

JULY 2015

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(9<sup>th</sup> Degree Black Belt)

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(6<sup>th</sup> Degree Black Belt)

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(2<sup>nd</sup> Degree Black Belt)

**INTRODUCTION**

This is the summer FOCUS issue that always follows the annual Training Camp at Wasaga. As you can expect, there are pictures of the fun times. Congratulations to the Shintani Award Winners this year, Sensei **Ray Kennedy** 6<sup>th</sup> Dan and Sensei **Joanna Gussmann** 2<sup>nd</sup> Dan.

The following is a message to this year's Training Camp participants from Sensei Manara.

*"Many thanks to our seminar leaders who prepared seminars that were interesting and who presented key learnings to the students. I / we all appreciate and truly value your contributions.*

*"Also, many thanks to **Joanna, Marilyn, Weldon** and **Leaton** for helping organize all the logistics; i.e. pot luck, cleanup and keeping us all on the straight and narrow. We must not forget the amazing communications work done by **Robb Dods**. Robb, I appreciate all you do!*

*"Another congrats to **Ray** and **Joanna**. I know you will cherish what these Shintani awards represent.*

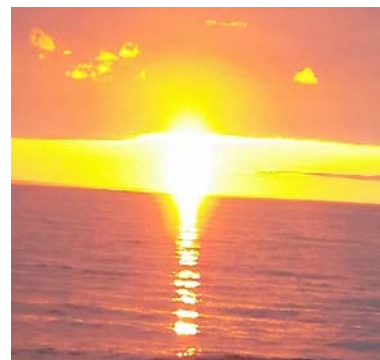
*"Although our numbers were down this year, I heard several positive comments about how [everyone] felt it was better and more intimate with a smaller group. **Andre Petrov** from Ryerson said he had been to four camp events, and this was the best one yet!*

*"The camp tradition carriers on!!! Again, my sincerest gratitude to all those who continuously participate and support TWKK." >Sensei Manara*

If you have not been to Training Camp or back to Camp in many years read the article in this issue entitled "To Camp or Not To Camp?" The questions posed may provide readers to pause and reflect on why you haven't been to Camp; questions not even considered by our karate-kas from out of province. Surely everyone would love to attend if it were possible, and we have had visitors from farther east, west and south in past years.

We would like to see more of our Ontarians come to Camp while there is still the opportunity. We will miss it when it is gone.

Enjoy your read! > EDITOR **ROBB DODS**



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

TORONTO WADO-KAI WEBSITE: [WWW.TORONTOWADOKAI.COM](http://WWW.TORONTOWADOKAI.COM) COMMUNICATIONS: [TWKK@PSSNETWORK.CA](mailto:TWKK@PSSNETWORK.CA)  
PHONE: (416) 801-7435



## NEWS FROM CLUBS

**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



Website: <http://www.brooklinkarate.com>

Facebook: <https://www.facebook.com/BrooklinWhitbyKarate?ref=hl>

Twitter: @brookinkarate

### 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.

### Congratulations are in Order!

On May 4, 2015, Brooklin-Whitby Karate had four students test for their Shodan-ho rank. They all did very well!



Sensei Larry, Sensei Dave Manara, Laura, Fiona, Ryan, Jerod, Sensei Ron

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Brooklin Karate Club,  
Brooklin, ON

### Recent Gradings at Brooklin-Whitby

Congratulations to all of the students who passed recent Gradings! You all did a wonderful job! Pictured below are all those who passed their test and moved on to their next belt level.



Aidan, Zachary, Kadin



Natasha, Owen, Sean, Owen, Carter

Jacob, Sensei Ron, Ryan



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Brooklin, ON

More Promotion Pictures



**Trish, Ella, Abby**



**Andy, Alan, Steven**

**CONGRATULATIONS TO THE NEW BLACK BELT RANKS**

Congratulations to the following karate-kas recently promoted.

Brooklin-Whitby promotions to Jr. Shodan-Ho:

**Ryan Dancy, Laura McCulloch, Jerod Miksza, Fiona Wilson**

Clarington promotions to Jr. Shodan-Ho:

**Doug Backwell, Stephen Cluett, Adina Etwaroo, Joshua Etwaroo**

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## OSHAWA- WHITBY Karate Club, Oshawa ON

**Sensei Jose-Carlos  
Garcia, Sichoan**  
(7<sup>th</sup> Degree Black Belt)

**C.O. Theresa Virgin,**  
**1<sup>st</sup> 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

### Hello Folks: Happy Summer, It Is Finally Here!

On June 23<sup>rd</sup>, Sensei **Jim Wilson** from the Kenshokan Iaido Club and some of his students provided a seminar for our club. Iaido is a display of elegance, power, precision and dignity and is harder than it looks, as proved during the seminar. Thank you to Sensei Jim and his Iaido students for providing a great seminar!



On May 9, 2015, **Lianne Robbins** Shodan-Ho attended the Ontario Martial Arts Tournament hosted by Sensei Ron Yamanaka.



Lianne was awarded:

- 3rd Place in weapons (Shindo)
- 1st Place in Kata
- 2nd Place in the Master's Division (half point away from 1st place)

Congratulations Lianne — well done! Liane is pictured here with Sensei **Jose-Carlos Garcia** and Sensei **Ron Yamanaka**.



Oshawa-Whitby  
Karate Club, Oshawa ON

Our summer session at the YWCA has just begun, from July 2 to September 22, and we're looking forward to a good summer workout. On the first night of our new session, there was a ranking. Congratulations to **Alisha D.** on obtaining her yellow belt.



Alisha is pictured with Sensei **Michael** and Sensei **Jennifer**.

Please check out our website at: [oshawawado-kai.com](http://oshawawado-kai.com). Sensei Carlos has put a significant amount of time into this endeavour and it looks great.

Check out the section on "Others". This section includes events from all of our clubs, particularly note the pictures of Sensei Carlos and Sensei Manara—they both still look as good as they did in days gone by.

Oshawa Whitby Wado-Kai also has a twitter feed which is: [@OshawaWadoKai](https://twitter.com/OshawaWadoKai); tweet along with your fellow karate-kas.

Now that school is out, we want to extend our best wishes to our members still in school who, in September, will be heading out to the next phase of their education—we wish you all the best of luck and hope to see you throughout the year.

Have a safe, healthy and happy summer.

Theresa Virgin 1<sup>st</sup> Kyu,  
Communications Officer

**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

The picture is from our annual Edmonton Wado-Kai "beginning of summer" pot luck. We held our picnic at Emily Murphy Park in Edmonton on June 30<sup>th</sup>, great attendance with karate-kas, family and friends. The weather was great! A little excitement though... a black bear had been spotted in the area a couple of weeks earlier. In between bites we kept our awareness antennas on the alert! We also had weapons at our disposal... bocce balls in the event we needed to use them for something other than what they were intended.



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### 42<sup>nd</sup> Annual TWKK Training Camp



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## To Camp or Not To Camp?

By Sensei Robb Dods

Since the time leading up to the 40<sup>th</sup> Training Camp anniversary event, it has seemed each year we have been pondering if there would be another Camp. This year was no exception. The family owning the location, Sand 'N' Surf, have themselves debated keeping the operation going since the death of the father, although we have seen that they have put some investment into the property.

Each year Sensei Manara must investigate if the location is still a viable destination, so it is a year-by-year determination. What our readers may not be aware of is that if we are no longer able to have Camp at Wasaga we may not have an annual Training Camp at all; and that will likely be the end.



In January, the Camp Committee debated if we would hold the 42<sup>nd</sup> Training Camp. Numerous ideas were bandied about that suggested the interest was still alive. This year we introduced the option for people to come for just one or both days of the clinic sessions, in addition to staying for the whole weekend. For everyone who attends a Camp, every year we find people go home having had a great experience and with wonderful memories. Families who have attended talk about the fun they had as a family event, away from the hustle and bustle back home.

Some of us chatted at Camp as to the reasons why some people choose not to come. Here are some of the questions posed and answers from attendees:

### Is a Reason that it's too rustic; the cottages are too old?

- Oh, Come On! The reason for the Camp is to focus on the humble side of our training. For one weekend in the year (just two nights) we 'rough it' a little; and it's not even camping, we have a roof over our heads. It's our experience that even Mom can endure it when all the family is having fun. Besides, everyone should be pitching in so no one is over-burdened with the effort of going to Camp.

### Is a Reason that it's too expensive; especially for family groups?

- Really? For a whole family to stay at any location on the beach, and participate in professional training and clinics, the cost would be two, three, even four times what is charged. And, for those who are financially challenged, Sensei Manara is able to make special arrangements. (People probably look at the cost being for the accommodation only, and forget that the price covers a lot more).

### Is a Reason that it's too far away?

- For most people it is fairly central. People are coming from the North – Pembroke and Ottawa, West - Mississauga, East – Clarington; and at times from out of Province. With a little planning it really isn't that far to go, and it is great to get out of the cities.

### Is a Reason that it's had its day; the interest isn't as it was?

- Wow, that can't be! Where and when else do we get the chance each year for the great opportunity for one-on-one instruction with such a great mix of senior Dans, in unique clinics focused on a wide range of topics? People fly to clinics around the world and do not get as good as this.

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**Is a Reason that there aren't enough people there of your own rank?**

- If people came out there would be more, and we should all encourage our club members to go to Camp. If any of the reasons above have kept you from coming to Camp then give it a re-think and we will see you next year, while there is still a chance. Your presence is what makes Camp great for everyone! The comradery, the beach, and the food at the Pot Luck dinner are outstanding, and the new friends and relationships built with acquaintances, even from your own club, just can't be beat.



The Training Camp has evolved over the years. Changes to its format have come about based on what attendees have asked for. We used to have a tournament on the Sundays, which was a lot of fun because falling in the sand was painless and it gave people a chance to try some moves they otherwise might not have. But over time people said they like the special teaching, so in place of the Tournament more clinics were added. For the third year in a row the Red Man has been a popular part of the Sunday clinic, providing a real opportunity to kick and punch an opponent without worry of injury to either party.

We are going to miss Camp when it is no longer available to us. Right, Frank? (Sensei Frank Murphy is pictured above in his famous Shaky Bottles Kata pose). I encourage everyone to think about attending next year and start saving your pennies now in that Training Camp Cookie Jar.

**OUR CONDOLENCES**

It is with heavy hearts that we announce the passing of one of our friends and member of the Oshawa Whitby Wado-Kai family. **Don Sutherland** started training in karate in 1987 and has been a member of Oshawa Whitby Wado-Kai since then.

At the young age of 54, Don passed away on July 12, 2015 after a battle with brain cancer. He is survived by his wife France, his daughter Julie and son Kevin. Our deepest sympathies go to his family who has had a long battle as well.

We have lost a good friend, colleague and fellow karate-ka. Donald Stewart Sutherland, the final matso.

> C.O. Theresa Virgin



## Fall Wado-Kai Tournament is October 31, 2015

Thornhill Community Centre

Watch for Flyer in Next Issue of FOCUS

TWKK Gallery

For More Pictures of TWKK Events

Visit Our Flickr Site <http://www.flickr.com/photos/33364500@N06/sets>

**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)

### 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 – Frank Murphy
BROOKLIN-WHITBY – Ron Sheyan	RYERSON (TORONTO) – Leaton Bernard
CALGARY – Steve Henrich	SEIKIKAI MARTIAL ARTS (Olympium/Etobicoke & Maingate/ Mississauga) – Steve Borda
CLARINGTON – Rob Singh	THORNHILL – Dave Manara
EDMONTON Clubs – Randy James & Andre Beauregard	YUDANSHA HOMBURU (Unionville) – Dave Manara
LAURENTIAN VALLEY – Margaret Michael & Jim Sullivan	

### 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, Anthony Woodward, Ed Young
<b>Yodan</b> (4 <sup>th</sup> Degree Black Belt)	Andy Basacchi, Ken Buck, James Darker, Frank Murphy, Alex Nguyen, Heather Cant-Woodward

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