

OCTOBER 2014

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(9th Degree Black Belt)

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(6th Degree Black Belt)

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(7th Degree Black Belt);

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(5th Degree Black Belt)

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INTRODUCTION

It is 'Welcome Back' time for many Wado-Kai clubs who were off for the summer. Like the back-to-school feeling, getting back into the dojo can be both an exciting time and a time when we feel those aching muscles that are not used to those exercises we were not doing over the summer.

In this issue we have Part Two of Sensei **Ray Kennedy's** series on dealing with the tournament jitters; and the Part Three conclusion to the sequence. There are more great insights shared by Black Belts about their feelings and how they deal with the nervousness of tournaments.

I, personally, would like to thank the Black Belts who have provided their input to Sensei Ray's series. FOCUS is about what everyone in the organisation is doing and, well, thinking. FOCUS would not exist without input from our TWKK members. On that note, I encourage everyone to submit articles or items, and for Club Heads and Communication Officers to provide updates on what is happening at your dojos.

We have another interview with a member of the Senior Dan Council, Sensei **Jose-Carlos Garcia**. It is our hope to continue with these stories and interviews over the coming issues of FOCUS. I think it provides the opportunity for our readers to gain some insight into the leaders of our organisation and gives a chance for us to get to know about the people behind the names we often read about in our News From Clubs, tournament results, and shared articles.

The **Thornhill Tournament** in the Toronto area is coming up on Saturday, October 25th. We hope everyone in the GTA and Southern Ontario at least will be out to this event. Reading about dealing with the jitters should encourage everyone to give it a go.

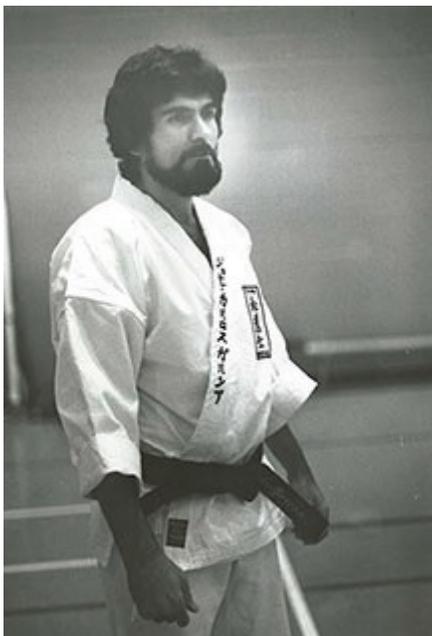
Enjoy this issue and I look forward to the next submissions from everyone, after the Holiday Season that will be coming up soon, and as we welcome in 2015 with the next January issue! > **EDITOR ROBB DODS**



TORONTO WADO-KAI KARATE CLUB LTD.

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Senior Dan Council Member – Sensei José-Carlos Garcia, Sichidan Club Head Oshawa-Whitby Wado-Kai Karate Club, and Technical Director Toronto Wado-Kai



Sensei José-Carlos Garcia Muñoz’s training in karate started in the mid-70’s in the small village of Prince Albert (south of Port Perry). “Today, after 39 years of a martial arts journey, I find myself surrounded by great memories and wonderful people,” shared Carlos.

“I remember as a white belt attending my first tournament,” said Carlos, “it was the most exhilarating and scary experience I ever felt. When the judge yelled “Hajime” for me to start sparring, I felt the world trembling under my feet, but I was determined to spar with whatever strength I had, and so I did. I will never forget that day and the respect that taught me to have for the white belts. In the journey of learning martial arts, the first steps are the hardest and the guidance of a good sensei is well respected.”

In 1976 after being graded for his orange belt, Carlos started travelling three times a week to Ryerson in Toronto. “They were long trips, but it was great to train under Sensei Manara,” said Carlos. “The classes were intense and strenuous, but the feeling of accomplishment was great. There were those scary moments when Sensei Manara would walk around during break time looking for a partner to spar with; it was called “half time entertainment” (I guess for those who watched); and then there were those wonderful moments like the day we went to visit Sensei Shintani.”

“I was a blue belt when Sensei Manara took us to an old bowling alley in Hamilton to meet and workout with Sensei Masaru Shintani; I was very excited. It was my naïve and rookie blindness that misjudged Sensei Shintani when we first got introduced to him, thinking this older looking man was not going to be able to teach us anything. I was a blue belt and thought I knew everything. Well, was I ever wrong and I was going to have a taste of humble pie. The class started with a warm up lead by Sensei Manara; and then Sensei Shintani took over.

“He called me up as a volunteer to demonstrate a technique, and when he asked me to throw him a double punch, one to the middle section and one to the face, ‘Yeah Right,’ I thought, ‘If I do that I will break this guy up. What the heck,’ I thought to myself, ‘He is a high ranked black belt and he should be able to take it.’

“Well... humble pie time! After I threw my two fast punches, he continued saying ‘And this is how you apply the double hip.’ And there I was, holding right fist up in the air and my left fist down to the ground. That day Sensei Shintani got my attention and my deepest respect, and I was fortunate enough to know him better in the years that followed.

After being encouraged by Sensei Manara, in 1981 Sensei Jose-Carlos opened the Oshawa Wado-Kai Club in Durham College. “On September 1981, we started the first class with 16 students. Today the club has successfully grown with thousands of students having passed through the dojo doors; and we have had over 100 black belts through the years with five different programs running in four different locations within Oshawa and the Whitby area.”

In 1983 Toronto Wado-Kai ran the first junior’s ring at a tournament in Ryerson that included only students from the Oshawa Juniors’ classes. “It was an exciting event because for the first time juniors were competing in Toronto and they were students that I trained, what made me excited and nervous at the same time,” said Carlos. “I remember how happy I was when Jeff, Jeffrey and James received their 1st, 2nd and 3rd place medals.”





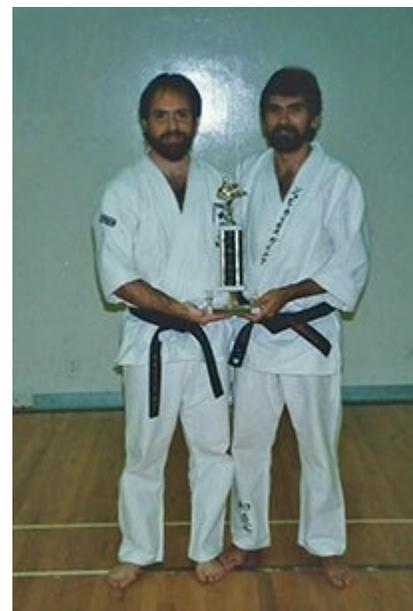
“Performing well and getting a trophy in a tournament is exciting, but nothing compares to the thrill you experience when you see your students achieving that goal.”

“My training under Sensei Manara never stopped, and through the following years I continued attending classes at Ryerson. My first karate camp was in 1978 (when the movie *The Karate Spirit* was filmed) at the Ryerson Farm, followed by many others. I enjoyed competing in several tournaments, and had successes, such as the first place in team kata (for Bai Sai Dai) in 1985 with John Gallagher and the first place in breaking techniques in 1990 at the Thornhill tournament.

“While continuing my Wado training, I had the chance to visit other clubs and run some clinics as well in Madrid, Spain; Boston, USA; Comox, B.C., and the Dominican Republic.

“My interest in the Martial Arts grew through the years and, while never stopping my training in Wado, I also trained in Tae Kwon Do, Aikido, Iaido, and Tai Chi; and I have participated in other martial arts tournaments and demonstrations.

“Martial Arts seems to be a non-stop journey that I continue to enjoy.”



Are You Nervous During a Tournament?



This is the second installment of the series about how the Black Belts have felt in dealing with the tournament jitters through their years of training.

The third part is also included in this issue as a conclusion to the discussion. Sensei **Ray Kennedy** wanted our readers, especially the newer karate-kas, to understand that just because someone is a black belt it does not mean they are not nervous dealing with tournament participation.

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 During a Tournament?

Sensei Anna Galant, Shodan

I remember the adrenaline of the tournaments. I liked to envision myself to be like Bruce Lee! I'd always get pumped up from listening to music or watching a kung fu movie the night before. Of course, I'd practice my katas until I didn't have to think about them anymore. So when they called my name, it would be adrenaline and memory meshed together into a great performance! Everyone gets nervous; learn your style of working with it! (Having someone cheer for you also helps sometimes!)

Sensei Robb Dods, Rokudan

My butterflies were with me always, up to the point of being called up to the ring. I would practice my deep breathing, right up to the time I entered the ring for Kata, and I was standing before the Judges. I would take one or two more deep breaths before I came to Kiyostuke. I would picture the first moves of the kata in my mind's eye and everyone around me would begin to fade away. Once I made the first two moves I became one with the flow and my focus was only on the kata. When I came to the end it would seem like reality returned when I finished my bow to the judges. For Sparring, once the center judge called Hajime, I tuned everything out except my opponent. After my first match the butterflies would be gone.

Sensei Dan Duce, Sandan

For me, it is always the following – There are three stages: before, during, and after. Doesn't matter if it is kumite or kata, it's the same. "Before" is where there are butterflies in my stomach and my thoughts are going a mile a minute. "During" brings on a sense of "mindlessness". It's kind of like going on auto-pilot; things happen faster than thought and it is where all the training takes over as your body reacts and does what it needs to do, as well as it has been trained to do it. Just to be complete, "after" results in a flood of emotions and second guessing, depending on what the results were for the kumite or kata.

Sensei Andy Basacchi, Yodan

Having prepared for the tournament for a number of weeks both at home and the Dojo, today is now the day of the tournament. Who is going to be there from other clubs? Are they going to be competing in the Kata and sparring as I am going to? When the rings were assigned and I would go over to my specific one, is when I began to remind myself of all the preparation that went into getting me ready. The first activity was the Kata and prior to getting ready I would review it in my mind, going over each of the moves and envisioning the 'attackers' that triggered my reaction in the Kata. Then I would physically go through the steps, trying to warm up in preparation for the actual Kata in front of the judges. By this point I was trying only to focus on me, and isolate everyone around me.

Listening to the head judge provide the instruction and then calling my name was the final moment of being aware of the surrounding. Once I bowed to the Judges and started my Kata, the focus was now in allowing all the training to come out.

If I started to 'think' about each move, the Kata would not flow as it should and definitely the possibility for error or slowing down occurred. Once final move was done, and I 'looked' back at the final imaginary opponent to ensure they were not moving, I bowed down to the Judges and awaited my score. Then the room, its noises and the competitors and spectators slowing began to come into focus.

Moving onto sparring was a similar experience, but this time, I did not have to worry about imagining my opponent, there in front of me, was the opponent. Here my thought was to remain calm and relaxed and to observe. How did they stand, what hand and leg did they favor, where were they looking, what action proceeded each move? Of course, such questions were all being asked in the heat of the sparring, while blocking, attacking, listening to the judges scoring points and all the while ensuring that I would have 'something' still left to give. Once again, the weeks of practice both at the Dojo and at home greatly assisted with the outcome.



Are You Nervous Before a Tournament?

Sensei Ray Kennedy, Rokudan

I remember being at one of Mr. Shintani's tournaments in Hamilton. I was sitting waiting for my name to be called for kata. My legs felt like lead and I was afraid that I wouldn't be able to make them move when I was called. I remember thinking how embarrassing that would be! However, when I heard my name, I forgot all about my legs and I was satisfied of how well I did the kata. I remember the times that I least wanted to spar was always just before they called my name in a tournament. I know that it was just nervousness. The waiting was the worst; but as soon as my name was called, my mind changed completely, and I focused all my attention on the job ahead and always enjoyed it. Everyone else always looked so calm and confident. Only later did I realize that they were as nervous as I was and I was surprised when someone would say that I looked calm too!

Sensei Jose-Carlos Garcia, Shichidan

There are various feelings at different stages that I go through when I decided to participate in a Martial Arts tournament. Initially, I am excited when I commit to participate; my training increases and the focus on my techniques becomes more intense until the day of the tournament. At the day of the event, my heart starts pounding harder and the voices of those surrounding me, that are trying to communicate, sound like a faraway echo that doesn't make any sense. Eventually, as the time approaches to stand in front of the judges, I try to distract myself and not to watch other competitors that are participating in the same event. Finally when my name is called, I try to breathe slowly and concentrate in my techniques as if I was in a regular class. Regardless of my efforts, the fear of failure never leaves my thoughts; somehow I manage to perform with some physical control that leaves me exhausted at the end of the event, but very thrilled that I managed to survive. THERE IS NO REWARD WITHOUT A RISK!!!

Sensei Jennifer Virgin, Nidan

Nervous before a tournament? You are not alone. I always get nervous during a tournament; I always have butterflies in my stomach. What I like to do is watch the people who are participating before me, it sort of gets my mind off the fact that I have to go next, and that I'm scared. I find sparring to be far more nerve-racking than kata. When I am doing my kata, I pretend that I have a real opponent and I know that I have practiced enough in class to not even have to think about the kata while doing it. Sparring, on the other hand, is somewhat terrifying for me. I get really nervous, like I am going to be sick; even when the match starts I still have butterflies in my stomach. I usually lose that feeling once I earn a point. I just try and remember not to plan too far ahead and just react to the attacks being thrown at me; and see if I can score points immediately after blocking their attacks. Sometimes that nervous feeling can be real handy – your reaction time is a lot faster and it makes you more aware of your surroundings. So, maybe next time you feel really nervous during a tournament, just remember you might actually be better nervous than if you were calm and relaxed.

Sensei James Darker, Yodan

Sparring: I am still nervous and apprehensive before I step in the ring. While waiting, I feel tense, my stomach becomes knotted and I just want it to be over. I force myself to focus on strategies for the match and try to psych myself up from my normal mellow personality. Once the contact of attacks on blocks begins I start to get into a sparring frame of mind. As I this happens the rest of the world around me fades and I feel alive and able to move and react faster. My challenge is to get into this state before I get hit the first time by my opponent.

Leaton Bernard, Godan

There was always a nervous anticipation leading up to tournaments and I now realize that my nervousness stemmed from not wanting to disappoint those that had confidence in my abilities. There are times I "crashed and burned" – did NOT perform up to my abilities! I lost; and my opponent did NOT get a fair competition! Everyone encouraged me and I did not notice any disappointments! My Sensei, Robb Dods, would just smile and say, "Just have fun out there."

I have not always got trophies at tournaments but, honestly, I always WON in experience! I always brought something back to the dojo and other training sessions that gave me an advantage over karate-kas that missed the tournament... LOL! And THAT further intensified my training and built more confidence.



Sensei Leaton Continued.

Sensei **Wolfgang Franke**, not my direct sensei, took time after every tournament to go through a post-tournament review of my performance. He reviewed what made me unique, what I could use more of, and other things I might consider. It was NOT about whether or not I got a trophy!

What I was sure of was that I always trained in the dojo at a high level – giving my all to the drills and listening intently to Sensei's teachings! Even when my fellow karate-kas were being corrected, I would self-check to ensure I was executing what I was being taught. I soaked up instructions like a 'sponge does with water'. Everything being taught, regardless of how basic or seemingly repetitive, helped me improve!

With that, I saw tournaments as the "Olympics" – a proving ground for my own training. I practiced so hard others thought I was lucky at tournaments. I trained hard and I so I believed my performance was a reflection of my training. I accepted that I could make mistakes so I was no longer afraid of making them.

Before a tournament, I always tried to get a few minutes of warm-up – slow, continuous sparring with one of the sensei... WOW that really helped me relax! When I get into the ring it is time to execute on the "sure thing", not time to try "fancy" stuff – that is just "fluff". Not time to think about what to do – just do it! In kata, the judges become MY OPPONENT, use their eyes, pick one or more! In sparring / kumite, my eyes never leave my opponent's, even during the point determination by the Judges. Just try it; you will learn a lot about your opponent.

Tournaments help me adapt to any situation, and I always 'WIN'! I do not worry about the points, I just focus on my opponent and the opportunity to experience as many of them; so I try to get as many matches as possible!

For me, to WIN is to have learned as much as I can from the experience! I am at each tournament, and I always make the time to share tips with anyone before and/or after each tournament.

Why Was I Nervous?

WADO-KAI KARATE CLUB

In conclusion, when the tournament is over it is the time that everyone reflects on how they did. It is a time to think about what went well and what you may need to work on for the next time.

Winning a trophy is nice, but it is not the important part of participating in a tournament. What is most important is 'putting yourself out there', and then seeing what you can learn from the experience.

The hope in experiencing a tournament is that you will be able to carryover what you learned in that stressful situation to similar situations in your life, such as making a presentation at school or work, acting in a play, doing a job interview, public speaking, etc.

There is no other way to get that kind of experience other than to participate in a tournament. It is for that reason that your sensei encourages you to enter a tournament. Part of your Wado-Kai training must include putting yourself into a situation of facing your fears, so you know what to expect, how to control the adrenaline, the butterflies, the nervousness. It is part of completing your emotional and mental discipline training that goes hand-in-hand with your physical martial arts training.

There is no other way to get that kind of experience.

The purpose in sharing the Black Belts' thoughts about tournaments was to show you that, no matter how experienced you are in your martial arts training, everyone gets nervous in stressful situations. Entering the tournaments gives you a safe opportunity to test yourself and to get some experience so that you become more and more used to performing under stress.

Personally, I feel it is a real shame when I think that the only reason a student might not compete is because they worry about feeling nervous.

I hope the thoughts and insights of the Black Belts in these articles will convince anyone who might be hesitating in going to a tournament to give it a go. The rewards are certainly worth the risk. Remember, in this we all travel the road together, no one is alone. < Sensei Ray Kennedy, Rokudan



Thank You For Your Participation!

Thank You

To all the Black Belts who provided input on the series, "Are You Nervous Before/During/After a Tournament";

Both Sensei Ray and Robb wish to sincerely thank you for taking the time to share your thoughts, experiences, insights and advice with everyone through the two FOCUS issues (July and October). The topic of dealing with tournament jitters is one that we all think about from time to time, but not one we share very often. We felt it was important to let the newer students know that we all share those same doubts and fears, that we are all struggling together to learn how to deal with them and, hopefully, that we use what we learn in our everyday lives. > Sensei Ray Kennedy & Robb Dods

CONGRATULATIONS TO THE NEW BLACK BELT RANK

Sarah Huxter of the Oshawa-Whitby Karate Club was ranked to Shodan in August.

OUR CONDOLENCES

We wish to express our sincere condolences to:

Sensei **Dave Manara, Marilyn** and the Manara family on the passing of Sensei's mother, **Lillian Manara** on August 20, 2014.

Oshawa-Whitby Club Communication Officer and Brown Belt **Theresa Virgin** and **Jennifer Virgin** 2nd Dan and their family on the passing of Theresa's mother and Jennifer's grandmother on September 6, 2014.



NEWS FROM CLUBS

PORT PERRY Karate Club, Port Perry, ON

Sensei Ron Ruskay Godan
(5th Degree Black Belt)
Sensei Frank Murphy
Yodan
(4th Degree Black Belt)

SCOUT HALL

SUNDAY AND TUESDAY:
7 – 8:30PM

Port Perry Wado-Kai Announces Organization Changes

After 31 years as a member of PPWK and 20 years as the Club Head and Chief Instructor of PPWK, Sensei **Ron Ruskay** has decided to step down as the Club Head and Chief Instructor effective September 1, 2014.

Sensei Ron will remain with the club as Business Manager and Communication Officer.

Sensei Ron announced the following effective September 1, 2014:

Club Head and Chief Instructor- Sensei **Frank Murphy**

Senior Instructor - Sensei **Jan Longo**

Instructors - Sensei **Russ Gowans**, Sempai **Nancy Rickard** and Sempai **Antonio Pena**

Sensei Ron wants to thank and recognize the above for all their support in helping him run the club for many years.

The Port Perry Wado-Kai had a successful Fall Registration in September. Welcome to our new students: **Avery, Freddie, Aiden, James, Korbin, Jordan, Michael, Stephanie** and **Hanz**.

Welcome back **Andrew and Lucas!**

See you at the Tournament October 25, 2014!

BAHAMAS/ CARIBBEAN AIKIWA Karate Do / Kubudoh Association

**Sensei Freeman W.
Thurston, Rokudan**
(6th Degree Black Belt)

CENTRE

MONDAY & FRIDAYS:
5:30 – 7PM

SATURDAYS: 10AM – 12PM

YMCA

MONDAYS & WEDNESDAYS:
4 – 5PM

SATURDAYS: 1 – 2PM



Sensei Freeman - Opening of YMCA Boxing - Martial Arts EXTRAVAGANZA 2013

We are all off and running at the Community Centre, so to speak! Sessions are underway, with many returning students, and many first-timers registered at the community centre. The majority of the participants hail from government schools, but there is a growing proportion from private institutions now making the centre an integral part of after-school activities. At the last sessions we welcomed some sixty-six (consistent) participants through the program. It appears we will better that number as the term progresses.



BAHAMAS/ CARIBBEAN
AIKIWA Karate Do / Kubudoh
Association

Our need for support, financial and general equipment and uniforms, is also expanding. Many of our kids are 'inner city', the most vulnerable of our society, and very much need any support the community can offer. This is one of Bahamas Wado-Kai's most challenging goals to meet this year... any help is most appreciated.

2014/15 School Year



In June there was our Freeport Council / local government elections (administration of our S.J. Wallace Community Centre). We (Bahamas Wado-Kai Karate) enjoy a much-favored status with the local government entities, and continue to spearhead all community martial and associated arts training programs supported by City of Freeport Council. We regard the Council as our 'Friends in high places'!

Community Programs Support Appeal Program

West/Central Eight Mile Group - Looking forward to our local efforts bearing fruit over the coming year in continuing to raise awareness of our plight in maintaining our flagship Youth and Young Adults training programs. In addition, all of Bahamas Wado-Kai thanks the TWKK organisation in the efforts being made by our Canadian friends and associates in Wado dojos and Centres across Canada to assist us in gathering much needed training equipment, uniforms, etc., to further help our overall thrust in maintaining our forever-expanding programs.

Bahamas Wado Kai Karate School Programs Expansion

Sessions were scheduled to start on Friday 26th September at the Centre to accommodate our latest private school karate club - **Alpha Omega Christian School "Owls"**. The Program sessions are being offered to 7th through 12th graders, with further accommodation of our 1st through 6th graders sometime in the first or early second terms of the current school year. (This is a 'natural' expansion of Sensei Freeman's role with the school, he was told. He is the Math & Sciences teacher and finally responded to starting a private-school-based karate club; in addition to all the other "irons" he has in the fire! And being officially professionally 'Retired', to boot!)

Boxing/Mixed Arts Training Programs

President of the **Amateur Boxing Association of Grand Bahama (ABAGB)**, Sensei Freeman still champions local efforts via affiliated karate dojos, associated boxing clubs, and supporters of the dream to integrate such training into youth programs as is feasible. This is consistent with his position that every avenue is to be explored toward allowing the youth and young adults to get involved in some structured training and development program - under competent administration, coaches, dojo instructors, and supported by government / corporate agencies. *"There is much to be done if we are to reach our young people in the Commonwealth of The Bahamas, and wider Caribbean Region,"* said Sensei.



**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 an interesting and short summer it has been! The following is the news from Oshawa/Whitby Wado-ai.

CONGRATULATIONS!! – June 14, 2014



**Scott M. – 2nd Place in Kata at the 2nd
Annual Ontario Martial Arts Games**

CONGRATULATIONS!! – July 29, 2014



**Alexandra M-K. (Orange), Phil J. (Green),
Nicholas M-K. (Orange)**

CONGRATULATIONS!! – Sarah Huxter – August 6, 2014





Oshawa-Whitby Karate Club, Oshawa ON

"I went for my black belt ranking and I passed!! I was so nervous and so happy that I got it. After 10 years of karate I finally reached my goal! Thank you to everyone in and outside my classes who helped and supported me through this journey. Special Thank You to these amazing Sensei and friends who came to my ranking to support me! Sensei **Jennifer Virgin** and Sensei **Daina Als**.

"And, a huge special Thank You to the best Sensei in the world, who taught me from Day One and believed in me all throughout these years, Sensei **José-Carlos García Muñoz**. Without you, Sensei, I don't think I would have made it this far!" > Sarah Huxter, Shodan

CONGRATULATIONS!! – September 25, 2014

Gabriel A (Green), **James W.** (Green), **David Hewlett** (Orange), **Aliyah Z.** (Orange), **Grace A.** (Orange), **Clíodhna W.** (Orange)



That's it for the summer/fall edition from Oshawa/Whitby Wado-Kai. Just a reminder:

Annual Oshawa/Whitby Wado-Kai Invitational Children's Tournament is on December 13, 2014.

Mark your calendars for this exciting event!

LAURENTIAN VALLEY Karate Club, Pembroke, ON

Sensei Marg Michael Godan (5th Degree Black Belt)

We had two sets of visitors this summer. The first group to visit was Sensei **Frank Murphy** and Sensei **Jan Longo**, both from the Port Perry Club in August. We had an enjoyable visit with them and they are welcome back anytime. Thank you both for making the trip up to Pembroke.

It was a pleasure having Sensei **Ron Sheyan** and his wife **Beth** visit us in mid-September. Arriving in the afternoon we spent several hours catching up on all of our activities (past and present), enjoyed a dinner; and then headed to the dojo. Thank you Sensei Ron and Beth for taking the time to visit. It is greatly appreciated.



**Laurentian Karate Club,
Pembroke, ON**

Sensei Jim Sullivan Godan
(5th Degree Black Belt)

TUESDAY & THURSDAY:
6:30 – 8:00PM

Shown below is Sensei Ron teaching Itozu Rohai.



**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

HeberDown – 2014!

On Monday July 21st, Brooklin - Whitby Karate held its annual outdoor workout at Heber Down Conservation Area.

We spent the evening learning a solo blocking drill, utilizing six different blocks. Once we had practiced the solo drill, we repeated the drill with a partner who was punching at and seizing critical targets. Everyone enjoyed the drill and working with our partners!

We had students come out to participate from many clubs, including Brooklin - Whitby, Oshawa - Whitby, Clarington, and Port Perry. We would like to thank them for their support and enthusiasm!



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.
Twitter: @brookinkarate





Brooklin Karate Club,
Brooklin, ON



Brooklin - Whitby Karate Celebrates Its 15th Anniversary

In September of 1999, Brooklin - Whitby Karate opened its doors for the first time to serve the Town of Whitby and the communities (wards) within its borders, namely Brooklin, Myrtle, and Ashburn. During the class held on September 25, 2014, a small celebration was held during the second half of the class to commemorate this milestone. Sensei **Ron Sheyan** talked about the history of the club from its beginnings in the basement of a local community centre with 18 students and the move four months later to its current location at Brooklin United Church. Also mentioned were the wonderful growth of the club and the addition of a Children's Class in January of 2008. After reviewing the history and growth of the club, Sensei Ron took the time to thank all of his senior students for their contributions and support. He also thanked all those students (senior students and class students) who have assisted him with the running of the Children's class and that the running of these classes could not be accomplished without their (greatly appreciated) dedication. He finally thanked ALL of the students that comprise the club for making Brooklin - Whitby Karate the great club that it is! There was a huge round of applause by and for the whole group, and then everyone enjoyed a piece of cake and refreshments.

The Brooklin - Whitby Karate club would like to thank Sensei Ron for his unwavering support and dedication to Brooklin - Whitby Karate.

His talent for teaching and enthusiasm for each and every class has been a consistent theme throughout the club's 15 years, and our students look forward to many years to come!



Brooklin Karate Club,
Brooklin, ON



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.



Come See the British Invasion in Support of Sheena's Place

Many of the Black Belts in Ontario received the flyer about the special annual fundraiser organized by Sensei **Tony Marziliano**.



Featuring



www.thebritishinvasion.ca

For those that attended last year we want to thank you again for attending or donating to last year's "HELP" fundraiser benefiting **Sheena's Place**. We look forward to your continuous support and generosity. This is a link to a you-tube video that provides a brief summary of last years' event - the music sound track of "The British Invasion".
<http://www.youtube.com/watch?v=tTdv6e128dI>

Save the Date for Our Event on November 14, 2014.

Sheena's Place is a centre offering free counselling services to clients with eating disorders and their families. With limited hospital beds and not many locations offering services in Ontario, clients affected by eating disorders have very few options in getting HELP. Last year over 1,000 clients with eating disorders were counselled at Sheena's Place. As Sheena's Place does not receive government funding for operational expenses, they rely on the generosity and financial support of individuals, corporations and proceeds from special events, such as this one, in order to continue giving free services to clients and their families.



SHEENA'S PLACE
Support for eating disorders

For additional information on Sheena's Place, please visit <http://www.sheenasplace.com/>

We look forward to seeing you on November 14th. Come and relive "The British Invasion - a night to remember". The band is a premium 60's cover band and is playing to sell-out performances. As last year's event was sold out, we have booked additional seating and also expect to sell out again this year. Please book early to avoid being disappointed.

Please email or call Tony should you have any questions. Location: Montecassino Place Banquet Hall, 140 Jevlan Drive, Vaughan Ontario.



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For further information please contact Communications Director Sensei Robb Dods 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

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, Steve Henrich, Ian Mador, Tony Marziliano, Margaret Michael, Ron Ruskay, Jim Sullivan, Ed Young
Yodan (4 th Degree Black Belt)	Andy Basacchi, Ken Buck, James Darker, Frank Murphy, Alex Nguyen, Anthony Woodward, Heather Cant-Woodward



TORONTO WADO-KAI KARATE CLUB LTD.



FALL KARATE TOURNAMENT

SATURDAY, October 25th
THORNHILL COMMUNITY CENTRE
NE Corner of Bayview Ave. and John St. (N. of Steeles Ave.)

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

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

TOURNAMENT FEES

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



For More Information Contact Sensei Robb Dods

PSST...Network

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