



## OCTOBER 2015

### PRESIDENT:

**Dave Manara, Kudan**  
(9<sup>th</sup> Degree Black Belt)

### VICE PRESIDENT:

**Ray Kennedy, Rokudan**  
(6<sup>th</sup> Degree Black Belt)

### TECHNICAL DIRECTORS:

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

**Ian Mador, Godan** (5<sup>th</sup> Degree Black Belt)

### DIRECTOR:

**Steve Borda, Sichidan**  
(7<sup>th</sup> Degree Black Belt)

### COMMUNICATIONS

### DIRECTOR & FOCUS

### EDITOR:

**Robb Dods, Rokudan**  
(6<sup>th</sup> Degree Black Belt)

### YUDANSHA MEMBERSHIP

### DIRECTOR:

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

### CARIBBEAN DIRECTOR:

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

### SENIOR ADVISOR:

**Michael McCarthy,**  
**Rokudan**  
(6<sup>th</sup> Degree Black Belt)

### WEBSITE DIRECTOR:

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

### TRAINING CAMP DIRECTOR:

**Weldon Zabizewski, Nidan**  
(2<sup>nd</sup> Degree Black Belt)

## INTRODUCTION

Welcome back to the dojos! As the October FOCUS we being put together, September was just finishing (already) which heralded the end of Summer. Where did the summer go? It was way too fast for me.

**The Toronto Wado-Kai Fall Tournament at Thornhill is on Halloween this year, Saturday, October 31<sup>st</sup>.** We are looking forward to everyone's participation. Maybe some painted faces will be competing in the ring... who knows?

Also, the Oshawa-Whitby Wado-Kai Children's Tournament is coming up in December.

There is a flyer at the end of this issue for both Tournaments.

I welcome Sensei **Marion Dimand** as the new Communications Officer for Thornhill. Thank you, Marion for stepping up to represent the Thornhill Club.

In the News From Clubs it is always great to hear about the various instructors visiting the other clubs over the summer. Instructors most often have their own clubs to run and, on top of work and family commitments, it is really a special effort when they get out to other dojos. Well done, and very much appreciated everyone!

Some clubs are not active in the summer so there is not as much to report sometimes for the timing of this issue, but we have enough to keep everyone in touch. Enjoy your read! > EDITOR ROBB DODS

## KEEP ON KICKIN'!



## TORONTO WADO-KAI KARATE CLUB LTD.

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



## NEWS FROM CLUBS

### OSHAWA-WHITBY Karate Club, Oshawa ON

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

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

YWCA CENTRE

ADULTS & CHILDREN:  
TUESDAY & THURSDAY:  
7PM TO 8:30PM

WALTER E HARRIS PUBLIC  
SCHOOL

CHILDREN:  
MONDAY & WEDNESDAY:  
7:00PM TO 8:00PM

As I am compiling the following information, the weather has a definite nip in the air – the furnace is starting up in the night as the temperatures drop.

The fall session has started at the YWCA and at Walter E. Harris, looks good for this session.

In August there were some rankings:



August 13, 2015

CONGRATULATIONS

**Adam M., David H., and  
Caleb L., Good Job!**

Also, with great pride, we would like to announce our newest black belt, **Jay Popart** who achieved his Shodan on August 5, 2015. WAY TO GO JAY!



A reminder to all: The Oshawa Whitby Wado Kai Invitational Children's Tournament is taking place this year on Saturday December 12, 2015, at the Oshawa YWCA. See attached flyer. All judges and participants must pre-register on line.

Hope to see you all there! > C.O. **Theresa Virgin**, 1<sup>st</sup> Kyu

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**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

### **Congratulations are in Order!**

Congratulations to **Mark Illy** and **George Manuel** for attaining their Shodan-Ho and Shodan rank respectively. They tested in front of the Yudansha Grading Board in Toronto in August, and their years of hard work and dedication were rewarded... and the journey continues!



(L-R): Eric, Jerod, Anthony, Steve, Mark, Alex, George, Antonio, Ron, Chloe

### **More Congratulations!**

Congratulations to Sensei **Eric** on attaining his 2nd Degree (Nidan) Black Belt! Sensei **Ron** presented it to him on September 28, and noted Eric's dedication to the success of the club and to his tireless training. Surrounding Eric in the following picture are the Sensei and Sempai who support him on his journey.

(L-R): Annemarie, Steve, Antonio, Alex, Heather, Eric, Ron, Anthony, Laura, Chloe, Fiona



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



Brooklin Karate Club, Brooklin, ON



### 25 Year Anniversary

During class, on September 14, Sensei Ron began talking about someone who had started their journey in Karate 25 years ago, namely Sensei **Anthony**. He spoke of his memories of Anthony through the years (all good) and how he had come to be a large part of Brooklin Karate. Pictured here is Sensei Anthony receiving an award from Sensei Ron ... it reads "*Outstanding Achievement, This Award Is Proudly Presented To Anthony Woodward for 25 Years Of Dedication And Service*".

### HeberDown – 2015

We held our annual outing at Heber Down on July 13, and not only did we have a great time learning kata application, but we had a lot of fun doing it! We would like to thank all of the Sensei and students who participated from the Port Perry club, the Courtice club, the Oshawa - Whitby club, and from our own club for their support and enthusiastic participation!!!

### 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.



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## CLARINGTON Karate Club, Courtice, ON

**Sensei Robin Singh, Shodan**  
(1<sup>st</sup> Degree Black Belt)

**C.O. Weldon Zabizewski,**  
**Nidan**  
(2<sup>nd</sup> Degree Black Belt)

MONDAY AND WEDNESDAYS:  
6:30 – 8:00PM

Greetings to All from Clarington Wado-Kai! Over the months of May, June, July and September Clarington Wado-Kai was most fortunate to have visitors from our Senior Dan Leadership, namely Sensei Steve Borda, Sensei **Larry O'Grady**, Sensei **Mike McCarthy** and Sensei **Ray Kennedy**. They each readily and willingly accepted our invitation to attend Clarington Wado-Kai and have an evening dedicated for Clarington Wado-Kai to learn from their expertise. Having had the opportunity to work with them on many occasions I know the wealth of knowledge they have to offer in the Art!

Our first visit was from Sensei Steve Borda (7<sup>th</sup> Dan). Following a brief review of basics and refinements, we practiced a drill involving several elbow attacks and the intricate manoeuvres associated with each of the five key moves. After Class was over, he willingly offered the Shodan-ho and black belts the opportunity to review the Pinans and the primary Bunkai associated with portions of the Kata, as well as an alternate Bunkai. Sensei Steve also took us through a forward roll demonstration, which he did so effortlessly on the bare floor, smooth and with precision! If you can make it out to Sensei Steve's Yudansha at the Maingate Dojo, it is an excellent experience!

Our second visit was from Sensei Larry O'Grady (6<sup>th</sup> Dan), and for those of you who know Sensei Larry from Camp, he is the keeper of the "Red Man"! Sensei Larry reviewed basics and then took us through several break fall routines on doubled mats, making sure the kids were safe! We practiced Katas focusing on key elements and refinement within the Kata. Sensei Larry completed the class with two fun and challenging games for which the kids and adults had an absolute thrill!

Our third visit was from Sensei Mike McCarthy (6<sup>th</sup> Dan) and for those who remember last Camp, Sensei Mike "was" the Red Man! Sensei Mike reviewed basics and then the mechanics of back and side break falls from low stooping position initially and then from a full standing position. Further still, we practiced a series of joint locks and escape techniques! In August, my son (Benjamin) and I were able to visit Sensei Mike's Dojo in Toronto, where we had an excellent training session, initially basics, application of kata (exploring the deeper meaning) and then defense against grabs from behind (shoulder) and lapel. A very rewarding and enjoyable class!

In September we had Sensei Ray Kennedy (6<sup>th</sup> Dan and Vice-President) visit Clarington and we were fortunate that each time we invite Sensei Ray he has been there for us!

Sensei Ray initially took us through basics and worked with the students on refinements. One particular technique he always imparts with respect to punching (even at Yudansha) is to keep the elbows in, both on the execution of the punch and the retraction of the reaction hand. To feel those hands brushing against the Gi's! We then worked on the momentum to launch into an attack move, where the key to the speed is pushing off of the back leg. A Jab with the left hand, followed by a punch with the right hand in a forward moving action, requires the push off the back leg for speed, rotation of the hips to the right such that the delivery of the punch from the right hand is coupled with that right hip returning back to center! Try it, it takes much practice to coordinate and to keep it engrained. When the actions are all in sync... it feels so effortless and powerful!

While we were enlightened with special techniques of the Art, each Sensei took the time to review the basics and to reiterate the importance of having the basics at the forefront of our practice... always!

By the way, at the Pan Am games Karate finals in Mississauga, my wife **Sunita**, **Benjamin** and I met Sensei **Eric Bergman** and his daughter, and Sensei Mike McCarthy and his family. It was such a wonderful coincidence for us all to be sitting in the same section at such an amazing event!

To All the Sensei's that came out to Clarington, a HUGE "thank you", from us all for your dedication, time and excellent instruction! > Sensei **Rob**



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**SEIKIKAI Martial Arts, Etobicoke & Mississauga, ON**

**Sensei Steve Borda, Sichidan**  
(7<sup>th</sup> Degree Black Belt)

**C.O. Sensei Lenore Chisolm-Eng, Nidan** (2<sup>nd</sup> Degree Black Belt)

Seikikai Martial Art offers classes all year round at both the Christ the King Church and Maingate locations. With the fall season beginning, students now have four locations and five classes a week available to choose. After 2.5 years we are finally pleased to be back to our original Etobicoke Olympium location. Since schools are open again, the Mill Valley school location is for family classes and we have kept the Christ the King Church location.

**KARATE CLASSES**

Family class (ages 6-10, plus siblings and parents)

- Monday Christ the King Church 7:00 pm – 8:00 pm
- Tuesday Maingate 7:00 pm – 8:00 pm
- Wednesday Mill Valley Junior School 6:30 pm – 7:30 pm
- Friday Etobicoke Olympium 6:30 pm – 7:30 pm
- Friday Maingate 7:00 pm – 8:00 pm
- Sunday Etobicoke Olympium 6:30 pm – 7:30 pm

Juniors (11 years old and up) and adults

- Monday Christ the King Church 7:00 pm – 8:30 pm
- Tuesday Maingate 7:00 pm – 8:30 pm
- Wednesday Etobicoke Olympium 7:00 pm – 8:30 pm
- Friday Etobicoke Olympium 7:00 pm – 8:30 pm
- Friday Maingate 7:00 pm – 8:30 pm
- Sunday Etobicoke Olympium 7:00 pm – 8:30 pm

KOBUDO CLASSES - 8:30 – 9:00 pm

Classes are now offered for advanced students. (Bo, Sai, Tonfa and Nunchaku)

- Sunday - Etobicoke Olympium,
- Tuesday - Maingate

**SEIKIKAI YUDANSHA:**

Saturday, September 26 The Seikikai yudansha was held and the next is scheduled for Saturday, November 28 at the Maingate location. 2:30- 3:00pm Kobudu, 3:00 – 5:00pm karate. All black belts are welcome.

**RANKINGS:**

We would like to congratulate our most recent gradings: John Lobos (Sandan), Lawrence Xavier (Shodan), Deepak Amarlapudi (Shodan-Ho). Each karate-ka has consistently put forth a strong dedication, effort and enthusiasm to achieve their goal. We look forward to sharing the continued journey of their training.

(Photo L to R - **Larry O’Grady, Lawrence Xavier, John Lobos, Deepak Amarlapudi, Steve Borda**)



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SEIKIKAI Martial Arts,  
Etobicoke & Mississauga,  
ON

**SEMINARS:**

Saturday, August 23: Sensei **Devorah Dometrich**, 8th Dan, visited our dojo. She teaches Kobudo to martial arts dojos across the United States and Canada. She challenged students with an intense focus on Bo and Sai kata, drills and bunkai. We look forward to her next Kobudo seminar.

L to R - **David Nachman**, Sensei  
**Larry O'Grady**, **Kiyomi Masaki**,  
Sensei **Lenore Chisholm-Eng**,  
**Devorah Dometrich**,  
**Marianne Matchuk**, **Steve**  
**Trombley**, **Steve Borda**, **Michael**  
**McCarthy**, **Marc Lefebvre**



October 3 – 4: A few members of Seikikai participated in a seminar focusing on the practical applications of karate and kata taught by Sensei **Iain Abernethy**. It was a spectacular weekend with friends and jam packed with karate bunkai. Sensei Iain Abernethy holds the rank of 6th Dan with the British Combat Association. His goal seemed to be "to give you so much information until your head explodes". He also offered a unifying perspective of how all karate styles developed with his '400 years of kata history in 20 minutes' drill. > **C.O. Lenore Eng**



L to R – Sensei **John Lobos**, **Lenore**  
**Chisholm-Eng**, **Larry O'Grady**,  
**Annemarie Hiller-Howarth**,  
**Iain Abernethy**,  
**Ron Sheyan** and **Steve Borda**

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## THORNHILL Karate Club, Thornhill ON

**Sensei Dave Manara**  
**Kudan**  
(9<sup>th</sup> Degree Black Belt)

**C.O. Marion Dimand**  
Sandan  
(3<sup>rd</sup> Degree Black Belt)

THORNHILL COMMUNITY  
CENTRE

TUESDAY & THURSDAY:  
CHILDREN 7:00 –  
8:00PM  
ADULTS 7:00 – 8:30PM

I, **Marion Dimand** (Sandan), am the new Thornhill Communications Officer, accepting my position just a few days ago. As a result, this first submission will be very short. I plan to have more content in the future.

Recently, **Paul Khoshnevisan** was ranked from yellow belt to orange belt. Sensei **Jamie Darker** (Yodan) did the ranking and noted that Paul exhibited his power with very well-delivered basic techniques, kata and sparring.

Clearly, Paul is thrilled to be advancing to the challenges that his new belt level brings.



## RYERSON Karate Club, Toronto, ON

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

Assistant Instructor:  
**David Zvekić, Nidan**

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

Congratulations to three Ryerson Karate-kas who have attained ranking milestones in their training:

**Blair Borden** - 4th Kyu

**Adam Byers** - 5th Kyu

**Edward Hobart** - 1st Kyu

These karate-kas are persistent as they are diligent and exemplify the essence and discipline of a true karate-ka. Eddie assists me at a senior level, whereas both Adam and Blair are quite proficient at the junior level.

It continues to be a rewarding experience with the growth of our Ryerson Karate-kas. As usual, our dojo is open to all our Wado-Kai members.

See directions and other details at our website: <http://torontowadokai.com/wp-content/uploads/2012/06/Map-RyersonDojoJun22.pdf>

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TORONTO WADO-KAI KARATE CLUB LTD.





Ryerson Karate Club,  
Toronto, ON

Below left: Adam, Leaton, and Blair

Below Right: Eddie and Leaton



### CONGRATULATIONS TO THE NEW BLACK BELT RANKS

Congratulations to the following karate-kas recently promoted.

Promotions to Jr. Shodan-Ho:

**Deepak Amarlapudi**, Seikikai, Etobicoke  
**Sabarish Gnanamoorthy**, Thornhill

Promotions to Shodan-Ho:

**Mark Illy**, Brooklin-Whitby

Promotions to Shodan:

**George Manuel**, Brooklin-Whitby  
**Lawrence Xavier**, Seikikai, Etobicoke  
**Jay Popert**, Oshawa-Whitby

Promoted to Sandan:

**John Lobo**, Seikikai, Etobicoke

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TORONTO WADO-KAI KARATE CLUB LTD.



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

Thornhill Community Centre

See for Flyer in this 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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**TORONTO WADO-KAI KARATE CLUB LTD.**



# **FALL KARATE TOURNAMENT**

**SATURDAY, October 31<sup>st</sup>**  
**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**

6978 Chilcot Court, Mississauga, Ontario L5N 6T9 P: 647-970-7283 E: twkk@psstnetwork.ca





和道会

# Oshawa-Whitby Wado-Kai Karate *Invitational Karate Tournament*

Saturday  
December 12, 2015  
1:00 P.M. to 4:00 P.M.

Under  
16

YWCA CENTRE  
1 McGrigor Street  
Oshawa, ON



TROPHIES



REWARDING



CONNECTIONS



FUN



MENTOR

Music By:  
Forever Sounds  
DJ Services

Bring in  
Non-Perishable Food  
or Toys for the  
Y's Wish Shelter

Hot Dogs \$ SALE \$  
Raffle Prizes \$ SALE \$

Sparring Gear  
Recommended

Demo By:  
will be announced  
at the Tournament

Participants and  
Judges MUST  
Register On-Line  
<http://tinyURL.com/WadoKai2015>  
before November 30th

FREE