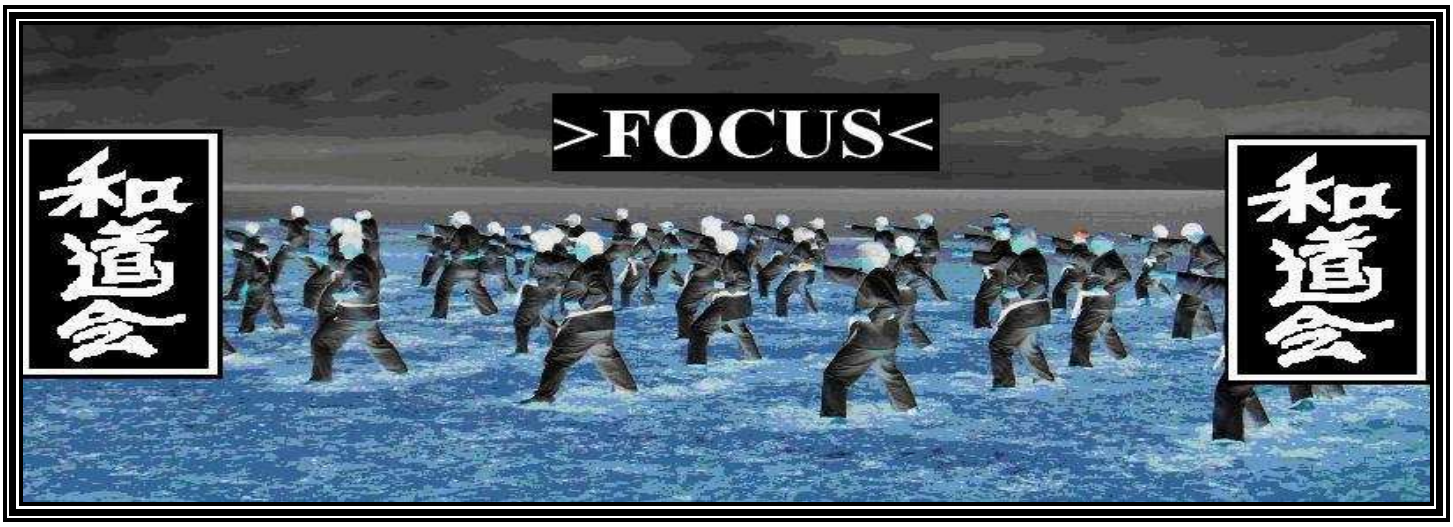

OCTOBER 2012

President:
Dave Manara, Kudan
(9th Degree Black Belt)

Vice President:
Ray Kennedy, Rokudan
(6th Degree Black Belt)

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(7th Degree Black Belt);
Ian Mador, Godan
(5th Degree Black Belt)

Director:
Steve Borda, Sichidan
(7th Degree Black Belt)

Communications Director & FOCUS Editor:
Robb Dods, Rokudan
(6th Degree Black Belt)

Yudansha Membership Director:
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Caribbean Director:
Freeman Thurston, Rokudan
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Business Development Director:
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(6th Degree Black Belt)

Web Site Director:
Leaton Bernard, Godan
(5th Degree Black Belt)

Training Camp Director:
Vanessa Ferreira, Sandan
(3rd Degree Black Belt)

INTRODUCTION

There is a lot to talk about in the coming months, as 2013 will be a busy year.

First, though, is the **FALL TOURNAMENT** in Thornhill this month on Saturday October 27th. Be sure to attend, whether you compete or just cheer your fellow karate-kas on. We want to see you there!

As you will find noted in the Oshawa-Whitby news, the **Oshawa Wado-Kai Children's Tournament** will be held once again in December. Read the "News From Clubs" for more information.

BAHAMAS 2013 is on the horizon and the Bahama Mamas are asking everyone who is planning to go to get your booking and deposit in ASAP. The last trip was a great success and everyone had a great time! Such successes encourage repetition. So, here's your chance, if you didn't go last time, to experience the fun, the excitement, the sand, and the relaxation! It is also being held later, in April, so it will definitely be warm (hot more likely).

…And talking about sand, it may seem early, but please mark your calendars to be sure to attend the **2013 ANNUAL TRAINING CAMP**. This one is shaping up to be something special. Next year will be the **40th Training Camp** since the first one was held in 1974 in Uxbridge Ontario. In addition to the usual organized events there will be even more, so to make this one more fun and involved we want to see everyone attend. We are hoping to see visitors from the dojos more distant than the Ontario region; and we are also encouraging past members to visit. We are also investigating if the Camp can be held a week earlier, before the Father's Day Weekend. We'll be keeping everyone posted with regular updates in the coming months.

We are hoping for more participation in 2013 at the Fall and Winter Tournaments, the Bahamas Trip, and the Training Camp. Plus there are all the other activities the various dojos plan, especially when **Sensei Manara** travels about visiting the dojos. > **EDITOR ROBB DODS**

NEWS FROM CLUBS

SEIKIKAI Martial Arts, Etobicoke ON

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

C.O. Sensei Veronica Cizmar Nidan

OLYMPIUM:
SUNDAY, WEDNESDAY & FRIDAY
FAMILY CLASS:
7:00 – 8:00PM
TEENS/ADULTS:
7:00 – 8:30PM

Congratulations to **Deepak, Lawrence & Dennis** on achieving their orange belt. Job well done!

SEIKIKAI Martial Arts, Maingate (Mississauga), ON

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

C.O. Lenore Eng Nidan
(2nd Degree Black Belt)

MAINGATE:
TUESDAY & FRIDAY:
6:30 PM – 8:00 PM

Our dojo transition has slowly evolved with all students settling into the curriculum and forging new friendships between both locations. For flexibility, all students are able to take advantage of classes at Olympium and Maingate. On Sundays, when both clubs combine, we enjoy a large, rousing and energetic class. Many thanks to Sensei **Steve** for his continued efforts and patience.

Seikikai Martial Arts,
Etobicoke / Maingate
(Mississauga), ON

Seikikai Maingate is also pleased to have new signage to aid patrons in finding our location and distinguish us from a number of other karate signs in the area. We have created a distinctive image for both advertisements in the local paper and on the signs.

The colours were used representing the colour of our tatami mats. To be seen at night, the sign is made of reflective material. We would like to extend an invitation for you to join us for a class anytime.

Location: 5030 Maingate Drive, Mississauga, Unit #1, (just north of Eglinton between Dixie and Tomken). Schedule as noted.

Sensei **Manara** continues his tour of the Toronto Wado-Kai Karate dojos. Friday, September 28 Seikikai Maingate was treated to his seminar. The following photos show a sliver of an evening filled with individual attention, emphasis on basics and a challenging four-person escalating block/counter/sparring drill, which kept everyone fully engaged and sweating. It's important for all levels to get a chance to meet Sensei Manara in a more personal setting and to be inspired by his direction.

Seikikai Martial Arts,
Etobicoke / Maingate
(Mississauga), ON

Many thanks to Sensei Manara for sharing his time, knowledge and a long dedication to the organization.

OSHAWA-WHITBY Karate Club, Oshawa ON

Sensei Jose-Carlos Garcia, Sichidan
(7th Degree Black Belt)

C.O. Theresa Virgin, 1st Kyu
(Brown Belt)

YWCA CENTRE
ADULTS: TUESDAY & THURSDAY:
7PM TO 8:30PM
CHILDREN:
TUESDAY & THURSDAY:
6:30PM TO 8PM

WALTER E HARRIS PUBLIC SCHOOL
CHILDREN BEGINNERS:
MONDAY & WEDNESDAY:
6:30PM TO 7:30PM
CHILDREN ADVANCED:
MONDAY & WEDNESDAY:
7:35PM TO 8:35PM

Thursday, September 27th was the last class of our summer session. Starting Tuesday, October 2nd, our fall session begins at the YWCA.

Along with the heat, our summer session brought two fabulous guest Sensei.

On Tuesday August 28th, Sensei **Ron Sheyan** came to Oshawa to run a special class at the YWCA. The entire class enjoyed the workout and the new techniques learnt. Thank you Ron, it was a great class!!!

On Tuesday September 25th, our second guest Sensei was Sensei **Joe Fagundes** (to right of Sensei **Jose-Carlos Garcia** in following picture). Sensei Joe came east to Oshawa to run a special class at the YWCA Club. All participants thoroughly enjoyed the techniques and information shared. Thank you Joe, it was a great class!!!

We are starting to plan our annual **Children's Tournament**. Mark down December 8, 2012 on your calendars. This year the Juniors Tournament registration will be handled electronically and only those pre-registered will be allowed to participate.

There will be more information and a colour flyer to follow.

OSHAWA-WHITBY Karate Club, Oshawa ON

Check out our website at www.oshawawado-kai.com for all our information and the latest news.

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 **Iain, Elizabeth, Cooper, Callum, Aidan, Taylor, Kaine** and **Logan**

See you at the Tournament October 27, 2012.

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

Congratulations to those below who successfully graded to their next belt level.

Pictured L-R: **Shane, Ian, Scott, Andy,** and **Laura**

BROOKLIN-WHITBY Karate Club, Brooklin, ON

August 28 Seminar at Oshawa Wado-Kai Karate

Sensei **Ron** was invited by Sensei **Jose-Carlos Garcia** to hold a seminar at the Oshawa Wado-Kai Karate Club. Several students from the Brooklin club accompanied Sensei Ron. Also, a few students from the Clarington club attended. It was great to have all of the members from the different clubs train with each other throughout the seminar, and for the students to get to know each other better.

A drill was taught that centered on using techniques, within the kata we learn, to escape from common ways of being seized. Techniques were taken from the Pinans Sandan, Yodan, Godan, Naifunchi Shodan, Bassai Dai, and Jihon. All of the students found the seminar very informative and fun, and gained a deeper understanding of the katas that we perform. Pictured below are the students who attended from the Oshawa, Clarington, and Brooklin clubs.

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.

RYERSON Karate Club, Toronto, ON

Sensei Leaton Bernard, Godan
(5th Degree Black Belt)
Assistant Instructors:
Michael Boisvert, Shodan
(1st Degree Black belt)
Tiago Magalhães, Shodan
David Zvekic, Shodan

MONDAY & WEDNESDAY:
7:30 PM – 9:00 PM
SATURDAY:
10:00 AM – 12:00 NOON

Congratulations to the following karate-kas on attaining their next rank: **Andrei Petrov** (2nd Kyu), **Eddie Hobart** (2nd Kyu), and **Luiz Aizawa** (5th Kyu); pictured below left to right, behind Sensei Leaton.

Yalda Pashai has returned and we welcome the following new members: **Jordan Carbone, Mohamad Ghalayini, Mohamed Helal, Martin Hohmann, Zachary Jacob, Baki Sibanda**, and **Tishikesan Sundareswaran**.

Our schedule continues as noted at the following link and all are welcome: Refer to the "Club Listings and Contacts" link on our website at: http://torontowadokai.com/

OUR CONDOLENCES

Our condolences to Sensei **Larry O'Grady** and Cindy, and the O'Grady family in Eganville, Ontario. Larry's father, Mr. **Archibald Thomas O'Grady**, passed away on July 21, 2012 after a long battle with cancer.

Our condolences to the Chow family in the passing of **Dominic Chow** in August 2012.

Dominic was a close friend to Sensei **Dave Manara**. Older TWKK members may remember Dominic, who was a great contributor towards the early success of the Ryerson Club.

"Dominic constantly put up posters, handed out flyers, participated in demonstrations, and came along with me to tournaments," said Sensei Manara. "He cheered me on, took photos, and also competed himself. He was very kind and generous both in the club and to all who knew him.

"I had the opportunity to see him several times both before and while he was in palliative care at Credit Valley hospital. His last words to me were, 'We are brothers at heart'.

"I will dearly miss him!!"

The Essence of Training Camp – Part 1

By Sensei Robb Dods

What is the essence of the Annual Training Camp? Why is it so important to us?

Is it the camaraderie, the informative workouts and clinics, the food, sand and surf?

All of that, really, but more.

In the next few issues I want to explore the "essence" of what the Camp means to us.

There are aspects about the Camp that are inherent in our training, that characterize what the Toronto Wado-Kai organization represents.

At the Camp each year an award is presented – The Shintani Award for Humility, Sincerity, and Dedication. Sensei Manara chooses usually one, sometimes two, deserving students whom he feels, in the course of their training and their support of the organization, has portrayed these attributes. There is a reason why the Award is presented at the Camp.

The very first Training Camp was held the summer of 1974 at Mussleman's Lake just north of Uxbridge, at a cottage belonging to the instructor of the Port Perry Karate Club at the time. The Camp was well attended, but the cottage only had two bedrooms. We students spread sleeping bags on the floor of the main room and pitched tents in the backyard; the front yard was filled with parked cars, and some of us even slept in a car or two for a little more comfort than the hard floor. It was all part of the adventure!

It may sound a bit primative and a little rough, but that First Camp invoked a quality that has been part of Training Camp ever since – the humility in our training. We were close to the elements, embracing nature. The workouts were on the grass of an uneven, slanted yard. There was no beach, just an access to the water from the property shared by the neighbours. But we had fun! We worked out hard! We got to know one another. And, most of all, we were all there on equal ground!!!

When we put on our white gi, the only thing that distinguishes us is the colour of our belts. For the lower ranks, the students "look up" to the others of more seasoned training. For those more senior in their training, we are well aware of how much we still have to learn. Our training is about the journey, not the destination. In our training we learn that we can take satisfaction in our own accomplishments, but we should not portray pride, or suggest our abilities are superior to that of others.

Humility is to <u>be</u> humble, not to make humble or injure the dignitiy or self-respect of others.

The Training Camp provides an organic experience; one that, for many, may be a real difference to the way of your physical living. It is "rustic" in its nature. When we go to Camp we put away the comforts of our everyday lives, and live more simply for a couple of days, for a single weekend, once a year.

All the Training Camps have been this way. After that first cottage, there was the Ryerson Farm where everyone slept in tents. Then there was the Ryerson Lodge at Blue Mountain where we stayed in dormatory style lodgings, sharing rooms and eating in one main kitchen area. Then followed the cabins at Rice Lake. At each of these Camps our workouts were on the grass, sometimes lumpy ground for bare feet. Great for grass stains too, from our take-downs and sparring.

We have been at Wasaga Beach for the Training Camp for many years now. It is a perfect setting of beach and water. It may not be as idyllic as the Bahamas, but it is good for the soul, watching the sunsets over the water, playing (or resting) on the beach between workouts, and there is the softness of the sand under our feet.

As the organization has grown we have had more family groups involved with the Camps. The cabins are not luxurious; far from it. But, should they be?

The purpose of the Training Camp, really, is to get back to the roots of our training. We can invite our spouses and families to embrace the humbleness of the surroundings of our outdoor dojo. If they are not karate-ka, they can experience the humble nature of it in their own way.

To lose this basic element of the Camp, by staying in comfort, would defeat the purpose.

Ask those who attend the Training Camp for the first time about their experience. Usually, they tell us about how well it is organized; everyone seems to know what to do without direction; and there is real "feeling" of community, of belonging to something bigger.

Join us at Camp! It is fun, it is basic, it is organic. We Want to See You in 2013 at The Camp!

BAHAMAS 2013

Toronto and Bahamas Wado-Kai meet again for FUN IN THE SUN!

The promotion for the Toronto Wado-Kai Karate trip to Bahamas is in full force. We have made the trip a bit later and warm weather will be prevailing. The hospitality of the Bahamas Wado-Kai will sure to warm us as well. At this point we are asking for the flight deposit for participants now and the remaining resort payment can be made 60 days (Feb 5) before the trip.

We would like to also highlight the considerable price break for participants 17 and under. The resort will ONLY be charging $180 ($30/night all inclusive stay) + $586 for the flight. We hope this makes it more affordable for the entire family.

The last trip was enjoyed by all for the shared camaraderie, balance of karate and free-time, stellar hospitality and beautiful scenery. Come join the fun April 2013!!!

GET READY FOR THE 40th ANNIVERSARY OF THE ANNUAL TRAINING CAMP

Mark your calendars and plan to attend next year's Training Camp in Wasaga Beach.

The Camp will be a special one! It is the **40th Anniversary of the Annual TWKK Training Camp**. Plans are to hold it a week earlier than previous, before the Father's Day weekend.

TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS	
AJAX-PICKERING – Eric Bergman & Julie Bergman	BLOOR STREET (Toronto) – Leaton Bernard
BAHAMAS/CARIBBEAN AIKIWA – Freeman Thurston	OSHAWA-WHITBY – Jose-Carlos Garcia
BEAUBASSIN (Halifax) – Dan Duce & Kim Duggan	PORT PERRY – Ron Ruskay
BROOKLIN-WHITBY – Ron Sheyan	RYERSON (Toronto) – Leaton Bernard
CALGARY – Steve Henrich	SEIKIKAI MARTIAL ARTS (Etobicoke) – Steve Borda
CLARINGTON – Derek Barton & Weldon Zabizewski	SEIKIKAI MARTIAL ARTS (Maingate - Mississauga) – Steve Borda
EDMONTON Clubs – Randy James & Andre Beauregard	THORNHILL – Dave Manara
LAURENTIAN VALLEY – Margaret Michael & Jim Sullivan	UNIONVILLE – Dave Manara

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

TORONTO
和道会
WADO-KAI

TWK KARATE TOURNAMENT

Saturday, October 27, Thornhill Community Centre
9:30 am Registration / 10 am Start / 12:30-1pm Finish

Featured Demo

Karate by the students of

CLARINGTON

Many thanks to **Sensei Eric, Sensei Julie** and **the team** from **Ajax/Pickering.** They performed a graduated kata including members of all belt levels, a circlular self defense drill, real life scenerios and a 2 person synchronized kata that broke into a simulated fight! **WOW!**

Your support, enthusiasm and participation in these tournaments is beneficial to yourself, as well as each individual member of Toronto Wado Kai community.

Lots of GREAT TOURNAMANENT PHOTOS! @ Toronto Wado Kai website Thanks Sensei Larry

TEST YOURSELF & TEST YOUR SKILLS

MEET OTHER DOJOS OF THE ORGANIZATION

ENJOY THE THRILL OF TWKK TOURNAMENTS

Freeport, Bahamas 2013

April 5–11

For more information please contact Lenore & Veronica: bahamamamas@live.com or 416 626 7167

Karate Training:
Seminars on the beach daily
TWKK & BWKK Group training
Wado Kai Karate Tournament

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

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

(rounded price) **$1,300**
Flight & All Inclusive Accommodations

Viva Wyndham Resort, Fortuna Beach, Freeport, Bahamas

- 1,200 feet of white sands
- Surrounded by tropical forests & park land
- ONLY all-inclusive resort on the island
- **Viva Circus, acrobatic performances & interactive trapeze lessons.**

Check out the website!
www.wyndham.com

A flight payment of $586 is needed NOW, the balance of $730 for the resort is due 60 days before your vacation. (Children 17 and under stay for $30/night. Please contact us for details.)