

APRIL 2014

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INTRODUCTION

As the April issue of FOCUS was being put together, I could see evidence of spring in Mississauga, Ontario. There is still some snow on the ground here and there, but the days are becoming milder. I cannot remember snow on the ground in this quantity at this time of year around here.

However, after watching the news of the weather for the Canadian Maritimes, I sent a note to Sensei **Dan Duce** of the Beaubassin club and he confirmed they had been hit hard by another spring snow storm (is that an oxymoron?). No snow is gone for them.

In this issue we have a couple of Senior Dan Council members profiled. Also, some photos and stories of Sensei **Manara's** visits to Canada's east and west provinces of Nova Scotia and Alberta. The Port Perry Wado-Kai held an Open House on April 7th for its 40th Anniversary! As a former Sensei for the Club I was sorely disappointed I could not attend. **Happy Anniversary Sensei Ron Ruskay** et al!

Thoughts of the **Annual Training Camp** June 13, 2014 helps to warm us up. This may be the last time at the Sand'n'Surf. We hope to have another fine turn out this year. Remember, the Camp is for everyone, all ranks and ages. Families especially have a lot of fun at the beach, the camp fires, the food, and Go-Carts. It is an inexpensive weekend away with the family. Cabins are limited to the main site this year, so **Book Early!** > EDITOR ROBB DODS



SENSEI MANARA TALKING WITH STUDENTS DURING HIS EDMONTON KARATE CLUB VISIT

TORONTO WADO-KAI KARATE CLUB LTD.

TORONTO WADO-KAI WEBSITE: WWW.TORONTOWADOKAI.COM COMMUNICATIONS: TWKK@PSSTNETWORK.CA
PHONE: (416) 801-7435



Senior Dan Council Member – Sensei Steve Henrich, Godan

Sensei Steve Henrich joined Toronto Wado-Kai shortly after he turned 30 in 1984. *“I was looking around for something more than an alternative fitness program at the time to complement everything else I was doing to stay in shape,”* said Steve. Steve was introduced to the Markham Toronto Karate Club one weekend when he was looking after his niece and nephew, Annie and Kevin Salsberg. Steve’s brother-in-law Mike Salsberg and his neighbour, Frank Jacobson, along with his son, Johnathon had joined the Markham Club.

“I dropped the kids off at the club on Saturday morning and hung around to watch them train. Sensei Wolfgang Franke was the Lead Instructor at the Markham club and was assisted by Sensei Ian Mador. Sensei Manara was also in the Dojo that morning leading the activities. I left that morning with a very pleasant impression of the club. The training centre was small, being located in a storefront Aerobics studio. The instructors were friendly and the students seemed very eager and motivated,” said Steve. A couple of weeks later, after some discussion with Mike and Frank, Steve joined the club and began attending classes regularly and, before he knew it, he was learning Kihon #1 in the back room of the club with Sensei Ian and a group of younger students. Several months later the club relocated to the Thornhill Community Centre. The large gymnasium was an excellent facility, more conducive to training, and the club began to grow.

Throughout the years that Steve trained in Toronto, he had the opportunity to attend a variety of different clubs including the Ryerson and Oshawa locations. *“I was able to get to know some of the instructors and students and always received a friendly welcome.”*

“When I started training in Karate,” Steve continued. *“I was working as an Advertising Sales Representative in the Business Publications division of MacLean Hunter. During my karate training in Toronto, my career in Business Publishing progressed through the management ranks at MacLean Hunter from Sales Manager to Publisher.”*

“My training time at the Thornhill Club was a rewarding experience in my life,” said Steve. *“We had a dedicated group of adult members who had a real passion for Karate and embraced the type of training that Sensei Dave, Wolf, Ian, and Joel promoted. Sensei Wolf encouraged all the senior students in the program to participate in the training of new students and help out with the children’s program on Saturday mornings. Sensei Manara was in the club regularly on Saturdays which was an added benefit. Mike Salsberg, Frank Jacobson and I were steadfast training partners.”* There is a long list of students and instructors that Steve had the pleasure of training and sparring with in Toronto. He enjoyed the challenge of the periodic tournaments and the Annual Karate Camp which presented great opportunities to meet new students.

In 1990, Steve accepted a position with Oil Week Magazine which was headquartered in Calgary. *“I was a Shodan at this point and had a fair amount of teaching experience under my belt when I arrived in Calgary on New Year’s Day 1991,”* said Steve. *“I connected with the Edmonton clubs during the first few months in Alberta and had the opportunity to train with Sensei Randy James during some of my business trips to Edmonton.”* Several months after Steve arrived in Calgary he joined the Wado-Kai Club at the University of Calgary. The program was run by Pam and Dudley Driscoll. It wasn’t long before he was asked to teach the six week “Introduction To Karate program” that the University offered to beginning students. *“I took an active interest in the club and made a lot of new friends,”* Steve said.



Above Sensei Mike Salsberg (left) releases board as Sensei Wolfgang Franke (right) watched Sensei Steve break a board.

It was at the University of Calgary that Steve met Blaine Young and Nancy Markley. It was with their help that he was able to start his own program at the Calgary Winter Club in 1993.



Sensei Steve awarding a Shodan-Ho rank to a student

“Our group of Sensei has expanded over the years to include Jerome Anderson (deceased), Denis McGrath, Mark McSweeney and Gord Slemko,” said Steve. “There was a brief period when Jerome, Denis and I opened a Children’s Karate program at the Arbour Lake Community Centre. It was a successful program filling the training hall to capacity. However, between the two clubs, we were teaching four to five evenings a week along with three hours on Saturday mornings. The experiment proved to be too much for us to handle and we were forced to wind the program down.”

The Wado-Kai program at the Calgary Winter Club has weathered a lot of changes over the past 21 years, but Steve says he is happy to say that it is still flourishing.

“I would have to say,” Steve continued, “that the highlight of my involvement in Toronto Wado-Kai Karate Club is the opportunity it gave me to meet and train with a great group of people across Canada. Karate has always provided challenges whether physical or mental and continues to enrich my personal and social life as well as provide balance and stability during times of personal and professional change.”

Senior Dan Council Member – Sensei Ed Young, Godan

“At the start, Karate looked like fun (and it still is),” said Sensei Ed Young. “I wrestled in high school and I discovered karate at the same time. I began taking classes with Sensei Allen Howell who was a soft spoken man that I liked, and he made the lessons interesting. I stayed at the Dundas Ontario Wado-Kai for many years. Sensei Howell retired and I became the main instructor in 1975.”

“I moved away from my former karate affiliations, when I moved to Edmonton,” continued Ed. “The attitude and personalities of the local Toronto Wado-Kai leaders, including Sensei Randy, Andre and Ken, seemed more suited to peers who I would respect and enjoy training with.”

Ed says that the Edmonton Wado-Kai group used an eclectic mix of training ideas, and this continues today. At the time he joined the organization he occasionally taught karate, self-defense, Kali and grappling seminars in Vancouver and Calgary. *“I teach now with Sensei Andre Beauregard weekly and I guest teach when an opening opens up.”*

“The contacts and friends I’ve made in the TWKK have been many over the years,” said Ed. “I love the training, and the people I train with. My own achievements are something I can’t speak of with clarity. I just teach and train. To love learning, being a student learning with others is a wonderful thing to share.”

“One thing I’ve learn is, if you want others to change and wish they should follow what you want, then you have to ask yourself (not them) – ‘What is wrong with me?!’”



Sensei Ed teaching a seminar



TWKK Olympian!

Watch for a future exposé on **Taylor Henrich** who competed in ski jumping in the Sochi 2014 Winter Olympics. We are told she had a tremendous experience in Sochi and a ton of fun as well.

We heard that Taylor recently returned from the World Cups in Oslo, Norway and Sweden. Her father, Sensei **Steve Henrich**, said Taylor climbed to 5th place in Oslo, which is her personal best. She then left for Whistler for the NORAMS. Steve says that Taylor plans on getting back into the dojo with him once the season is over.

CELEBRATING 40 YEARS OF KARATE INSTRUCTION

This year Port Perry Wado-Kai has reached a real milestone – 40 years!

Port Perry Wado-Kai Family Karate was one of the first satellite affiliated clubs of the Toronto Wado-Kai Karate Club Ltd. (TWKK) based at Ryerson University in Toronto.

Port Perry Wado-Kai was established in 1974 as a satellite club of Toronto Wado-Kai by Sensei Dave Manara, President and Chief Instructor of Toronto Wado-Kai Karate. Always a community-based organization, over the years the Port Perry dojo has been located in various settings in town such as the Masonic Hall, Oddfellows Hall, public schools, and the Latchman Centre; we are currently located at the Port Perry Scout Hall.

Head Instructor Sensei **Ron Ruskay**, with the assistance of Sensei **Frank Murphy**, Sensei **Jan Longo**, Sensei **Russ Gowans** and Sempai **Nancy Rickard** have been running the club for many years.

To celebrate our 40th Anniversary, we held an Open House on Sunday April 6, 2014. See 'News From Clubs' for more information and pictures of the event.

It all started in early 1974 when one of the Ryerson karate students from Port Perry told Sensei Manara of a struggling karate club back home, run by a brown belt that had no organizational support. Sensei asked the club leader to join the TWKK organization.

Over time, that instructor moved on, but the TWKK organisation continued to support the club. Another TWKK instructor from the Oshawa area continued the running of the club for a few years. Sensei **Robb Dods** took over the club in March 1983 and was head instructor for nine years until 1992. Sensei **Michele Mueller** became Club Head in 1992 until 1994 when she retired to concentrate on her Equestrian career. (Michele became a member of the Canadian Equestrian Team and participated at the 2012 Summer Olympics).

Sensei Ron Ruskay started training at the Port Perry Wado-Kai in 1983 after he enrolled his sons at the dojo. Training to the Black Belt level himself, Ron became the Club Head after Michele and continues today as the chief instructor with a rank of Godan, (5th Degree Black Belt).

In the last 40 years PPWK have taught over 1,200 students and has had over 30 students ranked to Black Belt.

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| CONGRATULATIONS TO THE NEW BLACK BELT RANKS | Ranked in February 2014, the following karate-kas were promoted to: |
| | <p>Jr Shodan-Ho: Stephen C. Clarington; Mackenzie R. Clarington; Jessica V. Clarington; Jessica N. Seikikai/Etobicoke</p> <p>Shodan-Ho: Sabrina D'Amico Seikikai/Maingate</p> <p>Jr Shodan: Sean Z. Ajax-Pickering; Choe S. Brooklin-Whitby; Branislav O. Seikikai/Etobicoke; Jasmine M-T. Thornhill</p> <p>(Red Belt) Shodan:</p> <p>Nidan: Erik Livingston Ajax-Pickering;</p> <p>Joanna Gussmann Seikikai/Etobicoke</p> |



TWKK Training Camp is for Everyone!

This letter was sent out to the Yudansha membership in February, but it was really to all karate-kas.

As we sit huddling together in this deep freeze of a winter (for us in Canada that is), wondering when it will end and the warm weather will begin **we can always look forward to our annual Wasaga Beach visit and the 41st Annual Karate Training Camp.**

In keeping with the traditions we have come to enjoy, this year's Camp will feature **Six Training Sessions** with our knowledgeable Sensei. We will be **working with weapons, learning new techniques, and practicing our fundamentals in some different ways** than we are accustomed to in our regular classes.

These sessions give students of every belt level, from white belts to the Dans of black belts, the opportunity to work with students who we do not normally work out with, in different ways than we work out within our respective dojos. It's always fun and new, and **we take away firsthand knowledge to make us better practitioners of our art!**



As well, we will be having our **Saturday Night Potluck**, which is always a treat. After a long day of working out, **what is better than relaxing with a cold drink in hand and a plate full of great food, surrounded by friends?**

I would encourage **all Head Sensei** to remind their students that **space is limited** in the amount of students and families we can accommodate this year, as the overflow cottages are no longer available to us. We can only provide accommodations for a maximum of 80 people, so encourage your students to secure their place as soon as possible by handing in their deposits.

We ask that those in attendance **bring a few sticks of firewood** for the bonfires and soccer balls or a Frisbee for games on the beach in between workouts. Also, please **bring a BBQ** (portable or any size) if you are planning on cooking a steak (I like mine medium, if anyone

cares ☺) etc. to avoid a wait for a BBQ (we like to eat together, after all).

Oh, and don't forget your weapons; AND, finally, don't forget to **Come and Have FUN!!!** Whew!

Remember that registration forms are available for print on the website: www.torontowadokai.com. Just click on the Upcoming Events.

If anyone has any questions they may reach either Sensei Manara or email me at vanimal7@gmail.com.

I look forward to working out with you all on the beach this June. **Until then, stay warm, my friends!**

In harmony,

Sensei Vanessa Ferreira Sandan,
Clarington Wado-Kai
Training Camp Director



Sensei Manara's visit to Edmonton, Alberta

On February 14th, Sensei Dave Manara visited the Edmonton TWKK clubs.



*“Sensei is getting used to the concept of ‘layering’ when coming to Edmonton in winter... the climate changes so quickly, but he’s much more prepared than when he first came to our fair city several years ago,” said Sensei **Randy James**. “Our weekend with Sensei went extremely well. Sensei **Andre** and I were pleased with the turn out from our clubs in Edmonton for both the children and youth/adults.”*

Sensei Randy said that over the years they have fostered a relationship with a sister club in Edmonton. Sensei Bill Hynes is closely associated with Sensei Denis Labbe. *“When Sensei Labbe visits Edmonton the TWKK Black Belts attend his workshops. Mutually, when Sensei Manara visits, then Sensei Hynes and some of his students come to train with us.”*



"We had workshops on Saturday, the 14th, and Sunday the 15th, both excellent teaching and training opportunities," said Sensei Randy. "Sensei's organizational skills were put to the test as we had a mix-up in the scheduling of our workshop location on Sunday. Needing to move to a smaller room in the training complex, Sensei didn't miss a beat as he made the workshop work for the space we had. Sensei reminded me he's been at this for 50 years so [he] has learned a few 'spur of the moment tricks'. We always appreciate Sensei's visits; it's good to see him and it's great, in one way, to keep connected with the rest of our organization."





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| TWKK WINTER TOURNAMENT RESULTS | Congratulations to all the participants of the Thornhill Tournament held on February 22, 2014 |
|---|--|

| Division | Event | 1 st Place | 2 nd Place | 3 rd Place |
|-----------------------------|--------|--|--|--|
| CHILDREN 6 to 8 Yrs | | | | |
| White – Green | Kata | Erin D. , Orange, Brooklin-Whitby | Ethan M. , Yellow, Oshawa-Whitby | Chloe R. , White, Oshawa-Whitby |
| White – Green | Kumite | Ethan M. , Yellow, Oshawa-Whitby | Erin D. , Orange, Brooklin-Whitby | Chloe R. , White, Oshawa-Whitby |
| CHILDREN 9 to 12 Yrs | | | | |
| Yellow – Orange | Kata | Joseph P. , Orange, Seikikai/Etobicoke | Sammy W. , Yellow Clarington | Kymara D. , Orange, Ajax-Pickering |
| Green – Brown | | Dorian W. , Green Brooklin-Whitby | Ryan D. , Brown Brooklin-Whitby | David N. , Brown Seikikai/Etobicoke |
| Yellow – Orange | Kumite | Eric B. , Yellow, Ajax-Pickering | Joseph P. , Orange, Seikikai/Etobicoke | Roman V. , Orange, Seikikai/Etobicoke |
| Green – Brown | | Ethan M. , Brown, Oshawa-Whitby | Stephane G. , Green Brooklin-Whitby | Jarrod W. , Blue, Brooklin-Whitby |
| ADULTS | | | | |
| Green – Brown | Kata | Mohamed Helal , Blue, Ryerson | Deepak Amarlapudi , Green, Seikikai/Etobicoke | Omid Najmeddini , Green, Thornhill |
| Black Belts | | Joanna Gussman , Nidan, Seikikai/Etobicoke | Alex Nguyen , Yodan, Thornhill | Joseph Tonel , Nidan Thornhill |
| Green – Brown Men/Women | Kumite | Deepak Amarlapudi , Green, Seikikai/Etobicoke | Doug Blackwell , Brown Clarington | Mohamed Helal , Blue, Ryerson |
| Black Belts Women | | Lenore Eng , Nidan Seikikai/Maingate | | |
| Black Belts Men | | Alex Nguyen , Yodan, Thornhill | Branislav O., Jr. Shodan (Red) Seikikai/Etobicoke | Colton M., Jr. Shodan (Red) Oshawa-Whitby |

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





NEWS FROM CLUBS

BEAUBASSIN Karate Club, Halifax, NS

Sensei Kim Duggan
Sandan

Sensei Dan Duce
Sandan

(3rd Degree Black Belt)

**C.O Michael Comeau (2nd
Kyu) & Michelle Rogers**
(5th Kyu)

ÉCOLE BEAUBASSIN

TUESDAY & THURSDAY,

5:00-6:30PM

Back in November, our dojo hosted a weekend-long training seminar, which was led by Sensei Manara. As always, it was a great opportunity for our students to train hard, learn new skills and ask a wide range of questions about anything and everything related to karate.

There were several different sessions held, starting with a kids class on Saturday morning. We had a great turnout for it and the students found themselves huffing and puffing as they were put through their paces by Sensei. The only distraction from the training was an early outbreak of flu which saw one of our young students becoming very ill all over the hallway floor. Luckily Sensei **Kim** was on hand to rally other parents in dealing with the situation. Sensei Kim and Sempai **Michelle** seemed to have no issues in coping with things, but the fathers who joined in to help clean up looked decidedly green by the time everything was back to normal.

By the time the afternoon rolled around, everyone was fit to go with our first adult session. Sensei started fast and continued to build on it. The 'warm-up' was intense to say the least, and a few of the black belts were chuckling to each other as they noticed the distressed looks in the eyes of some of the lower belts. The unvoiced question seemed to be "how long is he going to keep up this pace!" But Sensei's timing was good. Just when it looked like some were about ready to fall over, there would be a short break.

Between the Saturday afternoon and the Sunday morning sessions, we covered a wide range of topics including kihon kata, pinans, sparring, self-defense strategy and knife defense. There was also time left at the end for another good Q&A session with Sensei. The following pictures show some of the fun.



Sensei Dan overseeing pushups



Sensei Manara helping students wear off energy while Sensei Kim assists



Dinner at the sushi restaurant Saturday night.



BEAUBASSIN Karate Club
Halifax, NS

Pictured below:

The adults warming up

Everyone keeping up with the fast pace



**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 has 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.

Congratulations are in Order!

Chloe successfully tested for her Junior Shodan rank on February 3, 2014. Below left, she is surrounded by her instructors, including her proud dad **Steve** (to her right). Congratulations Chloe!!!



Thornhill Winter 2014 Invitational Tournament

On Saturday, February 22, 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!

Pictured above right are: **Erin** (first place in kata; second place in sparring) and **Stephane** (second place in sparring).



Brooklin Karate Club,
Brooklin, ON

Pictured below left are tournament participants: **Dorian** (first place in kata), **Hanz, Annemarie, Jarrod** (third place in sparring), and **Ryan** (second place in sparring).



Recent Gradings

Congratulations to those students who have recently tested for their new ranks! You all did a great job!

Pictured here are all those who passed their test and moved on to their next belt level. Above right are: **Amelon, Emma, Andy, Margaret, Connor**. Below left are: **Braydon and Griffin**. Below centre are: **Hailey, Alissa, Angelica, Madeline**; and below right are: **Ryan, Steve, Heather**.



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

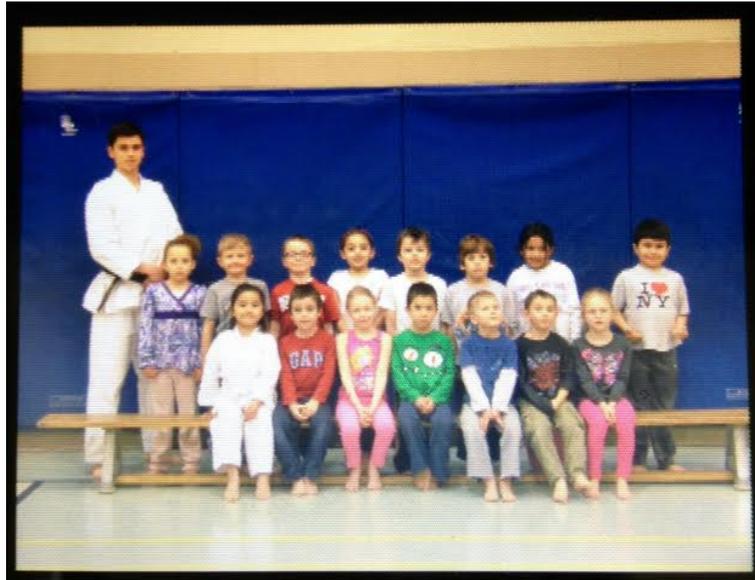
WALTER E HARRIS PUBLIC
SCHOOL

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

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

Well folks, we have all traversed through a long, long winter - here's to spring (should it ever arrive!)

Our club has been steady with four classes running four nights a week.



**Glen Dhu Winter Session
2014**

Sensei Michael Kuczkowski—
class ages 5-7

Walter E. Harris Winter Session 2014

Sensei José Carlos Garcia
Sensei Jennifer Virgin
Sensei Michael Kuczkowski



YWCA Winter 2014

Sensei José Carlos Garcia



Oshawa-Whitby Karate Club, Oshawa ON

We were fortunate to have Sensei **Ray Kennedy** attend class on March 25, 2014. The class really enjoyed the special sparring workout Sensei Ray provided. With insights into eye contact and how important that is.



Sensei **Colton M.**, Sensei **Michael Kuczkowski**, Sensei **Ray Kennedy**, Sensei **Jennifer Virgin**, Sensei **José Carlos Garcia**, and Sensei **Rob Singh** from Clarington

On Thursday March 27, 2014, Oshawa-Whitby Wado-Kai had a large ranking. Thanks to all the Sensei who attended to assist this aggressive ranking with our many belt levels.



The results of the ranking are as follows:

MILO G. Blue, **NIKOLAS M-K.** Yellow, **ALLISON B.** Blue, **TINA C.** Green, **DAVID H.** Yellow, **TOBI J.** Green, **JULIE S.** Blue, **GIUSEPPE G.** Yellow, **MASSIMO G.** Yellow, **ALEXANDRA M-K.** Yellow, **PHILIP J.** Orange, **SANDI M.** Yellow, **PAIGE S.** Yellow, **GRACE A.** Yellow.

We are keeping our fingers crossed for SPRING!!



Theresa Virgin 1st Kyu, Communications Officer.



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

**Sensei Ron Ruskay
Godan**
(5th Degree Black Belt)

SCOUT HALL
SUNDAY AND TUESDAY:
7-8:30PM

40th ANNIVERSARY CELEBRATION AT PORT PERRY DOJO

Current and former students, family and friends of the club gathered at the PPWK Dojo on Sunday April 6, 2014 to celebrate our 40 years of Karate instruction in Port Perry.

Toronto Wado-Kai Karate was well represented. Sensei **Dave** and **Marilyn Manara** were in attendance, as well as club members from Clarington, Oshawa, Brooklin, Ajax-Pickering and Unionville Dojos.

Bobbie Drew, Deputy Mayor, presented the Club with a Letter of Recognition from Scugog Township for 40 years in the community.

Sensei Dave Manara presented the Club with a plaque honouring us on our 40th Anniversary. Sensei **Ron Sheyan** presented the Club with a Certificate of Congratulations for our 40 years in Port Perry.

Thank you to all who attended to help us celebrate. Pictures follow of the event. Also, thank you for the congratulatory notes from those who were unable to attend.

Congratulations to our new ranks on a job well done!

Pictured below are Payton, Spencer, Trish, Alex, Logan, Iain, Olivia



Pictures of the Open House



Mayor Bobbie Drew



Sensei Dave and Ron with Roseann Ruskay



Sensei Ron Sheyan



Mmmmm, Cake!



The Team: Roseann, Sensei Frank, Ron, Russ, Jan, Sempai Nancy



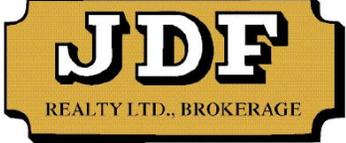
Roseann, Sensei Ron, Marilyn, Sensei Dave



All the Sensei at the Party!



Support Your Fellow Karate-kas – Shop Here First!



Tony Marziliano, B.A.S., B.Eng
SALES REPRESENTATIVE



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Toll Free: 1-877-660-4949
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www.thegardenlady.net

**Advertise your business here and share your success with the TWKK community!
Allow your fellow karate-kas to shop and do business with you first.**

| | |
|-----------------------------|---|
| TWKK Picture Gallery | Visit the Flickr site for TWKK Pictures http://www.flickr.com/photos/33364500@N06/sets |
|-----------------------------|---|

41st TWKK Annual Training Camp June 13, 2014

A 'Must' for Your Training Experience

Although it may not feel like it, it seems like summer is just around the corner when we start to think about the TWKK Training Camp. Be sure to talk to your Sensei about this fun event. It is a unique experience for the whole family and very educational for the students to learn in all the clinics offered.

Training Camp offers a chance for young karate-kas to feel and appreciate the humble origins of this martial art we call Wado-Kai.

To learn more about the importance of attending Training Camp, revisit the articles in the past issues of FOCUS. Visit the TWKK Website: <http://torontowadokai.com/members/focus-newsletter/> to read the three-part series:

The Essence of Training Camp

Part 1 – October 2012, page 9: <http://torontowadokai.com/wp-content/uploads/2012/10/OCTOBER-FOCUS-2012.pdf>

Part 2 – January 2013, page 18: <http://torontowadokai.com/wp-content/uploads/2013/02/JanuaryFOCUS2013.pdf>

Part 3 – April 2013, page 11: <http://torontowadokai.com/wp-content/uploads/2013/04/APRILFOCUS2013.pdf>

**Training Camp is an important part of every karate-ka's training experience.
If at all possible, everyone should try to attend at least one Camp
before reaching their Shodan rank.**



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 (Olympium, Etobicoke) – Steve Borda |
| CLARINGTON – Derek Barton & Weldon Zabizewski | SEIKIKAI MARTIAL ARTS (Maingate, Mississauga) – Steve Borda |
| EDMONTON Clubs – Randy James & Andre Beauregard | THORNHILL – Dave Manara |
| LAURENTIAN VALLEY – Margaret Michael & Jim Sullivan | UNIONVILLE – Dave Manara |

TORONTO WADO-KAI SENIOR DAN COUNCIL

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

Advertise your business in the FOCUS newsletter

Advertising in FOCUS will allow you to reach an exclusive audience. Your TWKK friends would be inclined to consider your business first. Readers support members of the TWKK community.

This is available exclusively to current Yudansha Members and Past Members in good standing.

Advertising Prices

| <u>Space</u> | <u>Single Issue</u> | <u>Two Issues</u> | <u>Four Issues</u> |
|--------------|---------------------|-------------------|--------------------|
| Full Page | \$100 | \$185 | \$350 |
| Half Page | \$75 | \$140 | \$265 |
| Quarter Page | \$50 | \$95 | \$175 |
| Eighth Page | \$25 | \$45 | \$85 |

Guidelines:

1. Submissions are subject to approval by Editor and/or Sensei Manara.
2. Business advertising must be on behalf of a Yudansha member/alumnus 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: www.psstnetwork.ca/#!toronto-wado-kai-karate-club-ltd/c1pfn
 - b. **By cheque:** Make payable to the PSST...network
Mail to Robb Dods, 6978 Chilcot Court, Mississauga, ON L5N 6T9
5. For further information contact: Communications Director Sensei Robb Dods (647) 970-7283 or twkk@psstnetwork.ca