

JULY 2014

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(3<sup>rd</sup> Degree Black Belt)

**INTRODUCTION**

Is Everybody Happy?! ...enjoying the summer (it finally arrived in Ontario after a long hiatus).

We have quite a line-up for reading in this issue. Sensei **Ray Kennedy** has introduced Part One of a Three-Part Series especially for our readers in the Kyu ranks (but of course for everyone of all ranks) about the 'jitters', the nervousness we all feel and have to deal with regarding tournaments. This also prompted Sensei **Marc Lefebvre** to write an article on the same theme.

I hope after reading these interesting insights shared by the participants that more black belt ranks will join in and share your insights for Part Two and Three.

The **41<sup>st</sup> Annual Training Camp** was a success, as usual. The Friday was sunny, but the evening was a touch cool and breezy while we warmed around the campfire. A chilly morning greeted everyone for the first of the clinics, but then the sun began to warm things up and the rest of the weekend was brilliant! Go to the TWKK Photo Gallery to see the pictures of Camp.



Although unable to attend Camp this year, Sensei **Kim Duggan** and **Dan Duce** were this year's recipients of the Shintani Award. Congratulations you two! Well deserved! Sensei **Ron Sheyan** is shown here reading a message from Kim and Dan at the presentation.

What we did notice at the Camp was that there were some improvements going on to the cabins, at least on the exterior, like new screen doors and lighting, along with other little things. Sensei Manara talked with the owner of Sand'n'Surf and it sounds like she may keep the cottages another few years. Great news for the 42<sup>nd</sup> TWKK Training Camp! Yeah!

We also have Senior Dan Council Members Sensei Ray Kennedy featured in this issue. Of course, we have more News From Clubs, so read on and enjoy!

> EDITOR ROBB DODS

**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 Ray Kennedy, Rokudan, Vice President, Toronto Wado-Kai Karate Club Ltd.

*Over platefuls of fish and chips in my local pub, I had the honour of interviewing **Sensei Ray Kennedy**, Vice President of the Toronto Wado-Kai Karate Club Ltd. I trained with Ray in the early days at Ryerson and, next to Sensei Manara, Ray was in many ways my mentor, providing understanding and delving into the basics. > Robb Dods*



“I came to Toronto in 1972, at the age of 22, to go to Ryerson to study aerospace technology”, said Ray. He already had a B.Sc. degree from St. Francis Xavier University in Nova Scotia. “I had a yellow belt in Taekwondo and I wanted to continue my martial arts training. Since I was living in the Ryerson residence Bond House the Ryerson Karate club was very convenient, close and affordable (for a poor student).

“I remember I first saw Sensei Dave and the club when I went to see the Demonstration and Registration in October, 1972. The club was just one year old then and there were about 60 students in the coloured belt class. Most of them were around my age so I felt very comfortable with them. I was impressed with the way Sensei Dave ran the class and the way he interacted with the students,” said Ray. “He treated everyone with respect and although he pushed them hard to improve, he always encouraged them and made everyone feel welcome. I decided that this was the right place for me. There were about 60 people in the beginner’s class and most of them were Ryerson students as well.

“Shortly after I started we moved classes down to the Lower Gym. The Advanced classes were Monday and Wednesday, Beginners Tuesday and Thursday. I’m not sure when the Saturday morning classes started, but it was shortly after I joined. There were also classes at George Brown College in the Kensington Market, which were run by Dave’s friend Wally Rudnicki. We took our yellow belt test at Dave’s old club at Six Points Plaza. We were still training with a Shito-Ryu crest on our gi’s then, but joined Wado-Kai under Sensei Shintani shortly after that.”

“I remember the first time Sensei Shintani came to visit the club and watch us work out, maybe around 1973. My first impression of him was of a quiet and gentle man. That impression never changed. I was, however, always impressed with how quickly he could move when he demonstrated a technique.”

In those early years Ray went to class four nights a week and Saturdays. Dave let him help out by teaching the lower belts and by the time he got his Black belt Sensei Dave let Ray go solo with the Saturday morning classes. “I really appreciated his confidence in me and I have fond memories of those classes and the ‘Saturday morning gang’ who shared them with me,” said Ray.

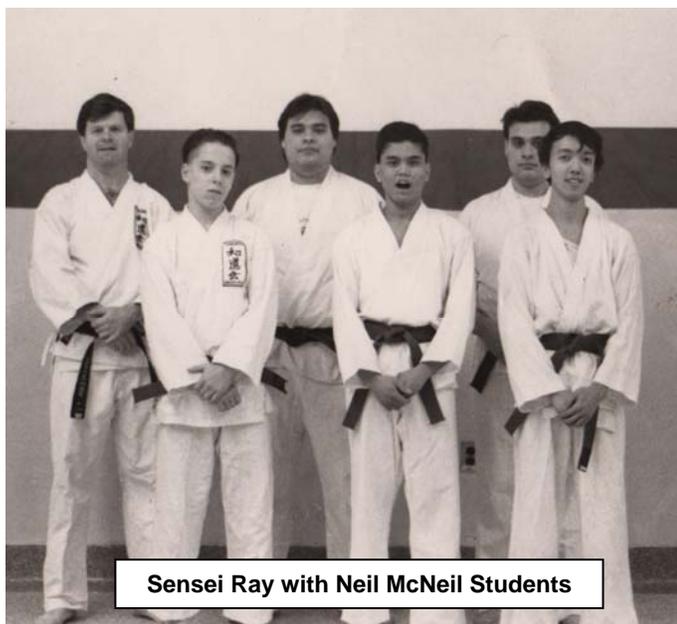
“It has been gratifying to see the organization grow and prosper over the decades. Of course, it is due to Dave’s leadership and also to the great people who have joined and stayed with TWKK all these years.

Deciding that aerospace as a profession was not for him Ray switched to the University of Toronto to get his Bachelor in Education and moved to an apartment in St. James Town. “I enjoyed teaching karate so I decided to go to U of T, and in 1977 I became a high school teacher. The karate experience really helped me get started in my career with the familiarity of teaching in front of people and working with kids.”



“I started my own club at Neil McNeil high school (on the southwest border of Scarborough) and it ran for about 17 years,” said Ray. “A number of my students continued at the Ryerson club after they graduated from the school, and some even got their Black belt. For example, Paul Bird was a student in one of my grade nine math classes when he joined my club; then he continued at Ryerson, became the first Black belt from my school, and went on to run a club of his own for a number of years in Markham. Paul and I still keep in touch.”

For nearly 20 years Ray also trained in Kendo, eventually achieving his black belt in this martial art. To enhance his concentration he studied the art of Sumi-e for about three years at the Japanese Cultural Centre in Toronto. “My work was sent to Japan and I achieved my ‘stamp’. I also had the privilege to study under the tutelage of the artist Ruth Yamada.” [Sumi-e is ink wash painting, also known as literati painting, an East Asian type of brush painting that uses black ink].



**Sensei Ray with Neil McNeil Students**

As his own children grew and family commitments took more of his after-school time, Ray stopped teaching karate classes at the high school in the mid-90’s. “After I stopped the club at my school I drifted away from karate for a few years,” said Ray. “I always appreciated the fact that whenever I met Sensei Dave he always welcomed me and encouraged me to come back and train. That played a big roll in my decision to get more involved in the organization. I’ve made countless friends in karate and, as Dave has often said, it’s the people that really make the organization.” These days Ray enjoys attending Sensei Dave’s main Yudansha and the supplemental Yudansha classes offered by Sensei Jose-Carlos Garcia, Steve Borda and Ron Sheyan.

Asked about his early days of training Ray reminisced, “I still remember sparring after class with Gerry MacPherson (Ryerson’s first Black belt). I think my arms and legs are still sore from Claire King’s blocks. It’s amazing to me how many of the people from those early days are still around. Many of them are now running their own clubs and some even have their own organizations and are contributing constantly to TWKK.”

Ray went to many Training Camps. “The karate summer camps have always been fun,” said Ray. “We started off at various locations, including the Ryerson Farm where we trained for a number of years. We all got to know each other better after spending the weekend training and socializing. It was a real bonding experience for us.”

“Tournaments were always fun – nerve racking, but fun,” Ray smiled. “Sensei Dave organized some fairly big tournaments in the early years at Ryerson. It was always interesting to see people from different styles. We went to Sensei Shintani’s tournaments at Brock University and in Hamilton. It took us a while to get used to sparring with strangers, but eventually we got the hang of it and [we] were able to hold our own. It was also fun to attend Mr. Shintani’s Black belt classes and seminars in Hamilton. He also ran a few seminars at Ryerson. Then there were our own TWKK tournaments; they were great fun and I always looked forward to them. What great learning experiences! I’m glad they’re still going so that today’s students can benefit from them as we did.”



**Sensei Ray with Friends**

Asked what highlight he remembers, Ray said, “One very memorable occasion was when Dave took us down to Niagara Falls, NY for a seminar with Master Ohtsuka. It was really something to see and meet a ‘living legend’. Karate has been a big part of my life since I first signed up for a class many years ago. It has enriched my life with people and experiences, and I have enjoyed every minute of it. I would gladly do it all again, but somehow I think my old bones might complain!”

## Shintani Award Winners 2014!

The Shintani award is an annual award presented to senior black belts who demonstrate characteristics the late Sensei Shintani (Sensei Manara's Sensei). He stood for Sincerity, Dedication and Humility in both his karate and personal life. When it was announced that this year it was awarded to both Sensei **Kim Duggan** (3rd dan) and Sensei **Dan Duce** (3rd dan), there were all kinds of hoots, yays, and applause!

The following is a note from Sensei Kim to Sensei Dave Manara and Sensei Ron Sheyan:

"We just received your message this morning. Thank you so much!

"Dan and I are both surprised and humbled. We wish we could be at Camp to accept the Shintani Award in person; however, it seems that every year our Camp plans are foiled by something. This year my best friend is getting married in PEI.

"We are so grateful for your support and guidance. Our fellow karate-kas in Toronto and here in Halifax are like an extended family for us, and the spirit of camaraderie that we have enjoyed over the years has helped us both in our training and personally. We often point to our Toronto sensei as role models for our students here in Halifax. Please let everyone know how much we admire them and pass on our warmest wishes.

"We miss training with all of you on a regular basis. Having Sensei Dave visit regularly is wonderful. We always have a free guest room for anyone who wants to visit.

"We look forward to seeing you soon. Thank you again".

> **Warmest Wishes, Kim and Dan.**

**From Sensei Dan:** "Sensei Kim and I live in Fall River, Nova Scotia (a little north of Halifax). We moved here in 2000. We started our dojo in Bedford, Nova Scotia in 2001. It is located at the school that our kids attended when we first moved here. The school is called Ecole Beaubassin. It is a French school. Hence our classes are all taught in a mixture of French, English and Japanese... sometimes, all in the same sentence! © 'Chudan tsuki in migi zenkutsu dachi, plus vite!'"



## Are You Nervous Before a Tournament?

This is the first of a three-part series. Sensei Ray Kennedy had the idea that our students should hear from the senior karate-kas, with all their experience, about what it is like going into tournaments. Just because you are a black belt does not mean you are not nervous. For all those Kyu belts that have not tried competing in a tournament because you were too nervous, have a read of what these sage, experienced black belts have to say.





## Are You Nervous Before a Tournament?

### **Sensei Ray Kennedy, Rokudan**

Everyone who signs up for a tournament can't help but be nervous as the day approaches. I couldn't help but wonder how it would turn out. Would I be able to use what I had learned? Would I get hurt? Would I be embarrassed? But after having gone to many tournaments my experience has been that it was never as bad as my mind imagined. The sparring was about the same as in class. Maybe a bit more intense and certainly exciting. I was always proud of myself for having competed and happy that I had pushed myself to go through with it. I always felt better about myself for having participated.

### **Sensei Veronica Cizmar, Nidan**

The nervousness will always be present. To this day I still get butterflies. However, it's not the actual competition that matters -- it is how you deal with all the emotions that come with it! Don't give up and keep trying!

### **Sensei Dan Duce, Sandan**

Kim and I competed right from white or yellow belt level and continued the whole time we were in Toronto. It didn't matter what level we were, we were always crazy nervous. The drive to the tournament was usually pretty funny as we would never shut up, due to nervous energy. When we got the kids to join and they started going to tournaments, they were the same way. So, nerves are universal.

For the majority of karate-kas I don't think there is any way to avoid that. It's like jumping into a pool or a lake for the first time. You can't let the nerves stop you. You just have to do it and then it gets instantly better. Ironically enough, we always found that we did better in the tournaments where we went in being very nervous. Whenever we didn't have the jitters we under-performed. Crazy world.

### **Sensei Ardyth Johnson, Nidan**

My first tournament I was a blue belt and I had to fight against a black belt and a brown belt. I was so focused on surviving I was actually very confused on the rules and I kept forgetting to bow, and when to go and when to stop, but I made it through and didn't realize I won the tournament. All I knew was when they said 'go', I went and tried my best. After that I seemed to get it together. Every time I was nervous before I started, but once I got going I remembered just to keep focused and breathe.

### **Sensei Frank Murphy, Yodan**

I have certainly suffered from the "performance" jitters before and during a tournament. I'm sure that they have caused me not to do as well as I wanted to. They are like the nervousness actors feel before going on stage, or the tension caused by tests (or rankings), or the fear people have when having to speak in public. The goal is to be so well prepared that the jitters don't affect your performance - a goal that I have not always, if ever, achieved.

### **Sensei Joe Cerilli, Yodan**

I found that the more I competed the less the intensity of the jitters [were]. I don't recall ever getting rid of them completely, but they definitely became controllable the more and more I competed.

### **Sensei Alex Nguyen, Yodan**

I've been to many tournaments over the years and the feeling of anxiety is always present. Did I prepare myself enough? Am I doing my kata right? Where is the 'kiai' in the kata? etc. The trick is to not quit.



## Are You Nervous Before a Tournament?

### Sensei Craig Riley, Shodan

Something I learned through my years in karate and business that I have applied to presentations and my business in general is to always be prepared first, so that you can execute whatever you want to do. However, once you know your plan don't over-think it, before or during the activity. Remember, professional athletes get in a 'zone', which is truly being in "total focus"; the same for sparring – know your specific actions to be taken and rely on them, and execute with the expected positive end result always in mind; and keep it simple. Remember, you can only have a single thought in mind at any given time; keep them positive through continued focus and, if negativity starts to enter your thoughts, force upon yourself a 'replacement' positive thought. This will help you to stay calm, relaxed, and FOCUSED.

### Sensei Ian Mador, Godan

When I competed in my early belt days, I noticed that the nerves would disappear a few moves into the kata or a few seconds into the sparring match. As I got more experienced, I overcame the kata jitters by actually forcing myself to make eye contact with each of the judges before I started the kata. This would give me confidence, as if I was telling the judges: "Hey! I'm the one you want to watch!"

### Sensei Ron Sheyan, Rokudan

I was definitely nervous before and during the first tournament I entered in 1982. I was a yellow belt and the tournament was being held by Sensei Shintani in Hamilton. There was a huge turnout which made me even more nervous. In the kata competition there were technical differences in the way that Sensei Shintani's students performed their kata and the way we were taught. As a result, I did not place in the top three, but I was happy with my performance and score. I do not remember being nervous for the kata competition, but when it came to sparring, that was quite different. There were bigger men than me, and there were younger men than me, and the younger ones were more than likely faster and more agile than myself (at least that's what I was thinking). I guess bigger / younger didn't play into the formula that day as I placed in the top three. I can't remember if it was 2<sup>nd</sup> or 3<sup>rd</sup>. It wasn't 1<sup>st</sup>; but it was in the top three. I was elated! A couple things come to mind about the matches that day:

1) Once I was called to the ring and faced my opponent, the nervousness disappeared for me. I knew I had a job to do, win or lose. I think the nervousness was caused by the anticipation of the bout.

2) If I can remember correctly I was matched up against others at the same belt level and quickly realized that we all had the same level of training. It then boiled down to who was the fastest with accurate techniques.

I believe that getting this early exposure to tournaments helped me greatly in entering all future tournaments that came along before retiring from competition some 20 years later. Gaining the experience at the first tournament never got rid of my pre-tournament nervousness altogether, but it sure lessened it for all future ones.

### Sensei Robb Dods, Rokudan

Me nervous? Noooooo, never... I think I was going to be sick every time just before entering the ring; it was my 'dragon' I had to overcome. I was more nervous for kata than sparring. I wasn't worried about making a mistake; I just wanted to not look like a fool with all those eyes on me. I grew up very shy and worked hard in my teenage years to try to overcome my introverted nature. Karate has been a real boon for me in my professional life. It has given me confidence in facing the unknown; and going into a tournament, when I hated the feelings that came over me each time, was the proof I could face the unknown and survive. The pre-start 'jitters' never went away, but as someone else has said, once I got started, suddenly I felt my nervousness disappear.

I was a green belt in my first tournament; it was an open tournament with other clubs. I was nicknamed 'Lumpy' for the day as a result of a knuckle sandwich my forehead received in my first bout. But at the end of the day I won a second place for sparring. I was nervous from the start, but I prevailed, and ever since that experience I knew I always had a chance to win if I faced my 'dragons'.

# Winning with Fear

## When You Compete, You Can't Lose

By Sensei Marc Lefebvre Shodan

Sweaty palms, jitters, stomach in knots, elevated heart rate; we all know the physical signs of fear. Some causes are common to us all, like public speaking, meeting an important person, getting lost, or threatening situations. Many other causes are less common, or at least vary a lot more in intensity. When the sensations of fear are very strong, it can often be hard to act in ways that are adaptive to the situation, and can in fact be almost paralyzing. Although these types of reactions seem innate and automatic, the good news is that we as humans can learn to compensate for them and even overcome them entirely.

We all know of examples of people who have been able to perform amazing feats despite terrifying circumstances. A perfect example of that is what an astronaut like Canada's own Chris Hadfield had to face on the day of a space shuttle launch. We now have a good sense of what the likelihood of a disaster was during the early shuttle launches. The odds were not good, and were only slightly better by the time commander Hadfield had his launches. Imagine waking up one morning and realizing that later that day you would either be blissfully floating in a space ship orbiting around the earth, or you would be dead. That is how he described it in a very insightful TED talk he delivered last March ([www.youtube.com/watch?v=Zo62S0ulqhA](http://www.youtube.com/watch?v=Zo62S0ulqhA)). In that talk he explains how to prepare yourself to face such a mind-blowing event. Obviously (or not), motivation and preparation play a large part in that formula.



We, as karate-kas, are given a challenge that is an integral part of our training; namely the opportunity to participate in competition with our peers at tournaments. For some, the very thought of dealing with that situation will elicit those familiar signs of fear, and the fact is that we are not compelled to do it to be able to advance through our gradings. So, it is left to us to actually choose to participate in that nerve-racking event. It is easy to see why many would be hesitant to go into a tournament under those circumstances. Chris Hadfield's motivations to go into space are obvious, but what is our motivation to compete?

Here's what I've learned through facing that daunting challenge. You may not like my first argument for participating in a tournament, but here it is: You have to find your own reasons for doing it. I know, not much of a motivator, but as Chris Hadfield says in that TED talk, repeatedly dealing with a scary situation will help you become used to it and enable you to change your behaviour. Most importantly, just by showing up at the tournament, putting on your gi and stepping out in front of the judges, you'll have won the most important battle, so there is little reason to fear what comes after that.

Where practicing a martial art helps you learn how to use your body to defend yourself or others, forcing yourself to participate in a tournament will help ensure you are mentally prepared to do it when faced with a threatening situation. In fact, your overall confidence can only be bolstered by the act. The other motivators for participating in tournaments should be obvious to most of you. It's an opportunity to not only show others, but also show yourself how well you've mastered what you've learned up to that point. There will be joy and pride in winning a trophy, and an opportunity to learn from your losses. With either outcome, you've gained something valuable. Ultimately, you have to decide for yourself if these reasons, and your own reasons, will propel you to gain that victory.



### CONGRATULATIONS TO THE NEW BLACK BELT RANK

**George Manuel** of the Brooklin-Whitby Wado-Kai Club was ranked in May 2014 to Shodan-Ho.

### NEWS FROM CLUBS

#### **EDMONTON Karate Clubs, Edmonton AB**

**Sensei Randy James,  
Rokudan**  
(6<sup>th</sup> Degree Black Belt)

**Sensei Andre Beauregard  
Godan**  
(5<sup>th</sup> Degree Black Belt)

J.H. PICARD SCHOOL KARATE  
CLUB

TUESDAYS & THURSDAYS:  
7:00 – 9:00PM

GLENORA COMMUNITY HALL

NORTH POINTE COMMUNITY  
CHURCH

Our annual kids tournament was held on May 10<sup>th</sup>, 2014. Many thanks to Sensei **Andre Beauregard** who put a lot of hard work into organizing this event. Sensei Andre takes the lead as the vast majority of participants come from his classes. This year we added team kata where groups of two participants perform in unison. Adults also took part in kumite and kata. It was a great turnout and a safe tournament – Fun had by all!



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

**Sensei Ron Ruskay Godan**  
(5<sup>th</sup> Degree Black Belt)

SCOUT HALL

SUNDAY AND TUESDAY:  
7 – 8:30PM

PPWK is on hiatus for July and August. Fall classes start Tuesday September 2, 2014.

The 2014 Training Camp was well represented by six members of PPWK. The weather for the weekend was very challenging, but all the attendees enjoyed the Camp.



> FOCUS <

**TORONTO WADO-KAI KARATE CLUB LTD.**



PORT PERRY Karate Club  
Port Perry ON

The Port Perry Karate Club wishes to extend our congratulations to Sensei **Kim Duggan** and Sensei **Dan Duce**, worthy recipients of the 2014 "SHINTANI AWARD".

**Congratulation to our students on their successful rankings**



**Zander and Mateo to Yellow Belt**



**Antonio and Spencer to Brown Belt**



**Logan, Trish and Payton to Orange Belt**



Each member of the Children's Class received an Achievement Award

Our last class of the 2013 – 2014 season was a combined class of students from the Children's class and Family Class and was held Tuesday June 17, 2014.



PORT PERRY Karate Club  
Port Perry ON

**All the student's demonstrated their skills with "Board Breaking"**



Wishing everyone a Safe and Happy Summer!

> FOCUS <  
TORONTO WADO-KAI KARATE CLUB LTD.



**BAHAMAS/  
CARIBBEAN  
AIKIWA Karate  
Do / Kubudoh  
Association**

**Sensei Freeman W.  
Thurston, Rokudan**  
(6<sup>th</sup> Degree Black Belt)

CENTRE

MONDAY & FRIDAYS:  
5:30 – 7PM

SATURDAYS: 10AM – 12PM

YMCA

MONDAYS & WEDNESDAYS:  
4 – 5PM

SATURDAYS: 1 – 2PM



**Sensei Freeman W. Thurston Celebrates 40 Years of Community Karate**  
By Sensei Earlin Bowe

On June 13, 2014, Sensei **Freeman W. Thurston**, 6<sup>th</sup> Dan, celebrated 40 years of community karate, including boxing/martial arts ring sports, youth training and development, with his students at the Susan J. Wallace Centre in Freeport, Grand Bahama, Bahamas. After a brief welcome, and the following history lesson about the program to the parents, the students were given an opportunity to display (show-off time!) their newly acquired skills in various drills and kata. The evening then concluded with two surprise promotions by Sensei Freeman. Mr. **Alexio Carey** was promoted to orange belt (4<sup>th</sup> Kyu). Mr. **Malik Johnson** was promoted to yellow belt (5<sup>th</sup> Kyu).



Sensei Freeman began his formal training in Wado-Kai Karate under Sensei **Dave Manara**, President / Chief Instructor, Toronto Wado-Kai Karate Club Ltd. (TWKK), in the early '70s, who has maintained a life-long relationship as mentor and friend to-date. The Bahamas & Caribbean Aikiwa (Wado Kai) Karate Do program forerunner began with formal classes being held at the YMCA, Freeport, Grand Bahama, early/mid 1970's.

Sensei Thurston's first students (captive participants!) were **Annamae, Cheryl**, and **Winston Thurston**. Today, some of Sensei Thurston's senior male students (fathers, grandfathers now) include **Bradley Knowles**, Dr. **Hayward Romer**, **Gadareth Higgs**, **Gadryn Higgs**, **Genymphas Higgs**, and me, **Earlin Bowe**. His senior female students (mothers, grandmothers now) include Annamae Thurston, **Roxanne Hinds**, **Chrisellyn Higgs**, and **Jasmine Wilchcombe**. The two most senior students are Mrs. Annamae Thurston (4<sup>th</sup> Dan) and Mr. Bradley Knowles (3<sup>rd</sup> Dan).

Between the late '70s and the early '80s, Bahamas Wado-Kai expanded beyond the Freeport YMCA to three other local centers. These centers were the Eight Mile Rock YMCA, the West End Community Center and the High Rock All Age School. In the following years, the program would be added to the number of activities offered by the Freeport Council and moved to its new headquarters at the Susan J. Wallace Center.

During his tenure (1980's/90's) as Committees Chairman, Club President, and later, Lieutenant Governor, Kiwanis in the Bahamas (Eastern Canada and Caribbean District, Kiwanis International), Sensei Thurston was afforded much opportunities to travel to various islands in The Bahamas/Caribbean Region.

"Anytime I had to travel for Kiwanis business, or in connection with my position as Pharmaceutical/Fine Chemicals production Manager in an international company with key plants around the world, I would always plan to include an extra few days, of course, the first thing placed in my luggage would be my gi, and Wado-Kai Karate personal/group application/registration forms," Sensei Thurston would chuckled.

As a result, the Bahamas & Caribbean Aikiwa (Wado-Kai) Karate Do program has been established throughout the Bahamas and the Caribbean. Historically, centers have been established in Abaco, New Providence, Eleuthera, Long Island, San Salvador and Inagua. Thanks to Sensei Thurston, Wado-Kai Karate had also been introduced to other countries in the Caribbean – fledgling centers in the Turks and Caicos Islands, Trinidad and Tobago, and Jamaica, and with eyes on South Florida, USA.



BAHAMAS/ CARIBBEAN  
AIKIWA Karate Do / Kubudoh  
Association

While much has been done in the inner-city programs to date, there is still much to be done. As Executive Vice President of the Northern Region for the Bahamas Karate Federation of the Bahamas Olympic Committee (1998), and President of the Amateur Boxing Association of

Grand Bahama (2010), Sensei Thurston plans to increase sport karate competition training, and incorporate some amateur boxing into the community program offerings, and 'open' training regimen. These programs would entail acquiring much needed equipment, including dojo mats, for example, currently on hold due to lack of equipment funding. However, with the continued aid of community sponsors, fund raisers, and assistance from 'Friends of Wado-Kai Karate, Bahamas', we will be able to acquire such in the near future. Donations of equipment (GIs, belts, mats, etc.,) are very much appreciated by our inner-city youth programs, by the way!

The following pictures show some of the highlights of the evening:



Sensei Earlin Bowe giving a brief history lesson on Sensei Thurston's accomplishments

**Congratulations Alexio and Malik!**



Recently promoted Alexio C.  
with Sensei Thurston



Recently promoted Malik J. (center) with  
Sensei Thurston (left) and Sensei Bowe (right)

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



BAHAMAS/ CARIBBEAN  
AIKIWA Karate Do / Kubudoh  
Association

The participants (combatants!) for the evening pose for pictures with Sensei Thurston and Sensei Bowe. **Keep up the good work guys!**



**Mrs. Been**, the Susan J. Wallace Centre Administrator (back centre right), and **Mr. Knowles**, (back right) Security staff - members and representatives for Freeport City Council/Local Government Administration, Grand Bahama, Bahamas.



Sensei Freeman (left front) and newest Centre youth group meet Corporate Supporters' Representatives:

Sanitation Services, Ltd. (**Mr. Llewellyn Carroll** – Manager, back left);

PHA Shriners (**Noble Kingman Rolle** - Illustrious Potentate, back centre);

PHA Masons, Northern Region (**Brother Nathan Russell** - President, back left).





## BEAUBASSIN Karate Club, Halifax, NS

Sensei Kim Duggan  
Sandan

Sensei Dan Duce  
Sandan

(3<sup>rd</sup> Degree Black Belt)

C.O Michael Comeau (2<sup>nd</sup>  
Kyu) & Michelle Rogers  
(5<sup>th</sup> Kyu)

ÉCOLE BEAUBASSIN  
TUESDAY & THURSDAY,

5:00-6:30PM

The end of June came on quickly (and is probably past, by the time you read this). Beaubassin Wado-Kai goes into hibernation for two months as a dojo, but we encourage our students to keep practicing; have fun and enjoy the summer. We start back at it hard and fast in September.

Our year ended on a couple of very high notes this year. We had a lot of promotions at the end of the year and there is one very special one to mention. **Olivia G.** became our youngest ever Junior Shodan in June. Olivia has improved so much over the years she has trained with us. All of the sensei here have been very impressed at how she turned up the intensity in her training this year and ironed out the few wrinkles in her form that needed addressing. It used to be that her big challenge was getting through a set of pushups, but now she rattles off fifty of them with seemingly no effort. Her katas are crisp and fast and she serves as a role model for all of our students.



The second high note was a huge surprise. Sensei Kim and I were shocked when **Sensei Manara** contacted us to tell us that **we were selected as the recipients for the Shintani Award** this year. Just thinking about that award brings visions of the amazing people who have received it before us. Saying that we are 'honoured' doesn't even come close to describing how we feel. We are very proud because we realize the award is a reflection of our entire dojo and the spirit that it maintains. We are very lucky to be surrounded by a group of wonderful people of all ages, who allow us to share part of their lives every week and grow together. That is the karate environment that we grew up in while we lived in Toronto and it's something we hope we are replicating here in Nova Scotia.



We had our End of Year Awards celebration the week of June 16<sup>th</sup> and handed out three awards to well deserving students. The first award, for **Best Attendance**, for the first time was given to an entire family. The **Sturk Family**, parented by **Richard** and **Tina**, had the best overall attendance for the year, individually and as a group (left with Sensei Kim).

The award for **Most Improved Student** went to **Anthony S-P.** Anthony just started training with us this past year and he has made very impressive gains. Based on how he performed this year, we feel there are no limits to what he can accomplish next year.

The final award was presented to **William M.** (right with Sensei Kim and Dan) for **Best Karate Spirit**. This award is given to the student who not only displays skill in their training, but who does so with sincerity, dedication and humility.



Hmmm... where have I heard that before? I can't remember a single class where I didn't see William smiling, and trying his very best no matter how grueling the exercise we were doing at the time.

As we slide into summer there is one last yudansha class to be held. This will be our annual "debrief" where all the senior belts discuss the year, talk about what worked well and things that could be done better. We do this, and plan for next year's major activities while eating sushi at a local restaurant. And speaking of next year, we once again look forward to a rigorous weekend of training with Sensei Manara,



BEAUBASSIN Karate Club  
Halifax, NS

hopefully accompanied by the lovely and talented **Marilyn**. We are also planning on a tournament for the new year and several special activities in between.

Have a great summer everyone, and if you are ever near Halifax, please get in touch with us. We'd love to see you.  
> Sensei Dan Duce



**BLOOR STREET  
Karate Club,  
Toronto ON**

**Sensei Leaton Bernard**  
**Godan**  
(5<sup>th</sup> Degree Black Belt)

**C.O. Nadia Corrado, 1<sup>st</sup>**  
**Kyu**  
(Brown Belt)

Assistant Instructor:  
**Joseph Gujol, Shodan-Ho**

TUESDAYS/THURSDAYS:  
11:30AM - 12:10PM  
WEDNESDAYS:  
5:15PM - 6:45PM

Sensei **Leaton Bernard** offered free beginner classes at the Bloor Street Dojo for the month of March 2014. These classes included the karate basics and self-defense scenarios. This generated interest in people who always wanted to try a class, but may have been apprehensive, for whatever reason. Due to the success of these classes, we now have two new members: **Tiger Wu** and **Greg Wood**. We also welcome back Gordan Sumanski to the Wado-Kai organization. As usual, they are progressing well given their keen attention and enthusiasm for the art, and Sensei's adaptive tutoring. Sensei also thanks **Joseph Gujol** Shodan-Ho, Sempai **Nadia Corrado** and **Sophie Benemacher** for their assistance in teaching and contribution to the dojo's camaraderie.

Congratulations are in order and long overdue to Sophie Benemacher in obtaining her Blue Belt at the ranking in 2013. Sophie joined both the Bloor Street and Ryerson Dojos in June of 2010 and has trained consistently and diligently over the years. Years of karate training have contributed to Sophie's drive to being a confident, strong and resilient person, proving that one can do anything when you put your mind to it.



In November of 2013, Sophie completed a mentally and physically grueling eight-week course at the Police Academy in Toronto and now she volunteers for various police assignments for the Toronto Police Force. Don't let her smile and sweet demeanor fool you as she is quite the 'warrior'! Be sure to greet and acknowledge her as one of 'ours' if you come across her on the streets of Toronto! Needless to say, we are very thankful to have Sophie as part of our Wado-Kai family and our community Policing!



BLOOR STREET Karate Club,  
Toronto ON

Please note that Wednesday evening classes at the Bloor Street Dojo have been cancelled until further notice. The lunch hour classes on Tuesdays and Thursdays will continue.

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.



**Sophie Benemacher  
Graduation Photo**

### **RYERSON Karate Club, Toronto, ON**

**Sensei Leaton Bernard,  
Godan**  
(5<sup>th</sup> 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



Visit and follow  
"Ryerson Karate Club"



The Ryerson dojo continues to be strongly supported by a group of dedicated students and aided by Sempai **David, Andrei** and **Mohamed**. Sensei **Michael McCarthy** makes regular visits and we always welcome his unique contribution to the tutoring at the dojo.

In early June, with Mohamed's help, we rejuvenated the Facebook page and added an 'Open House'! This has resulted in added memberships. On Facebook the attention and comments from past and present students, both from within and outside of the Ryerson dojo, has raised the presence of the dojo.

There is another OPEN HOUSE on July 16<sup>th</sup>. Consider this an Open Invitation to train with us and "fellowship" at a local "watering hole" patio afterwards.

We are in preparation for the upcoming Ryerson University Fall induction and "Frosh Week 2014" promotions; working with the RAC to ensure we are well represented.



Ryerson Karate Club  
Toronto, ON

The following Karate-kas were recently ranked and I am impressed with their achievements and thankful to have them as inspirational and determined Karate-kas: To Yellow: **Blair Borden** (not shown).

To Brown: **Andrei Petrov** (left) **Mohamed Helal** (right)

To Green: **Yalda Pashai**



The Ryerson Karate Club congratulates the Toronto Wado-Kai organization another successful Karate Camp. The workshops by the various sensei made for another intrinsic addition to our Wado-Kai inventory of skills.

**BROOKLIN-WHITBY  
Karate Club,  
Brooklin, ON**

**Sensei Ron Sheyan,  
Rokudan  
(6<sup>th</sup> Degree Black Belt)**

**C.O. Heather Cant-  
Woodward, Yodan  
(4<sup>th</sup> 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](http://www.brooklinkarate.com) and click on either of the Facebook icons.

### Congratulations are in Order!

**George** successfully tested for his Shodan-Ho rank on May 5, 2014. George is surrounded by his instructors. Congratulations George!!!



Pictured above are Brooklin Sensei: **Chloe, Alex, Anthony, George, Ron, Steve, Heather, Eric, Annemarie, Steve**



Brooklin Karate Club,  
Brooklin, ON

**Recent Gradings:** Congratulations to those students who have recently tested for their new ranks! Everyone had fantastic effort! The following pictures are all those who passed their test and moved on to their next belt level:



Jack, Jada, Jacob



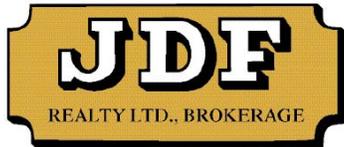
Back Row (L-R): Jarrod, Jacob, Liam  
Front Row: Cameren, Dorian, Grayson



Tyler, Sean, Carter

### 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](mailto:karate@rogers.com) if you would like to be placed on an e-mail distribution list. You can also visit [www.brooklinkarate.com](http://www.brooklinkarate.com) and click on the “News, Events, Cancellations” tab for further details.



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

Office (905) 660-4949  
Fax (905) 660-4316  
Cell (416) 220-9900  
Toll Free: 1-877-660-4949  
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**Advertise your business here and share your success with the TWKK community!  
Let your fellow karate-kas do business with you first.**

For further information please contact Communications Director Sensei Robb Dods [twkk@psstnetwork.ca](mailto:twkk@psstnetwork.ca)



**TWKK Gallery** For More Pictures of **TWKK Training Camp 2014**  
 Visit the Flickr site <http://www.flickr.com/photos/33364500@N06/sets>



**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**

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