



**APRIL 2017**

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

**VICE PRESIDENT:**

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

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Sichidan** (7<sup>th</sup> Degree Black  
Belt);

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

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

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

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

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

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**Weldon Zabizewski,  
Sandan**  
(3<sup>rd</sup> Degree Black Belt)

## INTRODUCTION

As I put this latest issue of FOCUS 'to bed' as they say, and look out the window at the birds and squirrels circling each other under the bird feeder, I believe spring is finally here to stay (at least in Southern Ontario). The signs are all here in my backyard: it is warming up outside, there is SUN, buds are getting fatter on the trees, the fish are moving about in the pond under the net I put in place to keep the Blue Herons out (and it is the earliest I have felt the need to do that). Easter is just a week away.

In this issue we have an article by Sensei **Steve Borda** about the importance and simplicity of 'kihon'; our featured Senior Dan Council member is your humble Editor; and, of course, we have news from the dojos – especially of note is Sensei **Freeman Thurston**'s news. The Bahamas Wado-Kai was hit pretty hard by the hurricane last fall.

It is official, there will not be a Training Camp in June this year. Instead, plans are underway for a special event for all belt levels planned for this summer. Watch for a separate announcement that will come out soon.

Monica and I were up in the Collingwood area in March on my birthday for a weekend away in Pretty Valley. We made a point of going to Wasaga Beach; we passed by the Sand 'N' Surf, where we have spent so many Training Camps and fun times with family and friends over the years; and we were down at the Wasaga Beach itself watching the wind move both the sand and the snow across the roads. In the spring, the community has to use snow plows to move the sand off the roads, not the snow! Here's a picture of what the beach looks like in winter when we are not there training.



I want to thank our contributors once again, without whom our FOCUS would be greatly lacking. 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@PSSTNETWORK.CA](mailto:TWKK@PSSTNETWORK.CA)  
PHONE: (416) 801-7435



## Senior Dan Council Member

### Sensei Robb Dods, Rokudan



When I was in my teens I knew very little about the martial arts, except for things I'd seen in movies. It was all very exotic and seemed to be something that you had to go somewhere mystical to learn. I'd heard of jujitsu being taught somewhere in town (Oakville) and my imagination was tweaked. The only person I had known that had any connection with the martial arts was a grade eight schoolmate that took judo. There was a seed planted in the back of my mind that it was something I might one day like to pursue.

In my first year of college at Ryerson I saw flyers around the halls in September, so I knew there was a club at the school. My high school sweetheart and I split ways after Christmas that year (the long distance relationship wasn't working out), and I needed something to occupy me outside of my studies. I was living at the Neill Wycik Co-op at the time, and I met a young lady there who people called "Flipper" because she threw a guy over her shoulder when he kidded her about taking karate. I saw the flyers for the karate classes again that January, so I decided it was time to resurrect my interest in the martial arts.

It was the February of 1974 I started training at the Ryerson dojo; I was just turning 19 a few weeks later. Sensei Dave Manara was the head instructor, and Gerry McPherson was his right-hand sempai (still a brown belt then). Being so junior, I was not then aware of the other senior people helping Sensei, such as with the George Brown club that Sensei and Wally Rudnicki also ran, but I was aware there was more going on behind the scenes that gave me the impression our club was not alone.



(Picture ~ 1976. Note: The Wally in the picture is not Wally Rudnicki mentioned above)

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I remember I was really impressed at how quickly we were taught things, like the basic blocks, kicks and punches. The whole concept about a kata I thought was really great; I felt the movement that went with the actions, the flow, and I was hooked. This was something I could do, and it was something I could practice on my own and with the group.

There were some really interesting personalities back then; people that obviously were friends as well as students of Sensei's. Ma (Brenda) Parker, Gerry, and Ray Kennedy were students I remember best from those early days. There was a real camaraderie happening here and I met new friends as a white belt that remained great friends as I kept training.

I was a student at Ryerson when I started, but I switched to OCA (OCAD University now) at the end of the first school year. I met a young lady at the first Toronto Wado-Kai Training Camp in Uxbridge that first summer. I was married before graduating college and life became busier and more complicated. I was working summers in the Oshawa/Port Perry area, so I didn't get back to train in the summers at Ryerson. There were always pressures on my time and as a blue belt I never seemed to get in enough consecutive training time to get my brown belt before I left each spring for work. My training became inconsistent, but I always came back. As a result, I had my blue belt for about six years. It was frustrating to watch others start as white belts, pass me by, and achieve their black belts.

In 1980, I finally made the decision that I must complete my training. Achieving my brown belt in 1981, I asked Sensei if I could resurrect the Port Perry club that had been out of operation for a few years by then. Sensei said he wanted me to have my Shodan-Ho at least to lead a club, but let me re-start the Port Perry club in March of 1982 as a Brown belt, about a month before I was ranked.

Sensei ranked me to Shodan the following fall, giving me credit for leading the new club and continuing my training at Ryerson. (I was doing a lot of traveling from Toronto to Port Perry in those days). I really feel there was a renaissance in my understanding of my training, once I started teaching the PPWK. In 1992, I turned the PPWK club over to my senior students. I was working at Manulife Financial when I began the Manulife dojo (now the Bloor Street Club) in 1989 in the fitness centre. I continued to actively train with Sensei and teach all the years up to my Yodan rank. Due to complications with my back, my training was curtailed in 1996, and I retired from active training and teaching the following year.

Port Perry Wado-Kai dojo

First Black Belt students front row from left: Sensei Tracy Mollon, Michelle Mueller, and Trevor Mollon; Sensei Ron Ruskay 5<sup>th</sup> from left; Sensei Robb centre



It is because of the great people I've met and the friends I've made through the organisation that I have continued to support the TWKK. People I have known since my early days, like Ray Kennedy, Steve Borda, José-Carlos Garcia (and Sensei Manara, of course) remain friends to this day. Many of my students I have kept in touch with over the years; some still training and some not. I remarried, (to my high school sweetheart, Monica... another story) and my wife and children have friends in the organisation. My daughter, Kate, is still proud today for achieving her green belt when she

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was young; and my daughter, Jenn, married Frank Butara, a black belt from Thornhill.

Earning my Shodan rank was very important for me, since it took a real effort for me to come back and focus on my training. Opening my first dojo in Port Perry was special, as was the club at Manulife. They are the successes I think of when I tell people of my early entrepreneurial spirit. I learned many leadership skills in teaching karate, including leading adults, public speaking, and controlling the butterflies when doing presentations.

The thing I am most proud about in my karate career is passing on Sensei Manara's teachings to my students; and seeing them and their students achieve their black belt ranks, and go on to lead clubs of their own. I can't mention everyone, but I would like to make note of some of my key students you will know. Sensei Ron Ruskay trained with me in Port Perry, and we turned the club over to him after Olympian, Sensei Michele Mueller, retired from teaching. (I turned the Port Perry club over to Michelle in 1992 when the travel from Mississauga just became too much). Ron recently passed the leadership of the club to Sensei Frank Murphy.

Sensei Michael McCarthy did not begin his training with me, but he was with me as he trained to Shodan at the Manulife dojo. Two of my students led the Manulife club (later the Bloor St. club); first Sensei Eric Bergman, who then passed the leadership to Sensei Leaton Bernard. Sensei Kim Duggan and Dan Duce, club heads of the Beaubassin dojo, trained with me at Manulife. Some Port Perry students from the past include Sensei Nelson Coish, who began the IBM club (later absorbed into the Unionville club) and Sensei Tom Ware who led the Unionville club at one time.



Early days at the Manulife dojo;  
back row 1<sup>st</sup> on left is Sensei Leaton;  
front row 3<sup>rd</sup> from right is Sensei  
Robb; blue belt Sensei Michael  
McCarthy is far right.

Front row 2<sup>nd</sup> from left is Gary  
Dawson, Manulife's first Black Belt.

Change is inevitable and I have seen a lot of it in the TWKK organisation. I miss the energy and enthusiasm for the tournament competitions that we used to have in the so called 'old' days. Back then we had busloads of students heading out to tournaments and coming back with handfuls of medals and trophies. Of course, most of us were also university students ourselves, or young adults without family obligations for many years, but then we had a new generation or two join in after that and the competition spirit reigned for a long time.

I think the idea of the Training Camp may be coming to an end, which is a real shame because so many people talk about the special attention they received at Camp that affected their training for years after. My family went to Camp for many years, even though I was no longer training, just to enjoy the weekend away with all the great friends in the organisation.

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Monica and I had a couple of great visits to the Bahamas dojos. The Bahamas trip in 1992 was especially memorable when we had about 21 people attend, which included students of mine from both the Port Perry and Manulife dojos, along with students from the Ryerson, Oshawa, and I think even the Etobicoke clubs.

As the Editor of FOCUS, it is great to hear about the interactions that continue between many of the clubs, inviting other dojos to visit, and visiting instructors to teach. I hope the interactions continue long into the future, because that is what makes this organisation great – the People; and it is the continued support of this unique community that keeps me tied to the TWKK.

Comment from Sensei Manara: *Robb has been a major contributor to the TWKK for many years and in many capacities. His dedication and support is appreciated by all. Thank you Robb! You are a great example of TWKK values: Sincerity, Dedication and Humility.*

## Karate Kihon Exercises

By Sensei Steve Borda, Shichidan

All serious karate organizations and instructors place a great emphasis on “kihon” or “basics”. As a practitioner of karate (karate-ka), or even an interested party such as a parent of a karate-ka, you will have heard that the basics are essential to your progress. But what exactly does that mean?

Kihon or basics are fundamental movements, principles, or strategies that the karate-ka uses to refine his or her skills in order to perform at a higher level. Keep in mind that this concept is not just a concept for karate or even just the martial arts. This is a concept that applies to any physical activity such as hockey, gymnastics or golf as well. In order to achieve the highest levels in any activity, you must endeavor to continually improve on the fundamentals.

If a karate-ka is focusing on performing a blocking technique, there are a number of questions that could be asked. Did the block follow the proper path? Was the setup of the block complete? Would the block have cleared the attack from the body or did it go too far? Was sufficient “hip” used? Was the body posture centered? Was the proper wrist snap executed?

In order to improve kihon, a kihon exercise is required. A kihon exercise, strictly speaking, is an uncomplicated, repetitive exercise that allows you to perform the same activity multiple times in order to observe and correct a single parameter. The exercise should be simple enough that you can perform it automatically and free your mind for observing how your body automatically performs. There are numerous parameters that you could be looking at, but you should focus on one in particular.

A Kihon Exercise Is  
Uncomplicated

For just a single block, could anyone honestly say that they checked for all of the criteria? Probably not, and the questions noted above is not a complete list either. Also, although it is a goal, you do not consistently perform each movement exactly the same each time you do it. The more practiced the karate-ka, the more consistent they should become. The more advanced the karate-ka, the finer the detail becomes; and the greater the difficulty is in seeing the area for improvement to concentrate on. It may require a number of repetitions to observe and determine the behavior (and more repetitions then to correct it). Just because you correct it once does not mean that it will be corrected for good. You may have to go back and work on the same area for improvement for some time. Once you feel that you have made the improvement to the level that you require, you should still go back and determine if, in making the correction, you modified anything else that you should not have.



In karate, a kihon exercise typically takes the form of a striking, kicking or blocking exercise. Add another level of complexity and you have a walking and blocking (striking, kicking, etc.) exercise. Anyone who thinks that just adding walking to a drill does not increase the level of complexity, has only to watch a beginning student in their first weeks of classes. Adding this other level of complexity and you have the kihon kata.

A kihon kata has a simple "embusen" (pattern of movement from start to finish), which is somewhat resembling the capital letter "I". It also has some very simple rules. Every time you turn you block (either one or two blocks depending on the kata), and every time you turn it is into the same stance (or double stance). Whenever you step forward you

strike with a middle punch (or a kick-punch combination) and complete in Zenkutsu Dachi. The block is always over the forward leg. The first set of ten kihon kata that we use are fairly straightforward, the second set of ten kihon kata has added complexity.

Now, I have mentioned that kihon exercises are uncomplicated, yet I have just described adding levels of complexity. When does a kihon exercise become not a kihon exercise? It really is dependent on the karate-ka. What might be complicated for a white belt, may not seem so complicated to a black belt. In general, a traditional kata such as a Pinan would not be classified as a kihon. There are a variety of stances, blocks and strikes. There are also more combinations than found in a kihon kata. You can also take a kihon exercise, such as walking and blocking, and increase the level of complexity so that it no longer qualifies as a kihon exercise, although it may still be repetitive. If you take it to an extreme, such as ten techniques on each step, the karate-ka will have to focus on the sequence of techniques and will not be able to focus on small details needed for improvement.

### A Kihon Kata Has Some Very Simple Rules

Karate has a wide variety of techniques. Any of these techniques may be incorporated into a kihon exercise. Most sensei have their own set of favorite kihon exercises, but you can create your own. The key to a kihon exercise is be repetitive and uncomplicated for the student performing the exercise. It also should be simple enough for students to be able to observe and correct fundamentals for the techniques. The key to success is continuous improvement. This starts with kihon. It is difficult to improve your advanced techniques if your fundamentals are lacking. So work on your sensei's kihon exercises, create your own, work hard and have fun.

## CONGRATULATIONS TO THE NEW BLACK BELT RANKS

Congratulations to the following Brooklin-Whitby karate-kas recently promoted.

Shodan-Ho: **Kimberley McGowan**  
Jr. Shodan-Ho: **Dorian Wilson**

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## NEWS FROM CLUBS

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

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

#### CENTRE

MONDAY & FRIDAYS:  
5:30 – 7PM  
SATURDAYS: 10AM – 12PM

#### YMCA

MONDAYS & WEDNESDAYS:  
4 – 5PM  
SATURDAYS: 1 – 2PM

We have had a glacial-like recovery since programs were interrupted/cancelled after the passage of the late 2016 hurricane Matthew. Programs earmarked for the YMCA venue afterwards never really got off the ground, although much hope is still held that the spark that inspires students/parents/guardians will ignite renewed interest soon in activities not directly related to everyday survival (karate training, for example).



The reality of the dire (my evaluation) economic straits that have befallen “ordinary” folk in our Grand Bahama Community – despite what the Politicians tout – have really hit home at Bahamas Wado-Kai Karate. Late last year, we began offering Yudansha sessions to qualified students. Although the sessions/programs were subsidized by Bahamas Wado-Kai Karate (meaning me) the effort largely flopped, with only the minimum of responses.

Sessions for Novices and Beginners were also offered, initially at minimal/stipend charges. After many weeks of canvassing and inviting public participation, it was obvious that new and renewed memberships were not forthcoming at anything approaching a club-sustaining rate. We elected to offer free programs and sessions as further incentives. Again, only with minimal response – actually, the offer to potential registrants largely went ignored. Such is the socio/economic atmosphere locally – if it is not essential, ignore it.

In the meanwhile, personal training has continued in spite of organizational largesse, and on a reasonably routine basis; the main focus being on kata and Kubudo training techniques, interspersed with the development of public demonstrations and training means and methods to support our Wado-Kai Karate students’ registration program efforts.

All in all, Wado-Kai karate is alive, if not exactly well, in Bahamas and Caribbean (AIKIWA) Wado-Kai Karate, even after the crippling body-shot from the passage of the hurricane and the resultant upheaval of our socio/economic supports and base in our local circumstances (ignoring the Government and politicians’ rhetoric on the issue).

Our ability to comfortably live and operate (without embarrassment to our National pride) has been crippled, and our major hotels on the island closed (out of business) or are structurally compromised such as to dare not entertain visitors for safety reasons – except for the odd property that is struggling to keep its doors open, so to speak.

As far as Bahamas Wado-Kai as an organization is concerned we are, well, “hanging in there” – by tooth, nail... and sheer grit. Cause for some concern? YES! Reason to despair? NO!

Building an organization is what we excel at; rebuilding after unforeseen upheavals gets our “let’s do this!” spirit going; and, if there ever was a challenge to rise to the occasion, this is it! With the support and continued assistance of TWKK, our friends and associates, and the “never-say-die” attitude of our key Bahamas Wado-Kai local support, we look forward to much better days although, at the moment, we are homeless and destitute.

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**OSHAWA-  
WHITBY Karate  
Club, Oshawa ON**

www.OshawaWado-Kai.ca

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

**C.O. Theresa Virgin,  
1<sup>st</sup> 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: Is it spring yet?

It is truly hard to tell because just when you think it is happening, wham, we get more winter, On the news front: Sensei **Jennifer Virgin** has been on the wounded list since December. We miss her and hope she is able to get back soon!

Our Shodan-Ho **Brian Smith** is diligently preparing for his grading in May.

We had a grading on February 9, 2017.



Our congratulations to  
**Jordan M.** and **Adam M.** – a great job by both  
of you!

On February 19, 2017 we welcomed Sensei **Sid MacKeigan** from Minden. An excellent class enjoyed by all.

That's all the news we have for this issue (unless you want to see the holiday pictures of those fortunate enough to travel to the warmth!)



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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, Godan  
(5<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: @brooklinkarate

### 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 to Sensei Heather!

Shown in the photo is Sensei **Heather** receiving her certificate from Sensei **Ron** promoting her to 5<sup>th</sup> Degree Black Belt.

Sensei Heather started this journey in 1986, under the instruction of Sensei Ron, and, but for the time spent at university, has continued. Heather began as a student at the Durham College dojo



(Oshawa), then joined Brooklin Karate after university as an instructor, and shortly thereafter became an integral part of the leadership team.

It has been a complete pleasure having you as a student, instructor and leader over all of these years! Once again, congratulations Heather!

### Recent Gradings

Congratulations to **Kimberley** and **Dorian** for a successful grading! Kimberley was awarded her Shodan-Ho and Dorian his Jr. Shodan-Ho.



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Brooklin Karate Club,  
Brooklin, ON

Congratulations to all for another successful grading! It was very rewarding to see how well prepared you were!

Pictured below are (front) **Justin, Griffin, Robyn, Jaclyn**; (back) **Suhana** (Yellow belt), **Brad** (Orange belt), **Sheena** (Yellow belt).



#### Thornhill Winter 2017 Invitational Tournament

Congratulations are in order! On Saturday, February 18, 2017, several of our students attended the Toronto Wado-Kai Tournament in Thornhill Ontario. A big thank you for representing our club and also for your participation in and support of the tournament!

Shown in the photo right are **Erin** (1<sup>st</sup> place in sparring) alongside **Ryan** who participated in judging for the first time. Also shown left are **Hailey** (2<sup>nd</sup> place in kata), **Emily** (3<sup>rd</sup> place in kata, 1<sup>st</sup> place in sparring), and **Carter** (2<sup>nd</sup> place in kata, 2<sup>nd</sup> place in sparring).



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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 8:00 – 9:30PM

### I'll Be Back!! We'll Be Back!! In Fact: We ARE Back!!

**Margaret** and **Casey Smith** have recently returned to Wado-Kai Karate training at the Thornhill Dojo. This time, two of their four children are accompanying them. What is remarkable about this family is that both Margaret and Casey had started training at the Ryerson Dojo, many years ago.

For all of us, life is a series of different phases, and for Margaret and Casey it was no different. Sometimes, though, there are circles where one returns to a previous part of life. They have returned to karate training.

(Author's editorial: Margaret and I discussed her responses. Margaret added that returning to Toronto Wado-Kai, after a long absence, is a testament to the welcoming, encouraging and supportive environment that Sensei Dave Manara promotes throughout the Toronto Wado-Kai organization. The atmosphere is as it was so many years ago. Karate-kas can develop at their own pace. Although competition is available at tournaments, and individual clubs, there is no negative competitiveness; all interactions have a high degree of sportsmanship. The club offers both mental and physical exercise to those attending).

Below are a series of questions posed during an interview with Margaret. I hope you find the responses as interesting as I have.

When/where did you first start (Wado-Kai) karate training?

We started training in September of 1986 at Ryerson University. It was Casey's last year of engineering at Ryerson and my first year of working in nursing. We had just gotten married in August.

What motivated you to start Wado-Kai karate training?

We wanted to do something together as a newly married couple. I guess we also liked to watch martial arts movies at that time and thought it would be fun to learn karate.

How long did you train for (years, months)?

We trained seriously up to the time of the birth of our first son in May 1992. After that time, we came out on and off for a few years more to socialize and to say hi to everyone

How far did you get (i.e.; what belt level)?

We both received our First Degree Black Belt.

Why did you leave Wado-Kai karate at that time?

Life was busy with a new born and then, three-years later, along came our second son.

When did you return to Wado-Kai karate?

We started back September of 2016.

Who in your family is attending? (age, gender for those other than the two of you)

Two of our sons, **Nicholas** (oldest) age 25, and **Jake** (youngest) age 9. We also have a 22-year-old son and an 11-year-old daughter.

Where are you training (assume at Thornhill CC)? How far is that from where you live?

We are training at Thornhill Community Centre. It takes us around 30 minutes to get there. Casey sometimes goes to Sensei **Steve Borda** in Etobicoke on Wednesday to do make up classes. It is close to his work.

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THORNHILL Karate Club Thornhill, ON	<p>What motivated you to return? Our son Jake was interested in joining martial arts. We immediately decided on Toronto Wado-Kai. After sitting and watching him for a few months we decided to join back in.</p> <p>What are your karate aspirations this time around? To make it through one of Sensei Dave Manara's classes. (Author's editorial: I am certain that this is a common sentiment among many karate-kas)</p>
<p><b>SEIKIKAI Martial Arts, Etobicoke &amp; Mississauga, ON</b></p> <p>Sensei Steve Borda, Sichidan (7<sup>th</sup> Degree Black Belt)</p> <p><b>OLYMPIUM:</b> Monday, Wednesday, Sunday: 7:00-8:30pm</p>	<p>Seikikai aims to encourage parents and children to train as a family, which has built a consistent and diligent student base of all ages. Consistent training improves student spirits and reassures them that they may achieve levels of competency. Consistent training also helps to increase student retention and with confident students, comes glowing results. Seikikai Martial Arts would like to acknowledge the most recent gradings.</p> <p><b>Deepak Amarlaudi</b> (Shodan) with Sensei Steve Borda, below left.</p> <p>Congratulations to Seikikai Kyu rankings.</p> <p>Back: Kamran (Green), George (green), Peter (orange), Robert Korgol (orange), Sensei Steve Borda, John (orange), Hasan Quavi (blue)</p> <p>Front: Paul (orange) and Ronin (orange)</p> <p>Not pictured, but who attained their next belt level: Maariya (blue), Samantha (orange) Nicholas (orange) and Lucas (yellow)</p>





## EDMONTON Karate Clubs, Edmonton AB

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

GLENORA COMMUNITY  
HALL  
NORTH POINTE COMMUNITY  
CHURCH

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

ANDRE'S BUDO CENTRE INC.  
TUESDAYS & THURSDAYS:  
7:00 – 9:00PM



Sensei Manara was in Edmonton recently. Sensei taught the children in the morning and the youths and adults class in the afternoon. Sensei taught a bit of everything and for all tastes (basics, kihon pattern and drills based on it, kata). Everyone seemed satisfied.



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**TWKK WINTER  
TOURNAMENT  
RESULTS**

**Congratulations to all the participants of the  
Thornhill Tournament held on February 18, 2017**

Division	Event	1 <sup>st</sup> Place	2 <sup>nd</sup> Place	3 <sup>rd</sup> Place
<b>CHILDREN 6 to 8 Yrs</b>				
White – Orange	Kata	<b>Lucas L.</b> , White, Seikikai/ Etobicoke	<b>Hailey P.</b> , White, Brooklin- Whitby	<b>Ronin C.</b> , Orange, Seikikai/Etobicoke
White – Orange	Kumite	<b>Clara M.</b> , Orange, Thornhill	<b>Paul F.</b> , Orange, Seikikai/ Etobicoke	<b>Lucas L.</b> , White Seikikai/ Etobicoke
<b>CHILDREN 9 to 12 Yrs</b>				
Yellow–Orange	Kata	<b>Nicolas L.</b> , Yellow, Seikikai/Etobicoke	<b>Samantha L.</b> , Yellow, Seikikai/Etobicoke	<b>Emily P.</b> , Orange, Brooklin-Whitby
Yellow–Orange	Kumite	<b>Emily P.</b> , Orange, Brooklin-Whitby	<b>Samantha L.</b> , Yellow, Seikikai/Etobicoke	<b>Olivia X.</b> , Yellow, Seikikai/Etobicoke
Green – Blue	Kata	<b>George F.</b> , Green, Seikikai/Etobicoke	<b>Carter P.</b> , Green, Brooklin-Whitby	<b>Kieren D.</b> , Blue, Ajax- Pickering
Green – Blue	Kumite	<b>Erin D.</b> , Blue, Brooklin- Whitby	<b>Carter P.</b> , Green, Brooklin-Whitby	<b>Kieren D.</b> , Blue, Ajax- Pickering
<b>JUNIORS 13 to 15 Yrs</b>				
Blue	Kata	<b>Kymara D.</b> , Ajax-Pickering	<b>Stephane G.</b> , Port Perry	
Blue	Kumite	<b>Stephane G.</b> , Port Perry	<b>Kymara D.</b> , Ajax- Pickering	
<b>ADULTS</b>				
Black Belts	Kata	<b>Ian Mador</b> , Godan	<b>Jasmine Meio-Thaiss</b> , Shodan, Thornhill	<b>Jamie Darker</b> , Godan, Thornhill
Black Belts	Kumite	<b>Jasmine Meio-Thaiss</b> , Shodan, Thornhill	<b>Jamie Darker</b> , Godan, Thornhill	

Visit the TWKK Flickr website for pictures of the tournament <https://www.flickr.com/photos/33364500@N06/sets/72157642807836083/>

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



TWKK Gallery

For More Pictures of TWKK Events

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A dojo is like a family; everyone is welcome. No one will ask about your race, weight, height, religion or sexual orientation, and you can learn karate if you have mental, emotional, social, or physical disabilities. If you treat your fellow karate-kas and your karate with respect, You Are Welcome.

Paraphrased from Karate Viewpoints

**TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS**

AJAX-PICKERING – Daina Als

BAHAMAS/CARIBBEAN AIKIWA – Freeman Thurston

BEAUBASSIN (Halifax) – Dan Duce &amp; Kim Duggan

BROOKLIN-WHITBY – Ron Sheyan

CALGARY – Steve Henrich

CLARINGTON – Robin Singh

EDMONTON Clubs – Randy James &amp; André Beauregard

LAURENTIAN VALLEY – Margaret Michael &amp; Jim Sullivan

BLOOR STREET (Toronto) – Leaton Bernard

OSHAWA-WHITBY – José-Carlos Garcia

PORT PERRY – Frank Murphy

RYERSON (Toronto) – Leaton Bernard

SEIKIKAI MARTIAL ARTS (Etobicoke) – Steve Borda

THORNHILL – Dave Manara

YUDANSHA HOMBU (Unionville) – Dave Manara

**TORONTO WADO-KAI SENIOR DAN COUNCIL**

<b>Kudan</b> (9 <sup>th</sup> Degree Black Belt)	Dave Manara
<b>Sichidan</b> (7 <sup>th</sup> Degree Black Belt)	Steve Borda, José-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)	André Beauregard, Eric Bergman, Leaton Bernard, Heather Cant-Woodward, Biller Ching, Joel Cohen, James Darker, Steve Henrich, Ian Mador, Tony Marziliano, Margaret Michael, Ron Ruskey, Jim Sullivan, Anthony Woodward, Ed Young
<b>Yodan</b> (4 <sup>th</sup> Degree Black Belt)	Andy Basacchi, Ken Buck, Dan Duce, Kim Duggan, Frank Murphy, Alex Nguyen, Annamae Thurston

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