

OCTOBER 2016

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(9th Degree Black Belt)

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Sandan
(3rd Degree Black Belt)

INTRODUCTION

Fall is here, and in Ontario it has been glorious! What a great way to kick off the new class season when the weather is staying warm and the colours are changing; a real treat to see as you drive to the dojo.

In this issue, besides news from the clubs, we have a feature on **Heather Cant-Woodward**, 4th Dan, Senior Dan Council member; as well as information on this year's Beetle's event in support of Sara's Place; and a reminder of this month's **TWKK Tournament on Saturday, October 29th**. Also, once again the Oshawa-Whitby Wado-Kai will be holding their Children's Tournament in December.

We received some compliments for the last issue of FOCUS. Thank you for that, but what you read in FOCUS is what you provide for me to share. I like to be able to give lots of content, but I can only work with what you submit. The Club Heads and Communications Officers are reminded a few weeks before each issue to forward news about what is going on in the clubs.

I encourage the Club Heads and C.O.'s to mention to the karate-kas when the next issue is due so they can submit ideas and stories as well. These can go through your Sensei or C.O., or be sent to me directly. Don't be shy, I'll help with the editing. One thing to remember is that the content should be relevant to the TWKK; it should be a topic of interest that you can link to our training and philosophy; it could be about TWKK events, but should not be about another organisation's events or activities – after all, this is the TWKK newsletter.

All submissions are reviewed for content before they are included. If your submission does not make it into an issue we will tell you why; it might just be held because the topic would be good for another opportunity at a later date, or we may have too much content for one issue. (That would be a nice problem!) > **EDITOR ROBB DODS**

**It's a family thing, maybe?
Heather's mom, Jill, putting the moves on Heather.**



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 Heather Cant-Woodward, Yodan



I started karate at Durham College in Oshawa when I was ten years old in Sensei Ron Sheyan's first children's class. I trained with Sensei Ron until eventually I moved into Sensei Jose-Carlos Garcia's adult class, where I trained until I left for university. A year after I moved back home, I was back training in Sensei Ron's new dojo at Brooklin-Whitby Karate, and I've trained there ever since! I have trained with Sensei Ron for over 25 years. I learn new things from him every single class.

I loved going to karate when I started. Classes were such a positive environment, and I thrived in the classes. I don't think karate came naturally to me, but continually showing-up and putting in the effort will get you far in karate. It is the perfect sport - the ability to only compete against yourself, but in a very social environment with like-minded people just trying to do their best, too. Throughout the years, I participated in many tournaments, which was a great way to meet new people across the greater TWKK organization.

I've trained with Sensei Ron for most of my karate career, and I am happy to be a part of the Brooklin-Whitby club.

I've made many friends through karate, and the folks I train with every week at Brooklin-Whitby Karate are a wonderful group of people, including our newest white belts, right through to our long-time black belts.

The most significant relationship I have as a result of karate is obviously my husband! Anthony and I met through karate, and we have been married seven years. He is my biggest supporter and my best training partner. He is harder on me than anyone (in karate), which allows me to work harder and grow as a karate-ka.

Witnessing such an increase in the number of girls and women in our club over the years, and across the organization, is very rewarding. Watching our students grow and develop from white belts is a great achievement for our club.

When kids grow-up and move on to university and careers, they often come back and stay-in-touch with us, and you realize what an impact the club and Sensei had on their development. They say it takes a village to raise a child, and the karate organization definitely is a part of that.



We do more than teach karate. We are teaching self-confidence and, more importantly, we are teaching self-defense. We are teaching something to our students that they might (unfortunately) need one day, maybe to save their lives. That's more important to me than anything else, and if I can help a student protect themselves, then that is my biggest achievement.

This is a great opportunity to thank all of the people who have helped me in my karate journey, as the skills and confidence I have acquired go far beyond karate, into my career and personal life. Thank you to all the members of Brooklin-Whitby Karate, and mostly Sensei Ron, as the wonderful leader of our club and personal mentor to me for all of my life!

A big thanks and hug to Anthony as well, for always encouraging me!

Pictures: Top – Heather displaying her Yodan (4th Dan) certificate, with Sensei Ron Sheyan; Middle – Heather and Anthony; Bottom – Heather receives a tasty Appreciation Award from Sensei Ron



NEWS FROM CLUBS

OSHAWA-WHITBY Karate Club, Oshawa ON

Sensei Jose-Carlos Garcia,
Sichidan
(7th Degree Black Belt)

C.O. Theresa Virgin,
1st Kyu (Brown Belt)

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

WALTER E HARRIS PUBLIC
SCHOOL
CHILDREN - BEGINNERS
& ADVANCED:
MONDAY & WEDNESDAY:
7:00PM TO 8:00PM

Hello Folks!

Happy fall; it is a nice break from the summer we endured. (My apologies to all the sun/heat worshippers among us!)

Oshawa Whitby Wado Kai is in full swing this fall with classes at the YWCA and at Walter E. Harris School. A busy schedule for Sensei J-Carlos Garcia for sure!

A couple of rankings that occurred over the summer:



Nikolas M. and **Alexandra M.** both achieved their 1st Kyu (brown belt) — our congratulations to them both.

Emily M. yellow belt and **Jordan M.** orange belt.



But, that is not all...

Daina Als started with Oshawa Wado-Kai on July 3, 2003 when she was almost 10 years old. Over the past 13 years, Daina has been steadfast in achieving her belt levels and it paid off. In February 2010, she achieved the rank of Shodan (1st Dan), during this time completed a university degree.

In August 2016, Daina achieved her Nidan (2nd Dan) ...still, that is not all...

Effective September 2016, Daina took over the leadership of the Ajax-Pickering Wado Kai from Sensei Eric and Sensei Julie Bergman.

Here they are, passing on the “sparring pad”?





Oshawa-Whitby Karate Club,
Oshawa ON

We have watched her grow from a young teenager to a remarkable adult, whose caring for others is not limited to her work career at Sick Kids Hospital, but her willingness to teach Wado-Kai in her spare time to others. Congratulations, Daina!!! We are very proud of you!

In September, we were fortunate enough to have a special class with Sensei Neil Taylor, it rocked!



As you may or may not know, December 10, 2016 marks the **35th Anniversary** of our **Children's Tournament**. We would appreciate the participation of our sister clubs both for judging and encouraging their students for participation. Once again it will be a free tournament open to children up to 15 years of age. Please circle that date on your calendar, save up your money for our raffle and come out and support this worthwhile cause. As always we will be collecting new unwrapped toys, or food donations to support the YWCA. More information on the tournament to follow.

Well that's it for this issue! Yours in fellowship, **Theresa Virgin** 1st Kyu, Communications Officer



A Very Surprised birthday girl with her "Fancy Fascinator"

SPECIAL NOTE: "We are happy to announce the 60th Birthday of our friend and Communications Officer, Theresa Virgin. Happy Birthday dear friend from your Oshawa Whitby Wado-Kai Family" < Sue Kuczkowski, 2nd Kyu.

Theresa celebrated her 60th birthday on October 3rd and her daughter and son (Jennifer and Matthew) organized a surprise birthday gathering over the weekend. Her kids tricked her into attending a "birthday dinner at the Keg for her son Matthew" who celebrated a birthday earlier in September. As she walked around the corner there sat 40 family and friends and she was left a little speechless which is very rare for her... LOL.



**CLARINGTON
Karate Club,
Courtice, ON**

Sensei Robin Singh, Nidan
(2nd Degree Black Belt)

**C.O. Weldon Zabizewski,
Sandan**
(3rd Degree Black Belt)

MONDAY AND
WEDNESDAYS:
6:30 – 8:00PM

Hearty Congratulations to the following Clarington Wado-Kai Students who were successful at the August 3rd ranking, 2016.



From left to right: Back row: **Eric Hua** – Shodan-Ho, **Doug Backwell** – Shodan, Jessica Wanderwouden – Shodan (black)
Front row: **Devina Singh** – Shodan-Ho, **Joshua E.** – Jr. Shodan - Red Belt, **Adina E.** – Jr. Shodan - Red Belt

From the Clarington Wado-Kai Team, wishing everyone a Happy Thanksgiving!





**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



Website: <http://www.brooklinkarate.com>
Facebook: <https://www.facebook.com/BrooklinWhitbyKarate?ref=hl>
Twitter: @brookinkarate

HeberDown – 2016

We had a GREAT turnout at our annual “Heber Down Conservation Area” outdoor workout on July 18. Members from the following Clubs were in attendance: Ajax-Pickering, Brooklin-Whitby, Clarington, Oshawa-Whitby, Port Perry, invited guests, friends and family. A sincere thank you to all those who attended for your support and participation!!! The Bo Kata “Sushi No Kon Sho” was taught, and by the end of the outdoor session, everyone had a good grasp of the basics of the kata and could perform the complete routine.

A wonderful effort put forth by everyone!



Congratulations are in Order!!

On Wednesday, August the 3rd, **Fiona Wilson, Mark Illy, Laura McCulloch**, and Ryan D. headed to Toronto to test for their 1st Degree Black Belt (Shodan). All were successful! On Wednesday, August the 17th, they were presented with their Black Belts (a Red Belt for Ryan since he is a Junior) and their formal certificates.



Brooklin Karate Club, Brooklin, ON

Congratulations to all on this very significant achievement!



Pictured in the photo above are Sensei (L-R): Antonio, Heather, Laura, Eric, Fiona, Chloe, Mark, Ron

Ryan and Sensei Ron

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.

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

Sensei Frank Murphy
Yodan
(4th Degree Black Belt)

SCOUT HALL

SUNDAY AND TUESDAY:
7 – 8:30PM

Congratulations to **Aiden S.** (yellow), **Carter H.** (green) and **Iain C.** (blue) on their successful rankings. Well done!

I had the opportunity to visit Sensei **Jim Sullivan** and **Margaret Michael** of the Laurentian Valley Wado-Kai Karate Club just outside of Pembroke. Although the club is not operating at the moment, we still took time to practice our Pinans and katas. Both Jim and Marg were able to give me excellent advice on improving my katas. I thank them for that and for their good company and the pleasant visit.

Leaving Pembroke, I headed to Ottawa and a visit with my sister. There, my brother-in-law gave me a book that his brother had purchased while studying karate in the early 1980's. The book, "BEST KARATE: Fundamentals", published in 1978, is the second of eight "Best Karate" books written by Masatoshi Nakayama. Sensei Nakayama began studying karate under Master Gichin Funakoshi, and became Chief Instructor of the Japan Karate Association in 1955.

In the Introduction, he writes that karate-do is a martial art for the development of character through training, and that the essence of karate is kime – "an attack to the target using the appropriate technique and maximum power in the shortest time possible."



Port Perry Karate Club, Port Perry ON

The chapters of the book focused on:

- The Hips – “a technique cannot be sharp and decisive unless the rotation of the hips is utilized to the fullest”
- The Stance – “a strong technique is born from a sure-footed stance that provides stability and balance.” And “skyscrapers can only be built on solid foundations”
- Dynamics: Moving and Changing Direction – “the foot of the seasoned karate-ka will slide lightly as though there was a single sheet of paper between the foot and the floor”
- Key Points and Training

Sensei Nakayama’s book is an excellent reinforcement of our own training. < Sensei Frank Murphy

SEIKIKAI Martial Arts, Etobicoke & Mississauga, ON

Sensei Steve Borda,
Sichidan
(7th Degree Black Belt)

C.O. Lenore Eng, Nidan
(2nd Degree Black Belt)

OLYMPIUM

Wednesday: 7:00-8:30pm
Friday: 6:30-8:30pm
Sunday: 7:00-9:00pm

CHRIST THE KING CHURCH

Monday: 7:00-8:30pm

MILL VALLEY SCHOOL

Wednesday: 6:30-7:30pm

August 28, Seikikai karate had our ‘Annual Pool Party’ with a bright sunny day, plenty of squirt guns and copious amounts of yummy potluck dishes. It’s always a pleasant way to connect on a more relaxed note and in casual attire.

The summer found students working hard. We congratulate our newest Seikikai yellow belts **Samantha Linardi, Nicolas Linardi, Areesha Najam, Ayesha Najam and Rahimeen Ghanchi.**

Starting September, we are back to our fall schedule:

OLYMPIUM

Wednesday 7:00 pm - 8:30 pm Junior/Adult Karate Class
Friday 6:30 pm - 7:30 pm Family Karate Class
Friday 7:00 pm - 8:30 pm Junior/Adult Karate Class
Sunday 6:30 pm - 7:30 pm Family Karate Class
Sunday 7:00 pm - 8:30 pm Junior/Adult Karate Class
Sunday 8:30 pm - 9:00 pm Junior/Adult Kobudo Class

CHRIST THE KING CHURCH

Monday 7:00 pm - 8:00 pm Family Karate Class
Monday 7:00 pm - 8:30 pm Junior/Adult Karate Class

MILL VALLEY SCHOOL

Wednesday 6:30 pm - 7:30 pm

Family class (ages 6-10 plus older siblings and parents) Junior/Adult Class (ages 11 and up)

Saturday and Sunday, October 1st and 2nd an enthusiastic contingent of Seikikai and TWKK students attended the **Ina Abernethy** seminar - UK’s Leading Expert on Practical Kata Bunkai.





Seikikai Martial Arts
Etobicoke, ON



CONGRATULATIONS TO OUR NEW BLACK BELTS

Promoted to Nidan: **Sensei Daina Als**, Ajax-Pickering (formerly with the Oshawa-Whitby dojo)

Promoted to Shodan:

From Brooklin-Whitby – **Mark Illy, Laura McCulloch, Fiona Wilson**

From Clarington – **Doug Backwell, Jessica Vanderwouden**

Promoted to Jr Shodan: **Ryan D.**, Brooklin-Whitby; **Adina E.** and **Joshua E.**, Clarington

Promoted to Jr Shodan-Ho: **Eric H.** and **Devina S.**, Clarington

OUR CONDOLENCES

Sensei Dave Manara's father-in-law, Marilyn Manara's father, **Joe Gaudio** passed away in the early morning hours of August 13th while in palliative care at a hospital in Montreal. He was in his 84th year. Sensei: *"I had a lot of respect for him, and he will be missed dearly."*

Sensei Robb Dods' father, **Robert Euart Dods**, passed away the morning of August 21st while in palliative care at the Trillium Health Centre in Mississauga. He was in his 91st year. Robb: *"My dad had Lupus that almost killed him before I was born, and four heart attacks since he was 51, yet he just kept motoring along. I never believed he would live so long, with the odds stacked against him, but his quality of life was good right up to the end."*



Sarah's Place and HELP Event

We want to thank you again for your support during the past years in raising funds to help individuals and families affected by eating disorders. At last year's event, the public chose "Sarah's Place" as the name for the future centre, which we intend to open within five years in Vaughan. The executive committee has made a commitment to open a centre which will provide support and counseling to individuals and families affected by eating disorders. Entering year two of our five-year goal, we ask for your ongoing support in attending this years' **HELP fundraiser**. This year's event will be held on November 18th, at Montecassino Place, 140 Jevlan Drive in Vaughan - attachment has detail of the event.

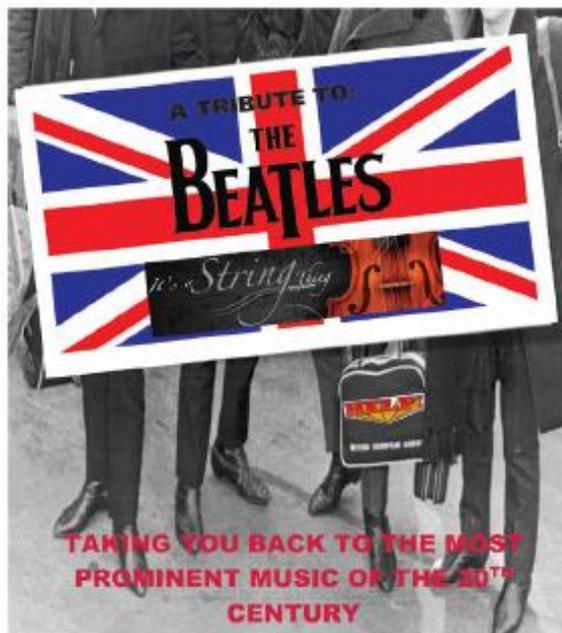
As you are probably aware, we introduce a new Beatles cover band every two years in offering you a memorable evening each year. This year we are presenting "**It's a String Thing**" – a string quartet from London, in addition to DJ services by Veriation Music. Also, we are privileged to announce a special guest appearance by **Professor James (Jim) Kippen** who teaches one of the only recognized and accredited Beatles course at the University level, and has been teaching the course for the last 20 years at U of T. Jim is a world renowned expert and very knowledgeable on The Beatles. He lived close to Liverpool where his parents became good friends with George Harrison's parents, was a good friend of George Martin, and has played instruments on Paul McCartney's albums. Jim will answer the questions that you have always wanted to know about The Beatles – so bring your questions! Jim will be interviewed by **Howard Green**; co-founder, anchor and moderator of BNN news, author and TV personality. Howard will also be the MC for the event.

This year will be a one-of-a-kind and memorable event. We ask you to invite family, friends and co-workers to attend - try to assemble a table of 10. We ask that you **reply by October 25th**, confirming quantity of tickets required. Please make all payments for tickets payable to "Gray and Associates - in trust", and call or email me should you have any questions.

Thanks again. Looking forward to seeing you all soon.

Sensei **Tony Marziliano**, Founder of Sarah's Place and HELP event organizer

416-220-9900 tmarziliano@rogers.com



TICKETS: \$110 Adults, \$75 Students
Tony Marziliano (416) 220-9900
tmarziliano@rogers.com

HELP!
Featuring

its a String Thing

**RELIVE THE BEATLES EXPERIENCE
A NIGHT TO REMEMBER !**

November 18, 2016 at 7:00 p.m.

(doors open at 6:30 p.m.)

Montecassino Place Banquet Hall

140 Jevlan Drive, Vaughan

(Weston Rd. 2 lights north of Hwy # 7)

Deluxe Antipasto Buffet,

Sit Down Dinner, Open Bar

Door Prizes, Silent & Live Auction,

Sale of Memorabilia

**Net proceeds to HELP
Individuals and Families
Affected with
Eating Disorders**

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



Fall Wado-Kai Tournament is October 29, 2016

Thornhill Community Centre

See Flyer in this Issue or Visit TWKK Website

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

TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS

| | |
|---|---|
| AJAX-PICKERING – Daina Als | BLOOR STREET (Toronto) – Leaton Bernard |
| BAHAMAS/CARIBBEAN AKIWA – 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 (Etobicoke) – Steve Borda |
| CLARINGTON – Robin Singh | THORNHILL – Dave Manara |
| EDMONTON Clubs – Randy James & Andre Beauregard | |
| LAURENTIAN VALLEY – Margaret Michael & Jim Sullivan | YUDANSHA HOMBURU (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, James Darker, Steve Henrich, Ian Mador, Tony Marziliano, Margaret Michael, Ron Ruskay, Jim Sullivan, Anthony Woodward, Ed Young |
| Yodan (4 th Degree Black Belt) | Andy Basacchi, Ken Buck, Frank Murphy, Alex Nguyen, Heather Cant-Woodward |



TORONTO WADO-KAI KARATE CLUB LTD.



FALL KARATE TOURNAMENT

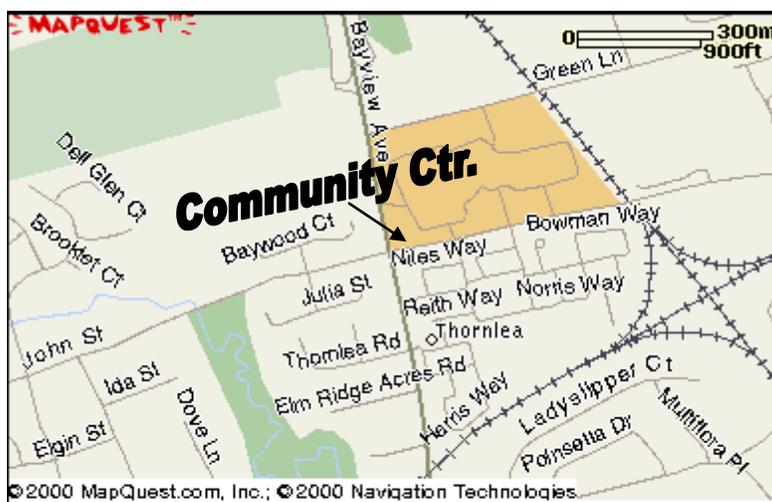
SATURDAY, October 29th
THORNHILL COMMUNITY CENTRE
NE Corner of Bayview Ave. and John St. (N. of Steeles Ave.)

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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