five students who successfully graded to their next belt level on May 28. Pictured below in the back row (L-R) are those who assisted with the grading: **Sensei Heather, Sensei Sam, Sensei Cindy, and Sensei Heather**. In the front are **Michelle, Areej, Abeer, Cecilia and Rochelle**.



Surprise!!! On June 4 a surprise celebration was held in honour of Sensei **Heather Cant**. It was in appreciation for all of her contributions to the success of the Brooklin-Whitby club and also in recognition of her dedication since she began her training in September of 1986, 23 years ago!!!

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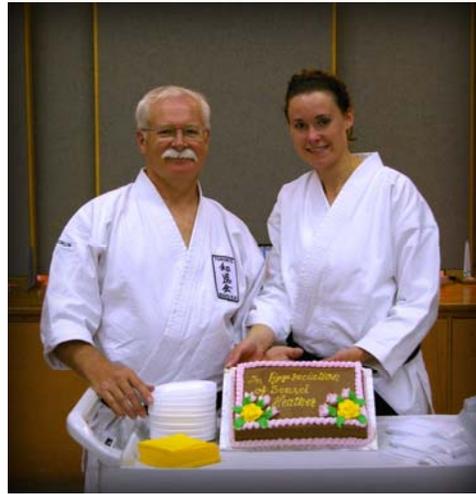
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Sensei Ron and Heather showing the celebratory cake before it is eaten.

And Sensei Ron and Anthony presenting Sensei Heather with a certificate commemorating the celebration.



Whitby Seniors' Karate! Shown below are students of the Whitby Seniors' Karate program. This is the second session that ran under the auspices of the Town of Whitby's Seniors' Centre. The class grew from four students (first session) to 11 students for the second session. Not all students are present for this photo as we all know how busy seniors are... so much to do, so little time to do it. ☺ Shown below, Sensei Ron leads the class with his assistant **Sensei Steve Swain**.



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July Gradings:

The students who successfully graded during July. In the photo (left) are Joseph, Eric (green belt) and Charlie.

To the right are Tomas and Tyler with Sensei Cindy and Sensei Heather.



Karate Camp 2009 – Wasaga Beach, Ontario:

Part of the Saturday morning workout and some of the friends Sensei Ron got to hang out with for the weekend (Russ, Jan, Frank and Nancy... all from the Port Perry club)



RYERSON Karate Club, Toronto ON

COS MATTHEW ELLIS 2ND KYU & TIAGO MAGALHÃES SHODAN-HO

2009 Karate Camp: June 19-21: Congratulations to the Ryerson Karateka who participated at the 36th Annual Karate Camp and helped the Ryerson Dojo to win the 2009 Attendance Award!

Knife Defense Seminar: August: Saturday Class (To be Confirmed)

Sensei Michael McCarthy (5th Dan) will lead the Ryerson Dojo's annual Knife Defense Seminar. The seminar offers a valuable opportunity to discuss awareness, avoidance and de-escalation, before exploring a variety of practical defense techniques.

Movie Night: Stay tuned for news of future movie nights, including Shaw Brothers classics as well as the forthcoming ninja epic 'Kamui Gaiden'! Osu!

PORT PERRY Karate Club, Port Perry ON

SENSEI RON RUSKAY YODAN

On June 16, 2009 a ranking was held at PPWK. Congratulations to the students on their hard work for a successful ranking to their new belts. The last class before our summer break was dedicated to Board Breaking. It focused on all the elements of karate that the students have been taught in class and how to channel this knowledge to break a board. Some of the students were able to break a board on their first attempt. The other students were successful on later attempts. Everyone enjoyed the class and some parents took home some firewood for their campfires (Maybe all the clubs should have a board breaking class in early June and bring the broken boards to the Karate Camp for the campfires).

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Carter LeFort to
Yellow Belt;

**Amanda Macedo,
Nancy Rickard, and
Renee Smith** to
Orange Belt



On July 1, 2009 PPWK participated in the Port Perry Canada Day Celebrations at Palmer Park on the waterfront. Our information booth drew a lot of people who were interested in karate.

Our Fall Registration and start of Fall classes is Tuesday, September 8, 2009. I hope everyone enjoys the rest of the summer and I know we all want a warm and dry August.

Andrew and Carter
using Hammer Fist



Robert using Front
Punch



Tyson using Hammer
Fist



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Amanda M. using
Front Kick

Sensei Jan using
Elbow Strike



The Class with their
signed broken boards



LAURENTIAN VALLEY Karate Club, Pembroke ON

C.O. SENSEI MARGARET
MICHAEL YODAN

Sensei **Ron Sheyan**, 6th Dan and Chief Instructor of Brooklin-Whitby Karate visited our dojo and taught a class on June 2nd. Sensei concentrated on a blocking drill that covered all of the blocks that we are familiar with plus a hooking block (kake uke). We learned the drill individually and then spent the rest of the class working with a partner, integrating the solo drill into a two-person flow drill. At the end of the class, Sensei Ron tested out the three highest belts, **Graham, Gavin** and **Ben**, by partnering with each one of them and turning up the intensity of the drill to see what they had learned. Sensei Ron said they all did well!

After the regular class, Sensei Ron spent time grading our most senior student, **Graham Mask**, for his Shodan rank, Congratulations, Graham! Sensei's remarks were conveyed to Sensei Manara for his approval.

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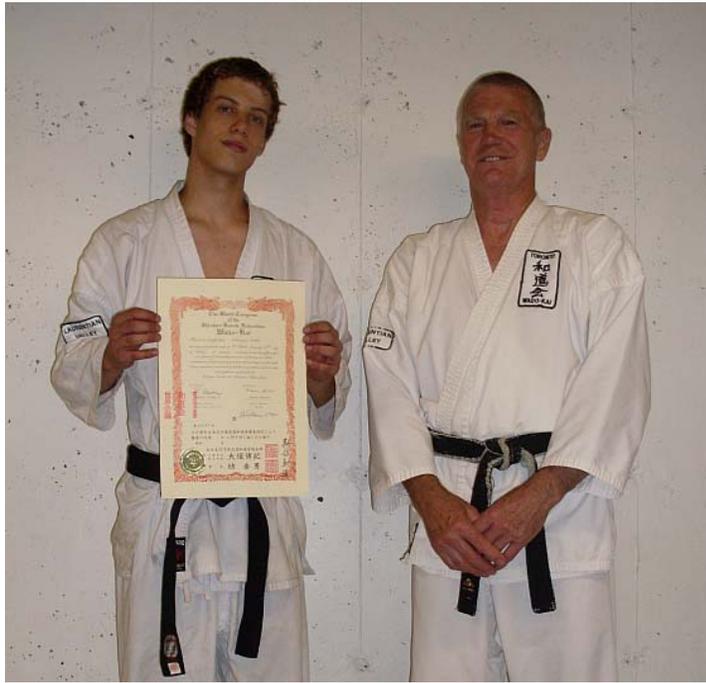
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Graham Mask is our first student ranked to Shodan, (with Sensei Jim Sullivan)



Thank you, Sensei, for the time and effort you've taken to visit Laurentian Valley WKK and also for another interesting class. We hope to see you in the fall!



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BAHAMAS 2010

<p>Your Bahama Mamas!</p>  <p>Lenore Eng Veronica Cizmar</p>	<p>Bahama Mamas, Lenore and Veronica want to thank everyone we spoke to at Karate Camp in June. A mostly rainy weekend this year did not deter our promotion of a sunny tropical paradise. What a pleasure it was to finally meet Sensei Freeman Thurston who came to Toronto specifically for the Wasaga camp. For those of you who were not there, Sensei Freeman taught us his Fluttering Palm kata, and it was a beautiful way to end our weekend!</p> <p>The Bahamas trip is coming together nicely. The flight and hotel have been booked and deposits gathered. We have 20 people confirmed and going! Osu!</p> <p>If you are still interested, we are potentially putting together another group rate for the flight. Please bear in mind that flight rates are constantly changing, and our last rate of \$936.58 may not be available. Hotel rates are firm at \$112US per person per night and \$30US per child per night who are under 17 years of age. Remember that the hotel is an all-inclusive package, so the rates include all food, beverages, alcohol, snacks and non-motorized water sports! Contact us at bahamamamas@live.com for more details.</p>
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<p>OUR CONDOLENCES</p>	<p>Our condolences to Larry and Cindy O’Grady on the passing of Cindy’s father, Michael Nikiforuk; the funeral was July 9th in Lethbridge, Alberta.</p> <p>Our condolences also go to Ron, Roseanne, Ryan and Neil Ruskay on the passing of Ron’s father, Michael Ruskay, on June 19th.</p>
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